



Foods of the Month
Coloring and Activity Sheets

Fresh Herbs & Spices

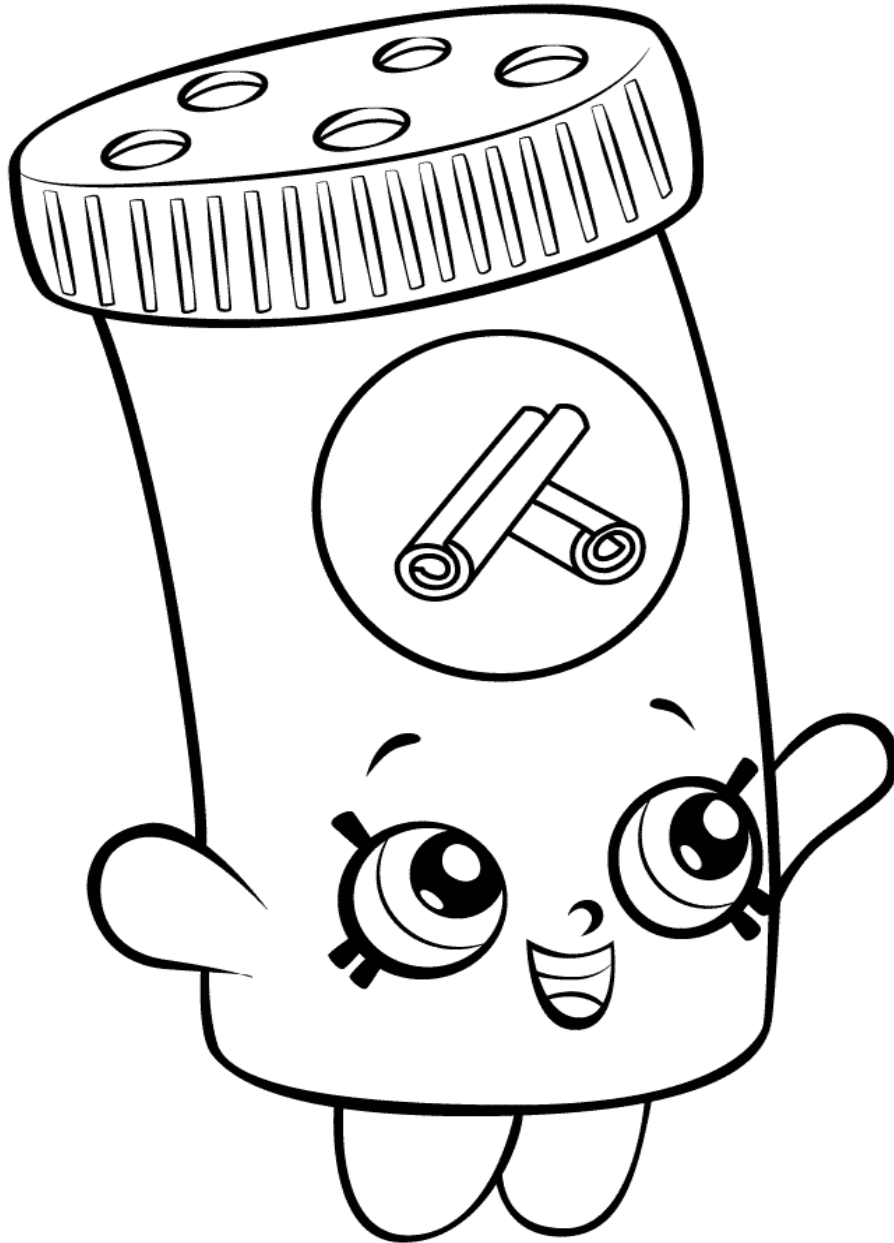
Grades K-2



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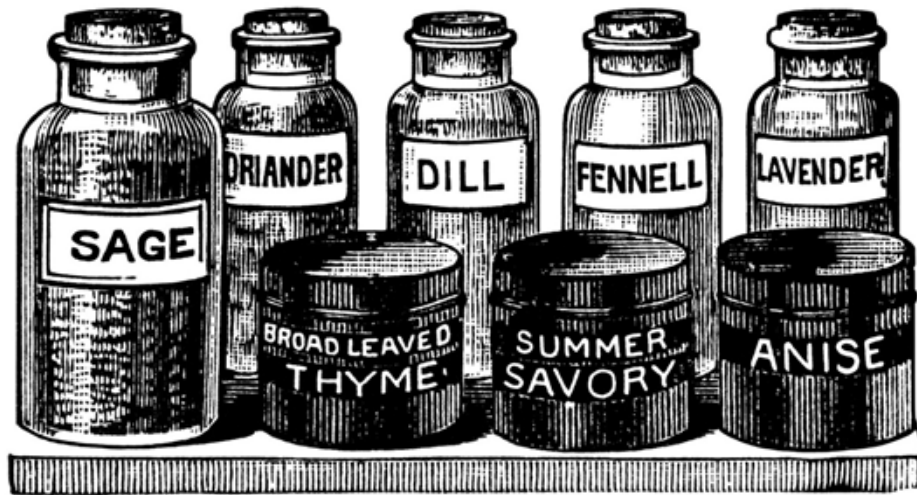
April – Herbs & Spices

Color Cinnamon!



Source: <http://coloring-pages.info/common-shopkin-cinnamon-printable-coloring-pages-book->

Do you have any of these dried herbs at home? Color them, then take this home and check! On the lines below the picture, ask your parents to help you write down the names of other herbs and spices you have at home that are not in the picture.



_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Source: <http://www.clipartkid.com/vintage-herb-clipart-black-and-white-graphics-old-advertising-TFCR2Q-clipart/>



ROSEMARY

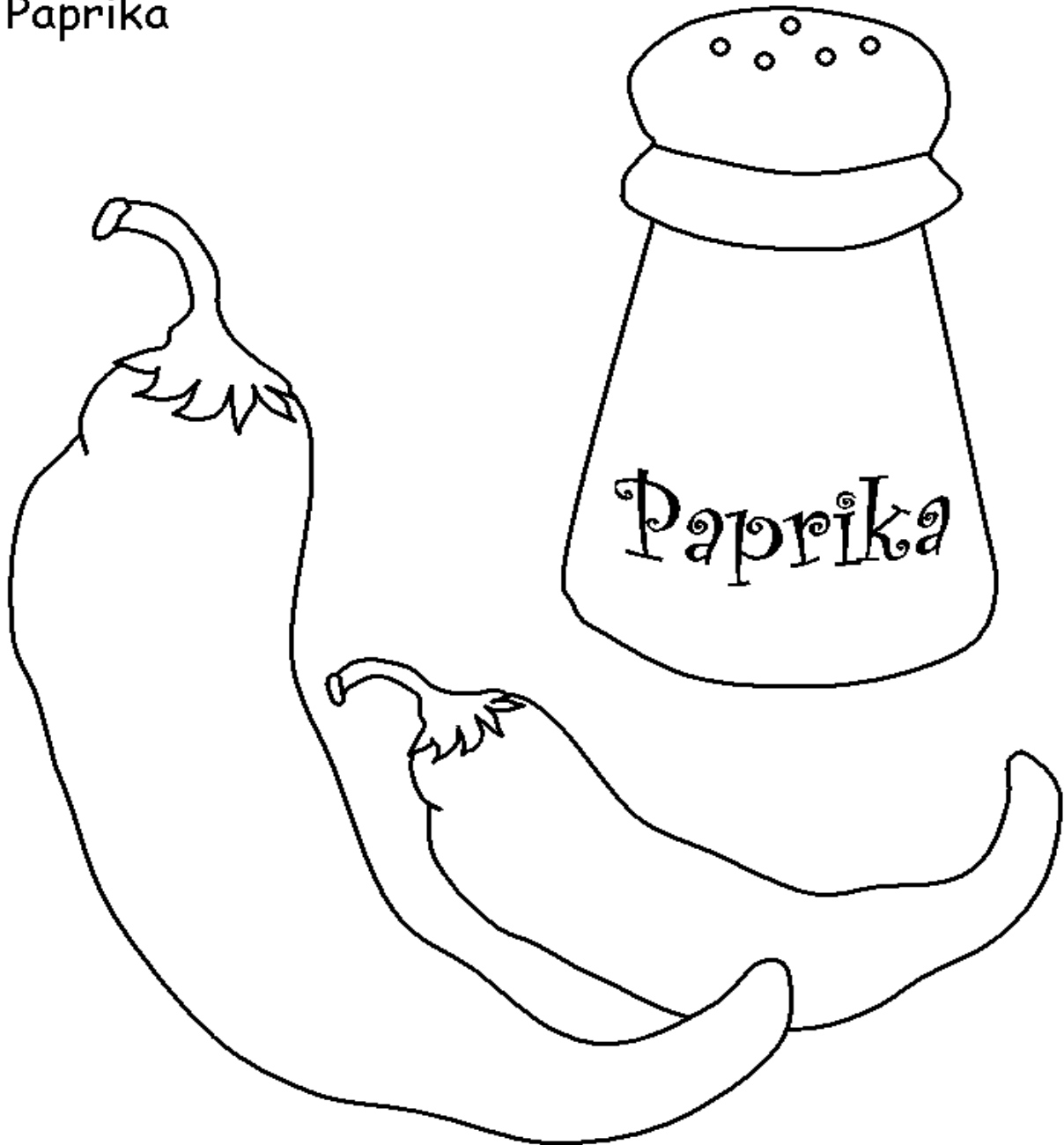


SAGE



CHIVES

Paprika



The spice, paprika, is made by grinding dried peppers. It was first developed in Spain, but Hungary is the country most famous for it. It is used to season and add color to soups, stews, rices and sausage.



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Salad Greens

Grades K-2

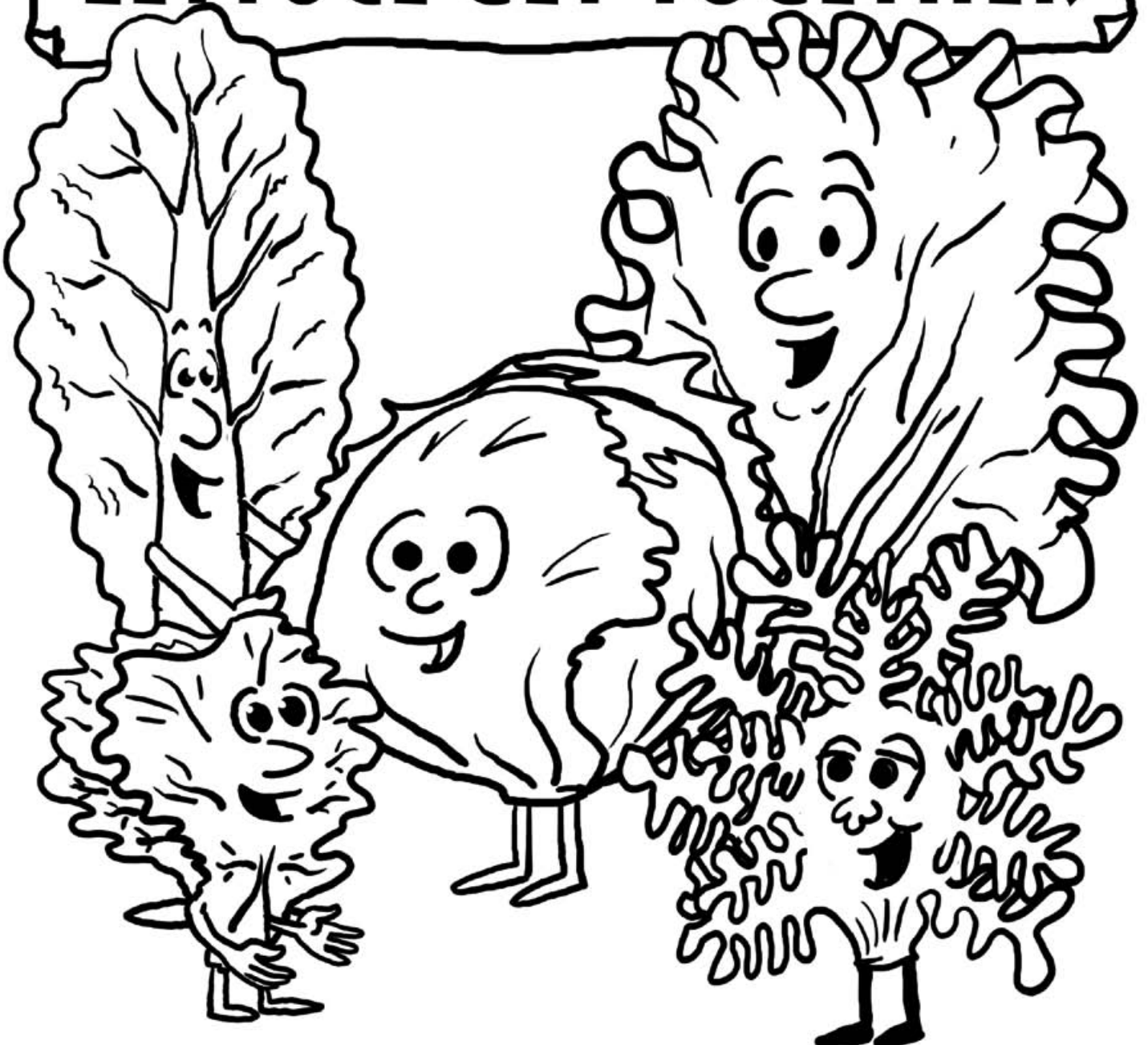


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L is for Lettuce

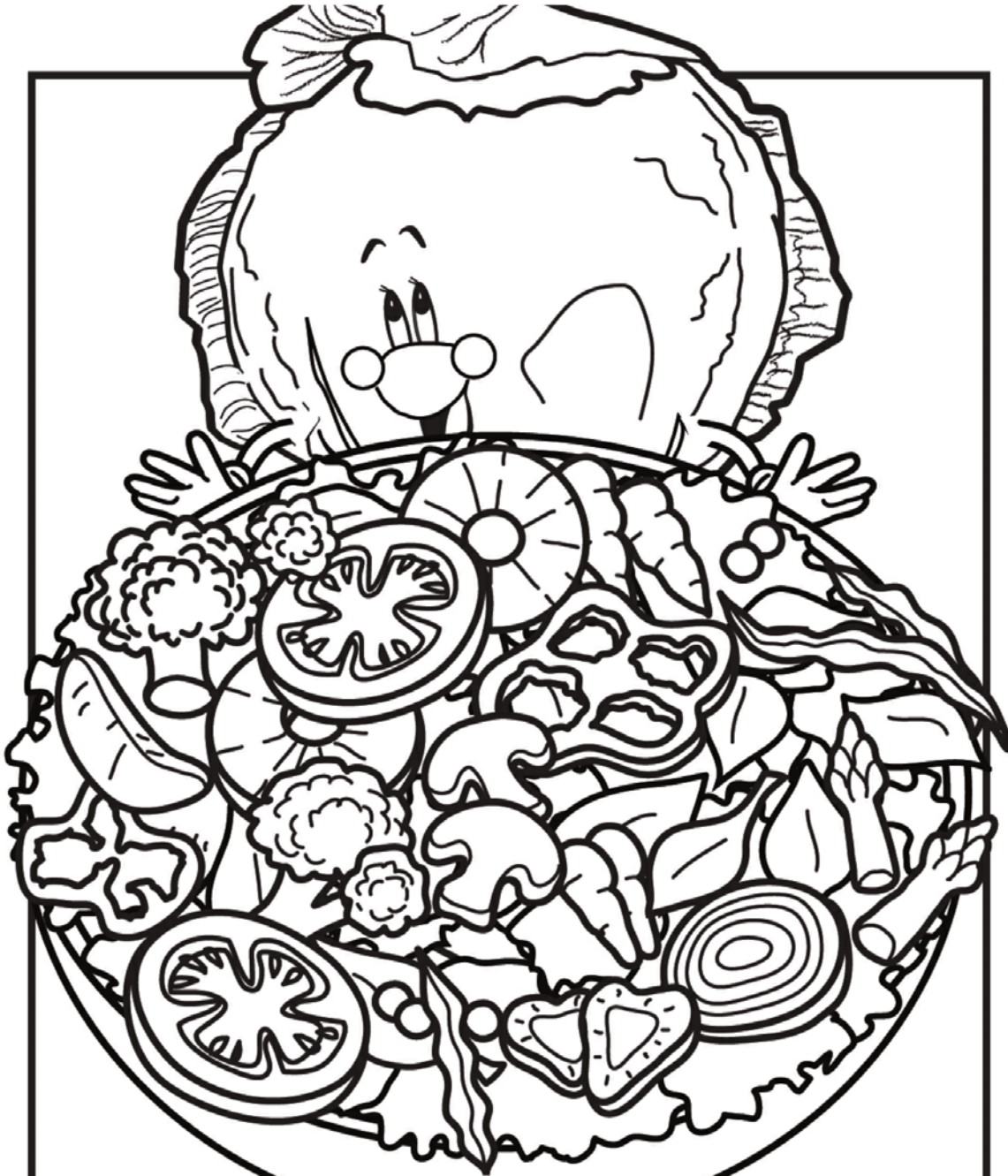
L is for lettuce - and there are many different kinds. Some are long, some are round, and some have short leaves. It is one of the world's most popular edible plants. It is often the major part of every green salad. The flavors are very different from mild to peppery depending on which lettuce you use. There's head, bibb, leaf, and Boston to name just a few. Try them all and you decide which one is your favorite.

LETTUCE GET TOGETHER



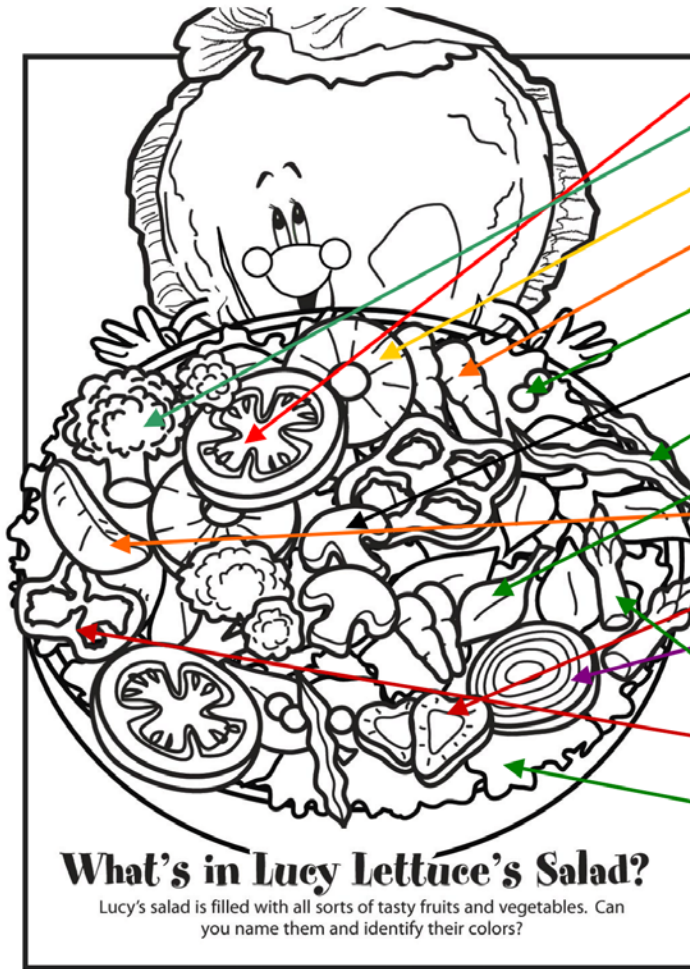
RED & GREEN
LETTUCERATOPS





What's in Lucy Lettuce's Salad?

Lucy's salad is filled with all sorts of tasty fruits and vegetables. Can you name them and identify their colors?



- **Tomato slices**
- **Broccoli florets**
- **Pineapple rings**
- **Carrots**
- **Peas**
- **Sliced mushrooms**
- **Green beans**
- **Baby spinach leaves**
- **Orange segments**
- **Sliced strawberries**
- **Sliced purple onions**
- **Asparagus spears**
- **Red bell pepper slices**
- **Leaf lettuce**

What's in Lucy Lettuce's Salad?

Lucy's salad is filled with all sorts of tasty fruits and vegetables. Can you name them and identify their colors?

