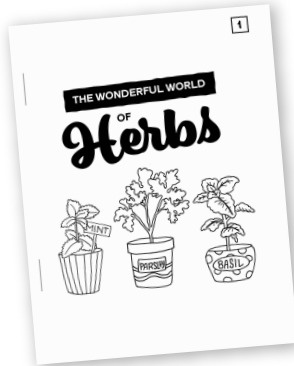
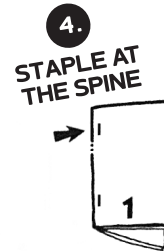
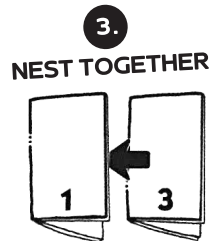
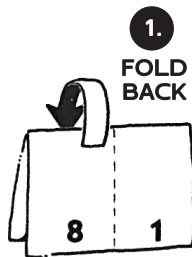
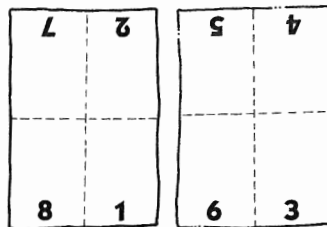


Assembling Mini Books

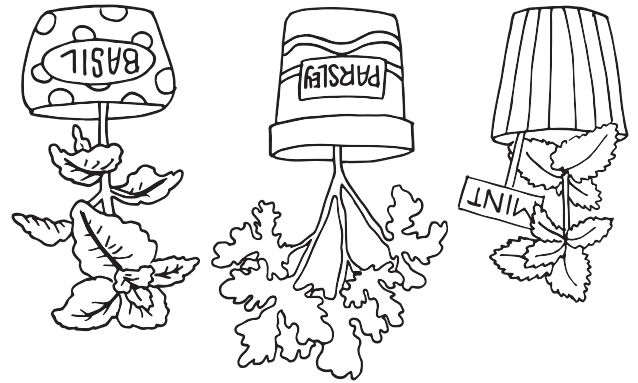


Mini books offer valuable content information in a kid-friendly format. Each student can be given his or her own book to keep. They can also color, draw, or annotate the book as instructed by their teacher. These books also provide a great home link, as students can take them home and share the information they are learning with their family.

To assemble a book follow these simple instructions.



Herbs are the fragrant leaves or other parts of certain plants. Common herbs include mint, basil, oregano, cilantro, parsley, and thyme. People have used herbs for thousands of years.



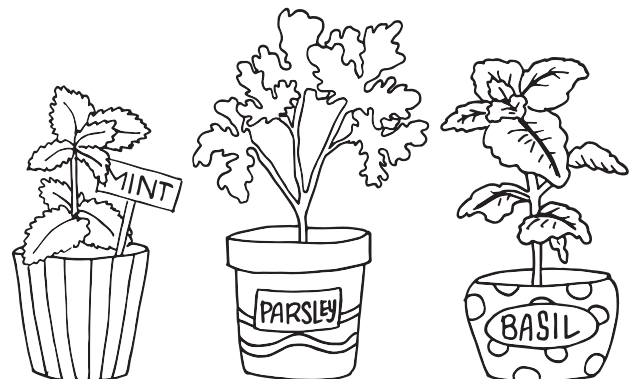
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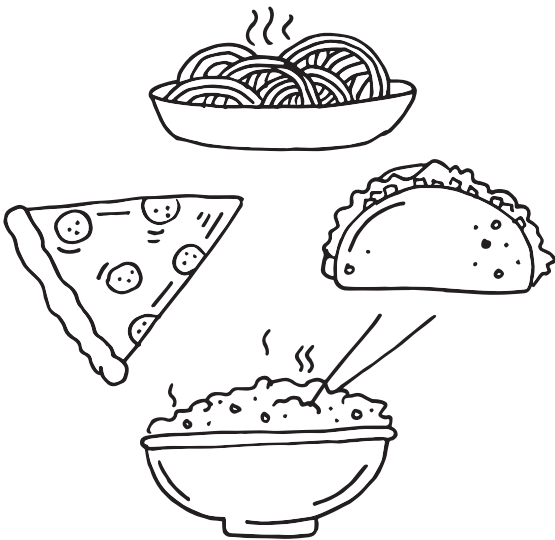
BASIL

7

THE WONDERFUL WORLD OF Herbs



1

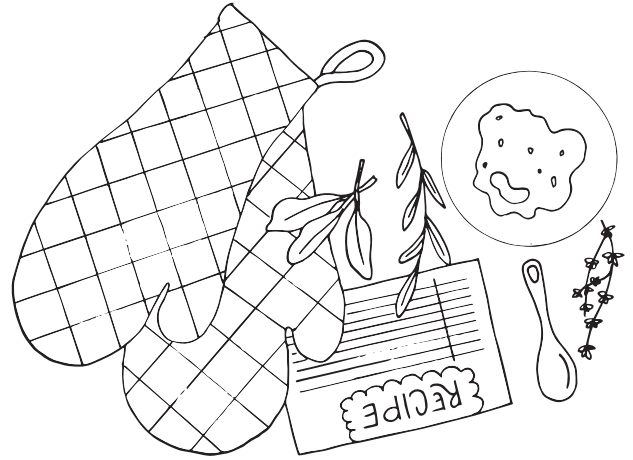


8

Herbs are an important ingredient in many types of cuisine. With just a few different herbs, you can enjoy food from around the world without even leaving your kitchen!

Basil is a popular herb used in many cuisines, including Italian and Thai. Italians use a mortar and pestle to grind basil with oil, garlic, cheese, and nuts to make pesto. Basil has a fragrant, sweet smell and peppery taste.

By the Middle Ages, many Europeans were using fresh and dried herbs in their cooking. When the first settlers came from Europe to North America, they brought herbs with them. Herbs are still used today to add flavor and aroma to food.



4

Cilantro is an herb from the leaves of the coriander plant. Fresh cilantro tastes pungent, bright, lemony, and a little peppery. Most salsas contain some cilantro—it is a popular herb in Mexican cuisine.



5



3

Early doctors used herbs to treat illnesses. They would make a mixture of different herbs for the patient to drink or apply a compound of herbs to the skin for healing. Herbs are still used as medicine today.

OREGANO



6

Oregano is a familiar herb that many people know from Italian dishes such as pizza and pasta sauce. Some people describe the taste of oregano as 'earthy' and 'slightly bitter.' The herb is eaten fresh or dried, and is popular in Mediterranean cuisine.