

Objective

By the end of this lesson, you will be able to identify six different herbs by smell.

Materials and Prep

- Six different herbs (e.g., basil, rosemary, mint, thyme, oregano, sage)
- Blindfold or scarf
- Small containers or bags to hold the herbs
- Pen and paper for note-taking

Before starting the lesson, familiarize yourself with the appearance and scent of each herb.

Activities

1. Introduction:
 - Explain the importance of the sense of smell in identifying different substances.
 - Show the six different herbs to the student and briefly describe their characteristics.
2. Blindfolded Identification:
 - Blindfold the student using a scarf or blindfold.
 - Place a small amount of one herb in a container or bag.
 - Have the student smell the herb and try to identify it based on its scent.
 - Repeat this process for all six herbs.
3. Note-taking:
 - Provide the student with a pen and paper.
 - Ask them to write down their observations and guesses for each herb.
4. Discussion and Verification:
 - Remove the blindfold and discuss the scents of each herb with the student.
 - Verify their guesses and encourage them to explain their reasoning.

Seventh Grade Talking Points

- "Our sense of smell is closely connected to our sense of taste. That's why food can taste different when we have a stuffy nose."
- "Herbs are plants that are used to flavor food. They can add different tastes and smells to dishes."
- "Basil has a sweet and slightly peppery smell. It is commonly used in Italian cuisine."
- "Rosemary has a strong, woody scent. It is often used in Mediterranean dishes."
- "Mint has a refreshing and cool aroma. It is commonly used in drinks and desserts."
- "Thyme has a strong, earthy fragrance. It is often used in savory dishes like stews and soups."
- "Oregano has a pungent and slightly bitter smell. It is commonly used in Italian and Greek cuisine."
- "Sage has a strong, aromatic scent. It is often used in stuffing and meat dishes."