

Add Flavor with Herbs and Spices

Herbs and spices add flavor and color to food without adding salt, fat or sugar. The terms “herbs” and “spices” are often used interchangeably and are sometimes referred to as “seasonings,” however, they are different.

- Herbs are the leaves of low growing shrubs and include parsley, chives, thyme, basil, oregano, rosemary, and more. Herbs can be purchased dried, fresh or as a paste.
- Spices come from the bark, roots, buds, seeds, berry, or fruit of plants and trees. Spices include cinnamon, ginger, onion, garlic, cloves, black pepper, paprika, and more.

Experiment with Herbs and Spices:

- Add fresh mint and lemon to a glass of ice water.
- Omit the salt when cooking pasta and flavor with basil, oregano, parsley and pepper or use an Italian seasoning blend.
- For more flavor, add spices to uncooked dishes, such as salads, several hours before serving.
- Introduce children to herbs and spices with some easy flavor combinations such as apples with cinnamon, bananas with nutmeg and chicken with rosemary.
- Start a small herb garden or grow a few herbs in containers. Children will love watching them grow!



Create a Sidewalk Chalk Obstacle Course!

All ages can enjoy this family-friendly outdoor activity. Create your own chalk obstacle course by using your sidewalk, driveway, or other type of pavement.

Design your obstacle course with a variety of fitness activities. Here is a list of activities that you could use:

- Balance along a squiggly line
- Run to the next activity
- Spin around 2 times
- Jump to each circle, line or box
- Dance in the rain
- Follow the zig zag
- Skip to the next activity
- 5 squats
- 10 toe touches
- Jump like frog
- Pop the bubbles
- Hopscotch
- 5 jumping jacks
- Walk like a penguin
- Hop like a bunny
- 5 jumps to the sky

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