

Released on World Environment Day, 5th June 2016



Activity - 1

# First Aid

## IN YOUR KITCHEN!



## Discovery station-Type 1:

**Title:** First Aid in your kitchen!

This is an inquisitive corner or a space, where different audience groups can engage themselves to know more about how plants are used to manage health care? This will give them scope to relate to what they have doing, learn new recipe and realise lots of primary health care problems can be managed with a spice box.

**Learning objective:**

1. Know the usefulness of kitchen spice box
2. Discover that many spices are useful to manage first aid needs and primary health care problems

**Your kitchen spice box:**

Hello explore your spices box with the help of the clues provided . Rearrange the spellings and write a correct name. Share the home remedies with your friends and relatives.

Clues	Spice name								Correct name							
Seeds eaten after consuming a meal for digestion.	<u>F</u>	A	U	N	S						A		<u>E</u>			
Popularly called Black gold, important ingredient for Rasam. Relieves fever and cough	P	R	<u>E</u>	P	E	P				<u>E</u>				R		
Natural dye with antiseptic property	I	A	L	<u>H</u>	D				<u>H</u>		L					
Important ingredient in Rasam and Sambar. Helps in digestion	A	J	E	E	<u>R</u>					E		R	<u>A</u>			
A flower bud, popular ingredient in Pulav. Used as digestive and for tooth ache.	<u>L</u>	O	V	C	E					L		V				
Sweet smelling and tasting bark, with digestive properties.	N	A	N	N	M	<u>O</u>	I	C		I		N			<u>O</u>	
An expensive aromatic spice, used in sweet dishes. Good for controlling vomiting.	M	<u>A</u>	C	R	M	A	U	D		<u>A</u>					U	
An important seeds obtained from a tree. Little seed paste is given to stop loose motion in children	G	E	N	U	M	<u>T</u>						<u>T</u>		G		
An important spice, used to colour food products. Improves complexion.	<u>F</u>	O	A	R	S	F				S		F	<u>R</u>			
An important root, which helps in digestion. Seen in chutneys	R	I	G	G	<u>E</u>	N					I		<u>E</u>			
Seeds are the must in any seasoning. Helps in digestion.	D	A	T	M	S	U	<u>R</u>				U				<u>R</u>	
Rasam with out the seasoning of ... ..tastes bland. Resin is a digestive and flavouring agent.	N	G	I	<u>H</u>						<u>H</u>						
Fresh leaves and seeds are used in Indian cusine. IT gives flavour, anti-oxidants and carminative.	<u>H</u>	A	D	I	A	Y	N			<u>H</u>		N				
Seeds bloat in water. They are popular in our pickles, sambar powders. Diabetic chew them.	E	<u>T</u>	M	H	I							<u>T</u>				



Our kitchen spice is a chest with  
(Arrange all the alphabets underlined and complete the above sentence by filling the box)

H					S				O				E				H
---	--	--	--	--	---	--	--	--	---	--	--	--	---	--	--	--	---

### Simple home remedy:

Kitchen spice box | Science Express- Climate Change  
30<sup>th</sup> March to 7<sup>th</sup> April 2016  
Game Designed by: Suma TS, SPO, FRLHT-TDU, Bangalore  
MOEF & CC's Centre for Excellence in Medicinal Plants and Traditional Knowledge, ENVIS Center on Medicinal Plants, DBT BRIC  
Answer: Herbsforhealth