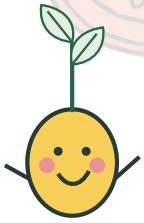
Herb Kitchen Creations

Turn a familiar edible herb into a simple dip.



Little growers, big discoveries

15 MIN | HERBS AND SIMPLE FOOD | AGES 5+ WITH AN ADULT

Grab your kit

Four tablespoons of plain yoghurt or a suitable alternative, a few known edible mint or chive leaves, a bowl, spoon and washed cucumber or other suitable dipping food.

Your discovery mission

1. Ask an adult to check allergies and identify the herb. Wash hands, clean the work surface and wash the herb and dipping food.
2. Put the yoghurt into the bowl. Tear a little mint into tiny pieces, or ask an adult to chop a little chive.
3. Stir in the herb. Smell the mixture and, if you want to, taste a little with a clean spoon. Add more herb only if you wish.
4. Serve with the prepared dipping food. Give your dip a name and describe its flavour or smell.

What did you discover?

My dip is called: _____
The herb I used: _____

Draw your discovery

Let's wonder...

How did the herb change the yoghurt? Would everyone choose the same amount?

NEXT ADVENTURE

Try a second small batch using a different known culinary herb. Compare without needing to pick a favourite.

An adult checks ingredients and prepares age-appropriate pieces. Keep yoghurt refrigerated until needed and refrigerate leftovers promptly.