

Spicy Riddles

I. Fill in the blanks:

1. Turmeric is used to make the food look yellow.
2. Saunf keeps the stomach healthy.
3. Clove looks like anail.
4. Kerala has many gardens of spices.
5. Zeera is used for adding fragrance.
6. Red chillies are used to make the food hot and spicy.
7. Saunf is used as a mouth freshener.
8. Garam masala is made by grinding many spices together.

II. Match the following:

1. Red chillies - makes food hot and spicy.
2. Black pepper - gives sharp and spicy taste.
3. Turmeric - heal wounds.
4. Zeera - add fragrance to food.
5. Saunf - mouth freshener.
6. Clove - reduce toothache.

Homework

Paste pictures of some spices used for making dishes in your home.

III. Answer the following:

1. Why are spices added to the food?

Spices are used to add colour, flavour and taste to the food.

2. Which spice brings water in your eyes and nose? Why?

Red chilli brings water

in our eyes and nose when it is added in large quantity as it makes food hot and spicy.

3. Which spice is used for healing wounds? How?

Turmeric is used for healing wounds.

When turmeric mixed with oil is applied in wounds, they heal quickly.

4. Which spice is used when the tooth ache?

Clove which has a very strong smell is used to reduce toothache.

5. What is garam masala?

Garam masala is a powder of a mixture of several spices such as cardamom, clove, cumin seeds, cinnamon, black pepper, dry ginger, etc.

IV. Answer the spicy riddles:

1. I am added into both sweet and salty things – Black pepper.
2. I soothe the pain in your mouth – Clove.
3. Curd and jaljeera are favourite to me – Zeera.
4. If too much of me is added, I make you gasp...shee...shee...- Red chilli.
5. I look like zeera though green am I – Saunf.

V. Answer in detail:

1. How can you make a potato chaat?

Needed things:

Boiled potatoes	Roasted cumin seeds
Salt	Black salt
Red chilli powder	Garam masala
Mango powder or lemon	Fresh coriander leaves

Method:

- Peel the potatoes and cut them into small pieces.
- Add salt, red chilli powder, mango powder or lemon juice according to taste.
- To make the chaat more delicious, add a little roasted cumin seeds, black salt and coriander powder.
- A pinch of garam masala can be added at the end.
- Mix the potatoes well.
- Sprinkle chopped coriander leaves on top.
- Now the potato chaat is ready to taste.