



Spice It Up!

Video links to complement learning

- [How to wash dirty herbs \[video\] | Elean Besser](#) (length: 1:19)
 - Learn how to clean cilantro.
- [How to cut herbs \[video\] | Eating on a Dime](#) (length 2:19)
 - Learn how to cut cilantro.
- [How to peel and mince garlic \[video\] | Eat Right](#) (length: 1:13)
 - Learn how to mince this aromatic vegetable with tips from a chef.
- [How to cut bell peppers \[video\] | Oregon Child Nutrition Programs](#) (length: 2:06)
 - This video shows you how to safely cut a bell pepper.
- [Tips for washing vegetables and fruit \[video\] | UnlockFood.ca](#) (length: 1:37)
 - Knowing how to wash different types of vegetables and fruit will keep your food tasting great and safe to eat.