Activity: Let’s Learn About Herbs

Tell children herbs are good to eat and make foods smell and taste good. It is easy to grow herbs in the child care setting. Help children learn to enjoy the flavor of herbs early in life. Doing this activity is a great way to start.

Activity—Planting Herbs
Have the children plant an herb in a paper cup or plant different herbs in a window garden. Herbs that are easy to grow from seeds include parsley, basil, and dill. Sprinkle the seeds on top of the soil and lightly sprinkle soil on top (only about ¼ inch). Keep watered and place in a sunny window.

Talk about foods that contain herbs children may have tried, such as dill pickles and salsa. Let the children smell some dried or fresh herbs, such as dill weed, parsley, cilantro, or oregano. Make a dip using herbs with plain lowfat yogurt or cottage cheese. Have them taste the dip with raw vegetables.