

## SPICES THAT HEAL US

**Let us do these activities before we read.**

1. A spice is any seed, fruit, root, bark, leaf or any other part of a plant used to give taste and colour to our food. Try to recall the names of three spices that are used for cooking in your home. Write them below and share your answers with your teacher.

(a) \_\_\_\_\_ (b) \_\_\_\_\_ (c) \_\_\_\_\_

2. Given below are pictures of some spices. Work in pairs and write what you call them in your language. Their names in English are given in the last column. Share your answers with your teacher.

| S.No. | Spice                                                                               | Name in your language | Name in English |
|-------|-------------------------------------------------------------------------------------|-----------------------|-----------------|
| 1.    |    |                       | Turmeric        |
| 2.    |    |                       | Fenugreek       |
| 3.    |  |                       | Cumin seeds     |
| 4.    |  |                       | Asafoetida      |
| 5.    |  |                       | Cinnamon        |
| 6.    |  |                       | Clove           |
| 7.    |  |                       | Ginger          |
| 8.    |  |                       | Black pepper    |
| 9.    |  |                       | Fennel seeds    |
| 10.   |  |                       | Cardamom        |

3. Do you know if these spices can be used for something else other than cooking? Let us find out by reading the letter given below.

Dear Vikram and Vaibhavi,

*Namaste!* I just got your message that you are better now.

I am happy that the natural cures that I had shared, helped you. You should try to remember these cures and may share them with your friends. When I was a child, I learnt them from my grandmother. She used to find home remedies for most of the weather-related common illnesses. Let me share some of the benefits of the spices that most of us have in our kitchen.

Let me start with *haldi*, which is called turmeric in English. It helps in improving our energy level and digestion. It helps in reducing body pain too.

Next, let us take *methi*, which is called fenugreek in English. You will be surprised to know that it helps me in keeping my sugar level and my body weight in control. I need to soak the *methi* seeds overnight and drink the water in the morning.

- *Jeera* (cumin) seeds soaked in water overnight can also improve digestion and help cure sleeplessness.
- You know, when you were babies and had gas in your tummy, I used to put *heeng* (asafoetida) water on your tummy to give you some relief. *Heeng* can also help in controlling cough and cold.
- *Dalchini* (cinnamon) and *laung* (clove) give relief when we have toothache till we can consult a dentist.
- *Adrak* (ginger) is another herb that can help us when we have cough and cold. It also gives relief from pain. Do you know, ginger has been used for cooking for more than 4000 years? Even today, it is extensively used in cooking Indian food.
- *Kali mirch* (black pepper) is also helpful in digestion and can give us relief from body pain.
- You may have seen that at the end of a meal, *saunf* (fennel seeds) and *ajwain* (carom seeds) are served. It is because they help in the digestion of food.
- *Elaichi* (cardamom) also helps us with digestion and respiratory troubles in addition to curing bad breath.

Now, go into the kitchen and try to identify these herbs and spices. And remember, you must consult an elder before you use them.

My love and *aashirwaad* to both of you!

Yours affectionately,  
*Daadi*



### Let us think and reflect

1. Read the given lines and answer the following questions.

*'When I was a child, I learnt them from my grandmother. She used to find cures for most of the weather-related common illnesses in the kitchen.'*

- (a) Where exactly in the kitchen did her grandmother find the cures?
  - (b) Give one example of weather-related common illnesses.
  - (c) What kind of relationship did the speaker have with her grandmother?
2. Fill in the blanks to complete the sentence.  
*Daadi* soaked *methi* seeds overnight and drank the water in the morning to manage \_\_\_\_\_ and \_\_\_\_\_.
  3. Circle the spice that is **not** useful for body pain according to *Daadi's* letter.  
 (a) Turmeric                      (c) Fennel seeds  
 (b) Ginger                        (d) Black pepper
  4. Why did *Daadi* ask Vikram and Vaibhavi to share the natural cures with their friends?
  5. What was *Daadi's* final advice to Vikram and Vaibhavi?
  6. How do we know that natural cures are passed from one generation to another?
  7. Why do you think we should know about the healing properties of spices?



## Let us learn

- You have read the uses of spices in the letter. Complete the following table with the help of your teacher. You may use the words from the box given below.

**Part of the plant:** root/bark/leaves/flower buds/fruit/seeds

**Texture:** rough/soft/silky

**Taste:** bitter/sweet/sour/salty/spicy

| Spice                                                                               | Name         | Part of the plant | Colour | Texture | Taste |
|-------------------------------------------------------------------------------------|--------------|-------------------|--------|---------|-------|
|    | Turmeric     |                   |        |         |       |
|    | Fenugreek    |                   |        |         |       |
|    | Cinnamon     |                   |        |         |       |
|   | Clove        |                   |        |         |       |
|  | Black pepper |                   |        |         |       |
|  | Cardamom     |                   |        |         |       |

- Read the sentences given below.

- You may share them with your friends.
- You should try to remember these cures.
- It can help to control cough and cold.
- You must consult an elder before you use them.
- I need to soak the methi seeds overnight.
- I used to put heeng water on your tummy.



- (a) The words given in Column A are helping verbs. Match the helping verbs in Column A with their functions in Column B.

| Column A<br>Helping verbs | Column B<br>Functions |
|---------------------------|-----------------------|
| 1. may                    | a. past habit         |
| 2. should                 | b. suggestion         |
| 3. can                    | c. compulsion         |
| 4. must                   | d. advice             |
| 5. need to                | e. ability            |
| 6. used to                | f. necessity          |

The helping verbs in Column A are called **modal verbs** or **modals**. Each modal verb has a different function.

- (b) Complete the following dialogues with any four modals from the table given above.

(Use a modal only once.)

Ajay : Anand had fever last week. He (i) \_\_\_\_\_ take good rest.

Suman : Yes, he (ii) \_\_\_\_\_ or he will fall ill again.

Ajay : He (iii) \_\_\_\_\_ take grandmother's natural cures.

Suman : Yes, we (iv) \_\_\_\_\_ remember how effective they are.



## Let us listen

You will listen to the benefits of *Tulsi* (Holy Basil), a common herb. As you listen, complete the factsheet given below. (refer to page 102 for transcript)

| THE WONDER HERB                    |                                                                  |                   |
|------------------------------------|------------------------------------------------------------------|-------------------|
| Name                               | <i>Tulsi</i>                                                     | Family: (i) _____ |
| First found in                     | (ii) _____                                                       |                   |
| Now found                          | everywhere in India                                              |                   |
| Known as                           | The (iii) _____ of herbs                                         |                   |
| Can decrease levels of             | (iv) _____ and cholesterol                                       |                   |
| Used to treat disorders of         | breathing and (v) _____                                          |                   |
| Is used to make                    | mouth wash and (vi) _____                                        |                   |
| We can have <i>Tulsi</i> leaves by | eating them (vii) _____ or adding them while making (viii) _____ |                   |



## Let us speak

1. *Daadi* told Vikram and Vaibhavi about many spices. Choose one spice and introduce yourself as that spice to the class.
2. Before you speak, make a spicy headband for the spice you chose. Follow the steps given below.



Cut out strips of a paper 2 inches wide.

→ Join two ends to make a band that can fit your head.

→ Make a small card with a picture of a spice. Colour it.

→ Attach the card on your headband.

Use the headband while introducing yourself as the spice.

3. Mention the following while speaking.

- your name      • part of the plant
- colour          • texture
- taste           • benefits



### Let us write

1. Vikram's grandmother shared two natural cures to cure his cough in her earlier letter. It was kept outside and a few drops of rain fell on it. Some of the words got washed away by the rain. Help Vikram complete the natural cures. Use the phrases given in the box below. There are two phrases that you do not need.

|                      |                |                         |
|----------------------|----------------|-------------------------|
| some leaves of basil | for cough      | amount of honey         |
| the mixture          | for high fever | a piece of fresh ginger |
| you can have it      | grind to get   | home remedy             |

### Natural Cures for Cough

- (a) To prepare this home remedy, you just need ginger and honey. First, take \_\_\_\_\_, grate it and take the juice from it. Take about two teaspoons of this juice and add about two and half teaspoons of honey to it. Mix it properly. Warm \_\_\_\_\_ slightly on very low heat for a minute. Then \_\_\_\_\_ about three to four times a day to get relief from cough. Have patience to see the effect as natural cures \_\_\_\_\_ with ginger and honey might take some time to show results.
- (b) To prepare the second \_\_\_\_\_ for cough, take about 10 grams of each long pepper, dried ginger and basil leaves. Add four to six small cardamoms and \_\_\_\_\_ a fine powder. If you take this powder with an equal \_\_\_\_\_, it will give you relief from cough.

2. Now, write a short paragraph on *Tulsi* based on the completed factsheet in 'Let us listen'.



## Let us explore

1. Now that you have read about many spices, can you guess the spices based on the riddles given below?

(a) When your tummy felt funny  
I was used by your granny  
I made you fit and fine  
And brought back your smile.  
Who am I?

\_\_\_\_\_

(b) I come from under the ground  
Thousands of years, I've been  
around.  
For cooking you use me daily  
From cold I can cure you surely.  
Who am I?

\_\_\_\_\_

2. Fill in the blanks to complete the riddle below. Write another riddle of your own and ask your family members to guess the spice.

(a) Brownish- \_\_\_\_\_ in colour,  
and \_\_\_\_\_ to taste,  
I help everyone,  
to \_\_\_\_\_ their weight.  
Who am I?

Ans: Fenugreek (*methi*)

(b) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. Close your eyes and learn about spices by smelling and feeling them. The teacher may also provide a few different spices to try.



# Transcripts



**Let us listen** (refer to page 83)



## PEEPAL BABA

Rahul : *Maa*, have you heard about Peepal Baba? Our teacher told us about him today.

Mother : I have not heard about him. Who is he and what does he do?

Rahul : He plants trees along with his team. He also started a movement to plant and save trees.

Mother : That's wonderful. Where did he get this idea from?

Rahul : When he was studying in a school in Pune, his English teacher gave him the idea to plant trees. He was just 11 years old.

Mother : How did he plant so many trees all over the country as a child?

Rahul : He was born to an army officer's family in Chandigarh and whenever they were moved to a new city, he planted more trees.

Mother : But how did he come to be known as Peepal Baba?

Rahul : He used to plant Peepal and Neem trees as they have many uses for us and told others to do so. So, in the beginning, people made fun of him by calling him Peepal Baba but he was not bothered and continued to do his work. Now everyone calls him by that name lovingly.

Mother : He is really doing great work. We should learn from him and plant more trees.

Rahul : Yes, *Maa*. We must and tell others to do the same.

You will listen to the audio or narration once again. As you listen, check your answers.





## Transcripts

Let us listen (refer to page 90)

### WHAT A BIRD THOUGHT

I'm a parrot, my name is Paro,  
My feathers are bright and they glow.  
In the morning, I spread my wings,  
Fly around and see wonderful things.  
Come with me through the skies so blue,  
To places old and places new.  
Among the trees, where the breeze is light,  
Many new stories, oh, what a sight!

(refer to page 98)

### SPICES THAT HEAL US

The wonder herb: *Tulsi* is a shrub in the basil family. It is said that it was first found in north central India and now grows almost everywhere in India. It is known as 'the Queen of Herbs' and has many medicinal uses. Studies show that it helps to decrease glucose and cholesterol levels and improve blood pressure. It is commonly used to treat breathing and digestion disorders. As it has anti-bacterial properties, it is used in herbal hand sanitisers. It is used as a base for making herbal mouth wash and toothpaste for treating bad breath, gum disease and mouth ulcers.

*Tulsi* leaves can be washed and eaten raw. We can also add *Tulsi* leaves when we make tea. *Tulsi* tea helps in dealing with stress as it calms our mind. *Tulsi* protects us from a vast range of pollutants around us.

You will listen to the audio or narration once again. As you listen, check your answers.

