

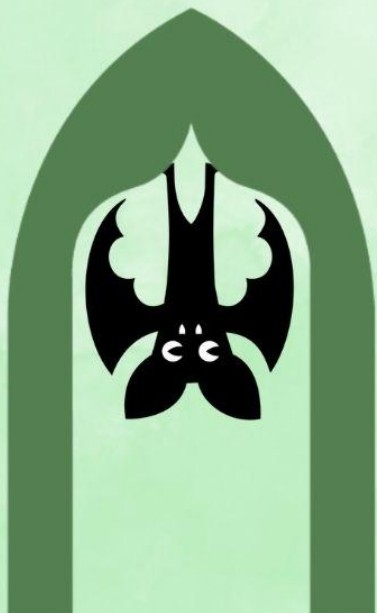
Herbs, Spices and Smells

Family Activities

- Spices and Smells Quiz
- Tudor Herb Bags
- Missing Spices Poster
- Tudor Lord and Lady Colouring Sheet



Belfry
the Bat



EXPLORE
THE
NATURAL
WORLD

with Belfry the Bat

Learning at
the Churches
Conservation
Trust

THIS DOCUMENT SHOULD BE USED IN CONJUNCTION WITH THE
FAMILY ACTIVITY ORGANISER'S MANUAL.

Herbs, Spices and Smells

Family Activities

Overview:

These three activities are great additions to any community event, especially during spring or summer. If your church has a herb garden, use these plants for your herb bags and, if possible, invite visitors to pick the herbs themselves.

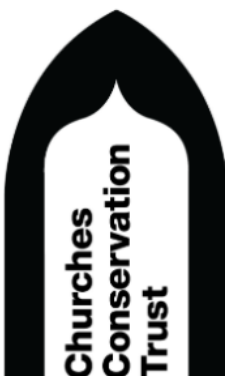
Activity 1: Spices and Smells Quiz

Overview: Visitors match the 12 pots containing a spice or smell with the name and description card, labelled A-L. They mark their guesses down on the quiz sheet and then compare with the answer sheet.

Age range: Whole family activity- works best with adults and children working together. Children enjoy the smells.

Materials: **It's always best to source materials locally or you can use the links provided:**

- CCT Spices and Smells Quiz Document.
- Clipboards.
- 12 pots labelled 1-12.
- Sample of spice or smell in each pot.
 - Most of these can be bought at your local supermarket, but for the rarer smells you can try:
 - Oudh: [Oudh Nabeel Bakhoor \(Arabian Incense\)](#)
 - Frankincense and Myrrh Incense Cones: [Stamford Frankincense Incense Cones : Amazon.co.uk: Home & Kitchen](#)
 - Jasmine Tealights: [24 Pack Jasmine Tea Lights - Matalan](#)
 - Sandalwood: [Log Sandalwood Sticks - Organic Wild Sandalwood Smudging Sticks With Natural Aromatic Ingredients](#)
 - Church Incense: [Baldwins Sanctuary Incense Grains](#)



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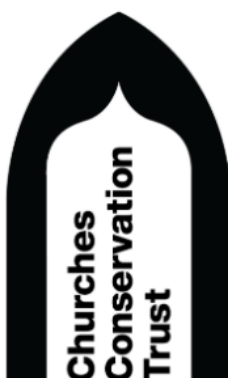
Activity 2: Herb Bags

Overview: Visitors select their herbs (based on smell or description) and tear them into small pieces. The smaller you can rip up the leaves the better, as this breaks down the cell walls and releases the smell! Visitors make a small pile of these leaves in the centre of a 14cm x 14cm square of muslin cloth then pinch the corners of the square together and tie with a small piece of twine.

Age range: 3+ (3-7 with adult supervision). This activity is enjoyed by all age groups and incorporates touch and smell.

Materials: **It's always best to source materials locally or you can use the links provided:**

- CCT Tudor Herbs Document- Cut out the descriptions for the herbs you have available.
- Muslin cloth cut into 14cm x 14cm squares.
 - [Muslin Cotton Cheesecloth – 51 Inches 55GSM, 130cm Wide - Cotton Cloth for Straining, Sewing, Embroidery, Baby Items, Cooking \(Natural, 1 Metre\) : Amazon.co.uk: Baby Products](#)
- Selection of herbs.
- Children's Scissors
 - [School Scissors Pack of 32](#)
- Twine
 - [Kraft Brown Jute Twine 33m | Hobbycraft](#)



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Activity 3: Missing Spice Poster

Overview: Visitors colour in and fill out the poster using the information found on the A-L cards from the spices and smells quiz. *For example: MISSING: Jasmine. Drawing of flower in box. If found, please return to: India. We urgently need this back because we wear Jasmine in our hair for good luck!*

Historical Background (optional): Throughout the medieval period and into the 1700s, Europeans travelled to Africa and Asia in search of spices. The long distance of travel made spices very expensive, so rich Europeans would use them in their food to display their wealth. This became a global trade connecting Europe, Asia and Africa, with spices such as cinnamon, ginger, nutmeg and cloves being traded for gold, silver and cotton. However, these trades were not always equal. The Europeans sought to control the spice trade and take ownership of the shipping ports and the land where the spices were grown. This led to intense fighting between the different groups with lasting ramifications felt across the globe.

Age range: 12+. Children of all ages enjoy colouring, but the content is aimed at older children.

Materials:

- CCT Missing Spice Poster Document
- Pen or pencils
- Colouring Pens and Pencils



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Hazards to add to your risk assessment: PLEASE CONSULT THE LEARNING EVENT ORGANISER’S MANUAL FOR FULL LIST OF POSSIBLE HAZARDS.

Hazards Identified	Risk (How people may be harmed)	Precautions / Control measures	Likelihood	Severity	Risk Rating	Further precautions necessary
Smelling spices and smells in pots	Allergic reactions from smell or accidental ingestion.	Organiser to ask if visitors have any allergies before they begin the quiz. Young children to be accompanied so they do not have the chance to eat anything in the pots.	U	H	3	Do not leave children unattended signage.
Smelling and touching herbs for herb bags.	Allergic reactions from smell or accidental ingestion.	Organiser to ask if visitors have any allergies before they begin the quiz. Young children to be accompanied so they do not have the chance to eat any herbs.	U	H	3	Do not leave children unattended signage.
Scissors	Cuts from scissors	All scissors should be child safety scissors. Young children should be accompanied whilst using scissors.	U	L	1	Do not leave children unattended signage.
Colouring Pens and Pencils	Poking to eyes, ears, nose, mouth etc.	Children not to be left unattended and asked to be respectful and sensible with the resources.	P	L	2	Do not leave children unattended signage.
Twine and other small objects.	Choking hazard.	Children not to be left unattended and asked to be respectful and sensible with the resources.	U	L	1	Do not leave children unattended signage.

Mascot:

The Churches Conservation Trust has six learning mascots each with their own colour and area of interest! These activities are part of the ‘Explore The Natural World with Belfry the Bat’ series.



Belfry the Bat is interested in anything to do with animals and nature. He lives with his friends in a bat box in a church tower and encourages visitors to explore and protect the natural world.

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Photos for reference:



Spices and Smells Quiz!

Smell the pots and try to match the number to the spice.

Next, match the spice to its information card.

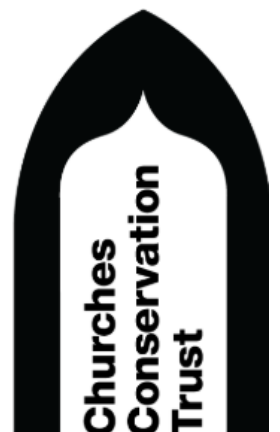
Finally, use the answer sheet to check your answers!

Pot Number (1-12)	Spice/ Smell	Information (A-L)
	Garlic	
	Church Incense	
	Oudh	
	Sandalwood	
	Cinnamon Sticks	
	Star Anise	
	Cloves	
	Cumin Seeds	
	Frankincense and Myrrh	
	Pepper	
	Jasmine	
	Cardamom Pods	



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Spices and Smells Quiz!

Answers

Pot Number (1-12)	Spice/ Smell	Information (A-L)
7	Garlic	D
9	Church Incense	G
4	Oudh	C
6	Sandalwood	H
1	Cinnamon Sticks	I
5	Star Anise	E
8	Cloves	B
11	Cumin Seeds	L
12	Frankincense and Myrrh	K
10	Pepper	J
2	Jasmine	A
3	Cardamom Pods	F



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A

Place of Origin: India/ Iran

A small, usually white, flower that is grown for its sweet smells. It is used by Hindus for religious rituals and women often wear it in their hair as a symbol of good fortune.

B

Place of Origin: Indonesia

A tropical evergreen tree produces this spice as a small reddish-brown flower. Strong of smell and hot and pungent in taste, it is used to flavor many foods, particularly meats and bakery products; in Europe and the United States this spice is often associated with Christmas.

C

Place of Origin: Southeast Asia

This resin, taken from the inside of Aquilaria trees, is also known as Agarwood. However, it is more commonly referred to by its Arabic name which literally means rod or stick. It has religious significance around the world dating back thousands of years and was used by the prophet Mohammed. It is also a common ingredient in perfume.

D

Place of Origin: Middle Asia/ China

This bulbous flowering plant has been used as a seasoning for thousands of years and was even found in the tomb of Tutankhamun! It has also been used as medicine and is believed by some to ward off evil creatures, such as vampires...

E

Place of Origin: Vietnam/ China

This unusually shaped, sweet spice is often used in baking and can be found in mulled wine. It has also been used in Chinese medicine for centuries to treat many different ailments.

L

Place of Origin: Western Asia

Also known by its Indian name Jeera, this spice is a common ingredient in curries. It is mentioned in the Bible in both the Old Testament and the New Testament. However, the oldest reference to these seeds dates back 5,000 years as an ingredient in Ancient Egyptian mummification. Superstition during the Middle Ages cited that this spice kept chickens and lovers from wandering. It was also believed that a happy life awaited the bride and groom who carried these seeds during their wedding ceremony.

G

Place of Origin: Africa, India, China, and the Middle East.

This is the smell that greets you as you step into a Catholic Church. These grains are burnt in a special incense burner, called a thurible, that the priest can swing around the chapel on a long chain to purify the altar. The most common ingredients are frankincense and myrrh, as well as a mix of other sweet smelling oils including benzoin and storax.

H

Place of Origin: India

This fragrant, expensive wood grows throughout southeast Asia and the Pacific Islands. The plant and its roots contain a yellow aromatic oil used in perfumes, soaps, candles, and folk medicines. It is often burned to help with meditation and is a popular offering to Buddha.

I

Place of Origin: Sri Lanka

This spice, consisting of the dried inner bark of certain laurel trees, is brown in colour and has a delicately fragrant aroma and a warm sweet flavor. In Europe it is mostly used in confectionery and baked goods, especially around Christmas time, whilst in the Middle East it is common in meat dishes such as Moroccan tagines.

J

Place of Origin: India

This spice is the dried fruit of a flowering vine. It is ground down and commonly found on the dinner table next to salt. In the past, this spice was so valuable it was often referred to as 'black gold; and could be used as a form of money. Watch out when you smell this spice as it contains piperine, which irritates the nose and can trigger sneezing!

K

Place of Origin: North Africa

These resins are famous for the part they play in the Nativity story and are both extracted from inside trees. Harvesters make a cut in the tree's trunk, which pierces the gum resin reservoirs within the bark. The sap slowly oozes from the cut and drips down the tree, forming tear-shaped droplets which are left to harden on the side of the tree for two weeks. Both were traditionally used to prepare a body for burial and were very expensive to trade.

F

Place of Origin: India

This spice comes from the same plant family as ginger and is normally sold as seeds or pods. It is the most common ingredient in chai tea and is also often used in curries.

Tudor Herbs

In the 1500s, people used herbs for many different reasons. They used them to season their food, like we do today, but also to make medicine and to protect themselves from evil spirits! Ladies would sometimes hang small herb bags off their clothes to help them smell better.

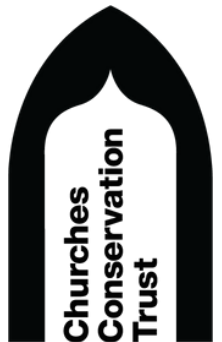
Kind of like Tudor deodorant!

Use herbs, twine, and muslin cloth to make your own herb bag!

Take it home and put it in your wardrobe to keep your socks smelling sweet!



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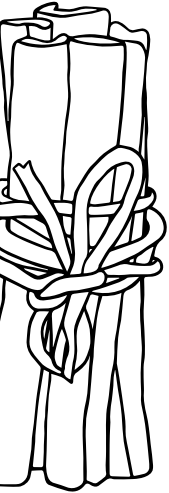
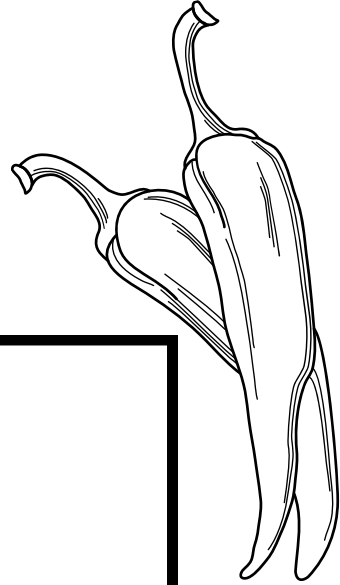


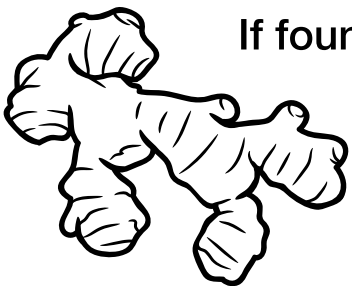
Rosemary	Rosemary was said to ensure success in love . Tudor brides dipped rosemary into scented water and then wove it into their bridal wreaths. Anne of Cleves had a bouquet like this, but still ended up divorced from Henry VIII just six months later!
Thyme	Nicholas Culpeper, a famous herbologist from the 1600s, wrote that thyme 'purgeth the body of phlegm and is an excellent remedy for shortness of breath .' It was also thought that burning thyme in a home would promote good health and that stuffing a pillow with thyme could prevent nightmares . Thyme was also used to communicate with fairy folk and even the dead .
Sage	A great reference for historical gardening is John Evelyn's 'A discourse of sallets', written in 1699, which describes sage as "a plant endu'd with so many wonderful properties as that the assiduous use of it is said to render men immortal ".
Basil	Famous herbalist Nicholas Culpepper believed that, because of its evil nature, basil could be used to draw venom out of wounds . However, he also believed that smelling too much basil could 'turn your brain into a breeding ground for scorpions'!

Dill	In the Middle Ages, dill was believed to provide protection from witchcraft, evil spirits & ghosts . In the 1627 play “Nymphidia” by Michael Drayton, dill is mentioned in the following lines: “Therewith her Vervain and her Dill, That hindereth Witches of their Will.”
Mint	Fresh mint was used in the house to freshen the air and repel flies and mice . Mint leaves were applied directly to bee stings, burns or aching teeth to reduce swelling and pain and a mint tonic was a brilliant cure-all for digestion problems .
Bay Leaves	Dating back to Ancient Roman times, bay was strongly associated with the gods and success . People believed sorcerers, poisoners, witches, and demons could not harm the person who carried bay and that lightning would not strike where bay was planted. Herbologist Nicholas Culpeper said that bay berries were “effectual against the poisons of all venomous creatures and the sting of wasps and bees.”
Chives	According to old folk traditions, hanging a bunch of chives over the doorway or around the border of one’s home will prevent evil spirits from entering. Chives have also been used to aid with fortune telling .

Lavender	Lavender is well known for its sweet and soothing smell . It has long been used to help people sleep and added to baths to relieve pain . However, Lavender was also believed to help find your true love . In Tudor times, ladies would drink a lavender brew on St Luke's Day to discover the name of their soulmate.
Parsley	Parsley has been associated with honouring the dead all the way back to Ancient Greece. However, at Ancient Roman weddings, wreaths of parsley were used to protect against evil spirits . In England, it was believed moving parsley plants could result in bad luck!
Oregano	Oregano has been used to season food for a long time, but it was also a key feature of medicine. It was used to clean wounds, help with digestion and soothe rashes . Some folklore claimed that wearing oregano on your head whilst you slept could make you have dreams that tell the future!
Lemon Balm	Lemon Balm is a great plant to grow to attract bees! It was also a popular herb for curing weak stomachs and when dipped in wine was thought to cure scorpion stings and the bites of a mad dog. In folklore, lemon balm was believed to make you happier and attract love and compassion into your life.

MISSING





If found, please return to _____

We urgently need this back because

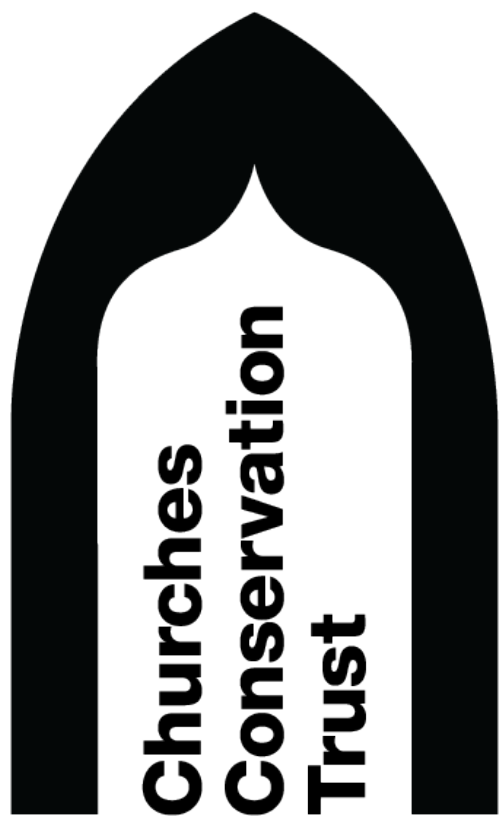


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Tudor Lord and Lady

A rich, noble couple from the 1500s

Can you add some beautiful colours to this couple?

“Did you know?”
Lords and Ladies
would hang herb bags
under their clothes to
smell better!



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the Churches
Conservation Trust: visitchurches.org.uk

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