

National Spice Blend Day Lesson

NationalDayClassroom.com

Objective:

Theme: Discovering the World Through Spices. Students will learn about spices, create their own spice blends, and explore how flavors connect to culture, history, and cooking.

1. Introduction (10 minutes)

- Begin by asking students:
“What spices do you have at home? Do you know what they taste like?”
 - Show a few familiar spices (cinnamon, garlic powder, chili powder, oregano). Pass small jars around so students can smell them.
 - Share that **National Spice Blend Day** celebrates how different spices combine to create new flavors. Every culture has its own spice blends—like curry powder (India), taco seasoning (Mexico), or Italian seasoning (Italy).
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2. Mini-Lesson: Spice Science & Culture (10 minutes)

- **Science Connection:** Explain that spices come from different parts of plants—seeds (cumin), bark (cinnamon), leaves (oregano), roots (ginger).
 - **History Connection:** Traders carried spices across continents for centuries, shaping cuisine and even sparking exploration.
 - **Culture Connection:** Different blends tell a story about a country’s food traditions.
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3. Cooking Activity: Make Your Own Spice Blend (20 minutes)

(Adapt for classroom rules—no cooking required, just blending dried spices in cups or baggies.)

Materials:

- Small cups, baggies, or jars
- Measuring spoons
- Selection of common spices (teacher-provided, non-allergenic, ex: salt, pepper, garlic powder, onion powder, oregano, paprika, cinnamon, nutmeg)
- Labels and markers

Instructions:

1. Divide students into small groups.
 2. Each group chooses 3–5 spices to mix into a custom “classroom blend.”
 3. Groups give their blend a creative name (example: “Spicy Stars,” “Sweet Heat,” “Rainbow Mix”).
 4. Students record their recipe (which spices and how much of each).
 5. Optional tasting: Sprinkle blends on popcorn, crackers, or plain bread (teacher-provided snack base).
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4. Reflection & Sharing (10 minutes)

- Each group presents their spice blend to the class:
 - What spices did they choose?
 - Why?
 - What foods could their blend go on?
 - Compare blends: Which ones are savory? Sweet? Spicy?
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5. Writing Extension (Homework or Wrap-up)

Prompt: *“Imagine you’re a chef creating a new spice blend for your restaurant. Write a short description of your blend, what it tastes like, and which dish you would use it in.”*

