



## SENSORY HERB LESSON

### OBJECTIVES

The objective of this sensory herb lesson is for students to use their observation skills and five senses (sight, smell, touch, taste, and hearing) to explore a variety of culinary and medicinal herbs.

### MATERIALS NEEDED

- Variety of herb plants such as Mint, Lemon balm, Rosemary, Chives, Lavender, Oregano, Thyme and Basil.
- Herb Sensory journal for each herb they evaluate ([Template](https://bit.ly/3SVJctt)) (<https://bit.ly/3SVJctt>)

### ESSENTIAL QUESTIONS

- What are your 5 senses?
- How can you use the power of observation and all of your senses to recognize and differentiate herbs?
- How can you use the herb in everyday life?

### LESSON

Display all the herb plants you have on a table.

Introduce the five senses that are used when tasting different herbs. Discuss the senses with your students.

Explain that during this activity they will use these senses to identify different herbs by their appearance, smell, texture, taste, and sound.

Allow enough time for students to explore each plant with all of their senses.

Repeat the lesson until all students are able to correctly identify the different herbs by their appearance, smell, texture, taste, and sound.

Assess the students' understanding of the lesson by having them identify different herbs in a blind taste test.

Students can record their findings on the template, taking the time to record and draw their observations.

### EXTENSIONS & VARIATIONS

Learn about an herb's origin and its history. A good reference is [The Cook's Herb Garden](#) by Jeff Cox & Marie Moine.

Learn about the benefits of herbs and how they can add flavor to your everyday meals and beverages. A good reference is [The Herb Garden Guidebook](#) by Nicole Johnsey Burke.

Have gardeners take the herb they connect with the most and plant it in a pot to take home.