



# Spice It Up!: Session 5

## Discussion Questions

1. What are your favourite spices/flavours or types of cuisine?
2. What did you enjoy most today?
3. What substitutions could you make to the recipes?
4. If you could change anything from today's session, what would it be?
5. Did you try a new food or cooking technique?
6. What recipe would you try at home and why?