

ACTIVITY: USE YOUR NOSE

Supplies Needed:

- 8-20 Small bowls, film canisters or other containers to hold spices, two for each spice.
- Various spices and herbs used in cooking from around the world:
 - Basil
 - Cilantro
 - Cinnamon
 - Cardamom
 - Curry powder
 - Ginger
 - Garlic

Process:

1. Fill two canisters or bowls with each spice or herb.
2. Mark the bottom to remember which is which. If you're using bowls, cover with a tissue.
3. Allow your child to smell each spice and compare what they smell.
4. Encourage them to match smells on their own.
5. Open the containers and sort them by color.

Suggested Adult Interactions:

- Try smelling with your eyes open and with your eyes closed.
- Have you ever smelled these scents before? What do they remind you of?
- Which smell do you like? Which smells would taste good?
- What happens when you mix the spices and herbs together?
- Talk about all of the different kinds of food around the world that people eat.
- You can even try a new recipe to introduce one of your child's favorite smells.

Skills Developed:

- Mathematics and science skills through observation, comparing and contrasting
- Understanding our likes and dislikes, as well as other's

Reading Books:

- *Bee Bim Bop* by Linda Sue Park
- *Whoever You Are* by Mem Fox
- *The Little Red Hen Makes a Pizza* by Philemon Sturges (Board Book)

Adult References:

- *The International Cookbook for Kids* by Michael Locricchio
- *The Kids' Multicultural Cookbook* by Deanna Cook
- *Roots and Wings: Affirming Culture in Early Childhood Programs* by Stacey York

Next time you are here:

Check out *Our World* on the 2nd floor. This gallery allows children to experience the variety of members in our communities. Children will be able to play in the restaurant and make a meal using the new words they learned from exploring spices and herbs at home.

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