

Herb Gardening: Which Herb? – A Game

You need:

- a few leaves or a stem with leaves attached of five different cooking herbs (like the ones listed below)
- five paper cups
- a blindfold
- friends or family to "test" their senses
- damp towel or place to wash hands



Examples:

<u>Herb</u>	<u>Main Characteristic(s)</u>
<input type="checkbox"/> Dill	Smell and Taste
<input type="checkbox"/> Mint	Smell, Taste, and Touch (square stems)
<input type="checkbox"/> Woolly Thyme	Taste and Touch (soft leaves)
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____
<input type="checkbox"/> _____	_____

Put each herb in a separate paper cup. **Label** the cup with the herb name. Players take two minutes to **look** at, **smell**, **touch**, and **taste** each herb.

Then, players **take** turns being blindfolded. The cups are switched around. The blindfolded player tries to **guess** which herb is in each cup by its scent, taste, and touch. You might want to try cleaning your hands with a wet cloth between each herb so that the smells do not get mixed up on your hands.

Mark each herb you used with a check. Which was the easiest to identify by touch? _____ smell? _____ taste? _____