

# Minty drinks



When water is added to mint leaves they release essential oils which have a smell and flavour. Mint can be used to flavour water and make refreshing drinks and herbal tea. Why not try making a minty drink?

## Preparation

### Mint tea preparation:

1. Cut a couple of sprigs from the mint plant and crush the leaves slightly in your fingers to release the essential oils.
2. Put the mint sprigs in a teapot.
3. Pour warm water over the mint and leave to infuse for 5 minutes.

### Minty water preparation:

1. Cut a couple of sprigs from the mint plant and crush the leaves slightly in your fingers to release the essential oils.
2. Put the mint sprigs in a jug.
3. Pour cold water over the mint and leave to infuse for 5 minutes.

## Key questions

What does it smell like? (e.g. sweet, spicy, earthy, grassy, fruity, flowery)

What does it taste like? (e.g. sweet, spicy, earthy, grassy, fruity, flowery)

How does it make you feel? (e.g. sleepy, awake, relaxed, focused, calm, unsettled)

Do you like it? Do you prefer the minty water or mint tea?

## Plenary

Can you think of someone who might enjoy minty water or mint tea?

## Sensory herbs



Herbs smell, taste and feel different to each other, and different people like different herbs. By looking at, smelling and tasting herbs we become more familiar with them and can decide what we like and don't like.

### You will need

Fresh herbs such as sage, mint, thyme, chives, parsley, oregano

Sensory herbs recording table (provided below)

### Preparation

1. Ask pupils if they know what herbs are (plants that have a variety of uses including adding flavour to food).
2. Encourage pupils to look at, smell and touch the herbs to become familiar with their similarities and differences.

### Key questions

What do they look like? (e.g. shiny, dull, purple, serrated, smooth)

What do they feel like? (e.g. smooth, rough, bumpy, soft, hard, furry)

Do any smell familiar? (e.g. like onions, toothpaste, sweets, pizza, salad)

Do any taste familiar? (e.g. like onions, toothpaste, sweets, pizza, salad)

Choose your favourite herb. What do you like about it?

Choose your least favourite herb. What don't you like about it?

### Summarising

Complete the sensory herbs recording table.





### Plenary

Is there a herb you'd like to use next time you prepare some food?

# Sensory herbs recording table

**Name:**

**Date:**

Herb	 What it looks like	 What it smells like (crush a leaf)	 Might taste good with... (e.g. pasta, salad, curry)	 Rank the herbs (1 = favourite, 6 = least favourite)