

TOPIC :

/ /

Name :- Ansari Nahid Md Shaikat

Class :- S.Y.B.A

Subject :- Food Commodities.

Topic :- Spices and Herbs (Turmeric)

≡ Turmeric ≡

The turmeric on shelves and in spice cabinets is made of the ground roots of the plant. The bright yellow colour of processed turmeric has inspired many cultures to use it as a dye.

Ground turmeric is also a major ingredient in curry powder.



Positive Side effects

While turmeric is a flavorful spice that is nutritious to consume, it has also traditionally been used in Ayurvedic and Chinese medicine to treat inflammatory conditions, skin, wounds, digestive ailments.



Name: Ansari Ruby Idris
Std: 8.Y. B.A.
Sub: M.M



Red chilli Tree



Red chilli

The Cayenne Pepper is a type of *Capsicum annuum*. It is usually a moderately hot Chilli Pepper used to flavor dishes. Cayenne Peppers are a group of tapering, 10 to 25 cm long, generally skinny, mostly Red-colored peppers, often with a curved tip & somewhat wrinkled skin, which hang from the bush as opposed to growing upright. Most varieties are generally rated at 50,000 to 50,000 Scoville units.



The fruits are generally dried & ground to make the powdered spice of the same name, although cayenne powder may be a blend of different types of peppers, quite often but containing cayenne peppers, & may or may not contain the seeds.

Cayenne is used in cooking spicy dishes either as a powder or in its whole form. It is also used as a herbal supplement.

Name : Siddiqui Sana Abrar Ahmad Sub: Meal Management
Std : S.Y.B.A
Date : 03/02/21

Cumin



a small annual herb (*Cuminum cyminum*) of the carrot family cultivated for its aromatic fruits also: the seedlike fruit of cumin used as a spice.

Cumin is an essential spice for Indian curries and chutneys. The spice also works well in a

variety of rice dishes, stews, soups, breads, pickles, barbecue sauces, and chilli con carne recipes.

It is best to be conservative when cooking with cumin as its flavor can easily overtake a dish.

Cumin is also high in inflammation-fighting antioxidants to repair skin damage and keep skin looking young. Cumin is also naturally anti-bacterial, anti-microbial and anti-inflammatory to soothe skin and keep it blemish free. The essential oil contained in cumin help tone the skin and boost circulation.



Name :- Siddiqui Sana Abrar Ahmad Sub:- Meal Management
Std :- S.Y.B.A
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CARDAMOM

Name :- Shaikh Afreen Sajid Hussain

Std :- Sy [BA]

Meal plant management 2020-2021

1] Cardamon [/'ka:rdamam/], Sometimes cardamom or cardamon, [1] is a spice made from the seeds of several plants in the genera *Elettaria* and *Amomum* in the family *Zingiberaceae*. Both genera are native to the Indian subcontinent and Indonesia. They are recognized by their small seed pods; triangular in cross-section and spindle-shaped, with a thin, papery outer shell and small, black seed; *Elettaria* pods are light green and smaller, while *Amomum* pods are larger and dark brown.



2]

SCIENTIFIC CLASSIFICATION

Kingdom: plantae

[Unranked]: Angiosperms

[Unranked]: Monocots

[Unranked]: Commelinids

Order: Zingiberales

Family: Zingiberaceae

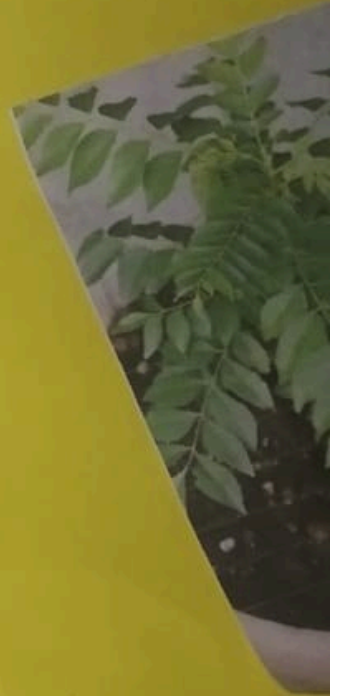


3] Species used to cardamom are native throughout tropical and subtropical Asia. The first references to cardamom are found in Sumer, and in the Ayurvedic literatures of India. [2] Nowadays it is also cultivated in Guatemala, Malaysia, and Tanzania. 3] The German coffee planter Oscar Majus Klöpper introduced Indian cardamom to cultivation in Guatemala by the world way; by 2000, that country had become the biggest producer and exporter of cardamom in the world, followed by India [4].

ANSARI NIDA SHAKAT ALI

S. Y. B. A

Topic = CURRY LEAVES



Spices and herbs

Curry leaves
Benefits.....



Curry leaves Benefits.....

use these herbs for your health Beauty and hair ! make sure you use these herbs in your daily diet.

Curry leaves are widely used in the Indian kitchens in Curries, Rice, Snack et. al they are known for their aromatic and distinctive flavors, however, they have more than just appetite - tickling Flavour.

these leaves are said to have various health and Beauty Benefits to affect. Curry are herbs that help in conditions like weight loss, blood pressure, indigestion, anaemia, diabetes, acne, hair loss et. al. these aromatic leaves also know as kadepatta, have nutrients like copper, calcium, phosphorus, fibre, Carbohydrates, energy, magnesium and iron they also possess many types of vitamins like vitamins A, B, C, and E and amino acids beneficial for health.

USES

- 1- Curry leaves can heal wound and burns :
Curry leaves are said to have alkaloid that are not too deep they have similar Carotene effect on boils, itchy or inflamed skin, and mild burns. A paste made from Curry leaves can serve as an antiseptic.
- 2- may help in losing weight :-
Snacks or munching on Curry leaves as meals may help in losing weight. Curry leaves are said to reduce the body fat. This helping you shed some kilos.
- 3- Helps sharpen your memory :-
Curry leaves have shown to sharpen your memory and reduce the effects of condition like amnesia or loss of memory.
- 4- Help relieve morning sickness and nausea :-
Curry leaves help increase digestive secretions, thereby relieving nausea, vomiting and morning sickness. The aromatic powder may contribute as well.
- 5- Good for the eyesight :-
many claim that it may be good for your eyesight, thanks to the presence of vitamin A that transparent layering that covers the eye.
- 6- Curry leaves for Beauty and Hair :-
the anti-microbial properties present in the Curry leaves and the presence of A and C help skin, whether you eat them or apply them externally.

NAME ❖ - HASHMI KAHEKASHA

Std

ABDURREMAN

Std ❖ - S. Y. B. A



Green chilli tree crops in central and South Americas. Green chillies like are fresh and then turn red when dried. In case of chillies like jalapeno, habanero or serrano, they become red and are still used in the same form.

The green chillies in cooked or raw form gives a fiery hot flavor. The seeds and inner membranes could be removed which is

Green chilli or chilli peppers are a vital part of every cuisine in the world and also an important ingredient used in human diet since at least 7500 BC.

Archaeological evidences show that in southwestern Ecuador chilli pepper was domesticated about 6000 year ago and is one of the first cultivated



Health Benefits of Green Chillies

1. Helps in Weight loss
2. Fights Cancer
3. Releases Saliva
4. Removes Wrinkles
5. Controls Diabetes
6. Reduces Inflammation
7. Helps in Digestion
8. Helps repair Wounds
9. Strengthens Bones & Teeth
10. Good for Eyes & Skin
11. Boosts Immunity & Metabolism

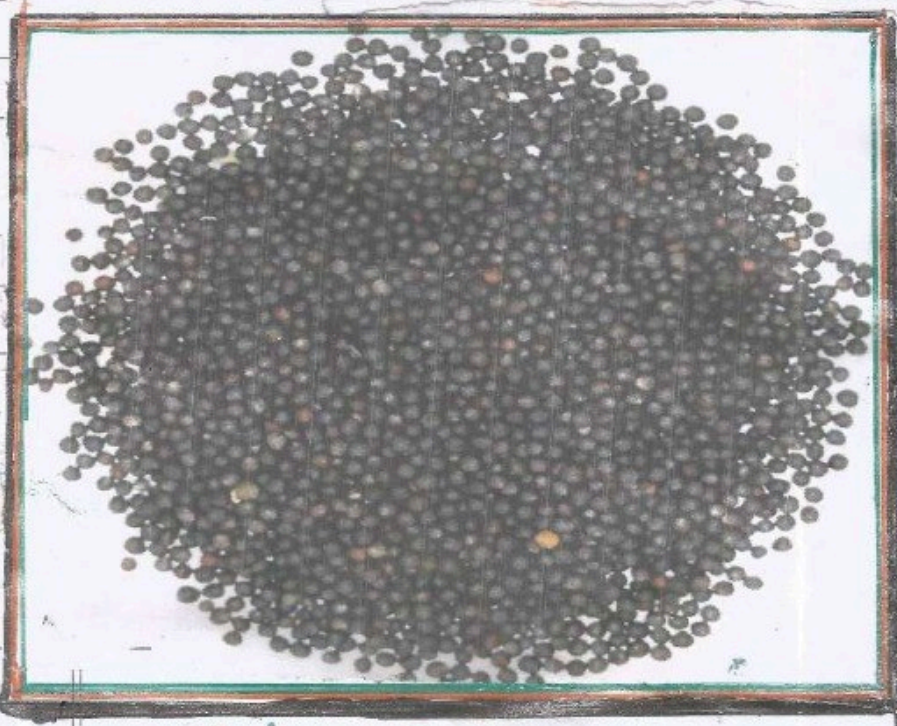
effective at reducing the heat of the pod. Christopher Columbus was the first European to come across them (in the Caribbean), and called them "peppers" because they, like black and white pepper of the piper genus known in Europe, have a spicy hot taste unlike other foodstuffs.



Green chilli Sauce



Mustard Plant



It's improve circulation

It's boosts your appetite

It's prevent fungal

Mustard Seeds:

It repels insects, It is a tone,

It's good for hair



Mustard Oil

Mustard :- Scientific Name :- Brassica Juncea.

→ Benefits of Mustard oil and Seeds

Mustard oil, which is produced from the seeds of the mustard plant, is a common ingredient in Indian Cuisine.

Known for its strong flavor, pungent aroma, and high smoke point, it's often used for sautéing and stir-frying vegetables in many sautéing part of the world, including India, Bangladesh, and Pakistan.

Mustard essential oil, a type of essential oil produced from mustard seeds using a steam distillation process, is also available and approved for use as a flavoring agent.

Black Mustard :-

The seeds commonly grow in south Asia. Generally perceived as health benefiting spice, mustard seeds are indeed very rich in phytonutrients, minerals, vitamins, and antioxidants.

NAME ⇒ ANSARI ZOHRAT FATIMA

NASIRUDDIN

AQSA WOMEN'S DEGREE COLLEGE

SPICES AND HERBS

SUB ⇒ FOOD COMMODITIES

TOPIC ⇒ MUSTARD OIL

CLASS ⇒ [S.Y.B.A]

The turmeric on shelves and in spice cabinets is made of the ground roots of the plant. The bright yellow color of processed turmeric has inspired many cultures to use it as a dye.

Turmeric and especially its most active compound curcumin have many scientifically-proven health benefits, such as the potential to prevent heart disease, Alzheimer's and cancer. It's a potent anti-inflammatory and antioxidant and may also help improve symptoms of depression and arthritis.

Drinking turmeric milk increases the mucus flow and lightens its texture, thus promoting sinus drainage. It can also prevent frequent headaches induced by sinus, as the blood-thinning effect of turmeric improves blood circulation in the body, suggests naturalivingideas.com

Names = Khan Saad Abrar Ahmad.
Std = SY. B.A.
Sub = M.M



Turmeric



Turmeric

Turmeric, sometimes called Indian saffron or the golden spice, is a tall plant that grows in Asia and Central America.

Name :- Mulla Bushra Salimuddin
Subject :- Meal Management
Topic :- Spices and herbs.

Bay leaf :-



Bay leaf, also called laurel leaf, leaf of the sweet bay tree (*Laurus nobilis*), an evergreen of the family Lauraceae, indigenous to countries bordering the Mediterranean. A popular spice used in pickling and

Bay leaves have medicinal properties :-



Traditionally, it has been used as herbal medicine against number of diseases such as rheumatism, sprains, indigestion, earaches, and to enhance perspiration. It was reported by different researches that bay leaf can also be used to treat diabetes and migraine. *

Benefits of bay leaves =

1) Bay leaves are rich source of vitamin A, vitamin C, iron calcium, and magnesium.



2) They have been proven to be useful in the treatment of migraines.

3) Bay leaves contains enzymes that help to breakdown proteins and digest food faster, helping to calm indigestion.

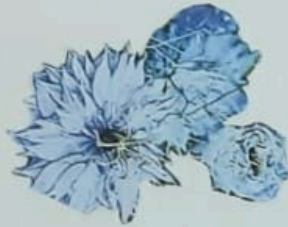
marinating and to flavour stews, stuffings, and fish, bay leaves are delicately fragrant but have a bitter taste. They contain approximately 2 percent essential oil, the principal component of which is cineole. The



Smooth and lustrous dried bay leaves are usually used whole and then removed from the dish after cooking, they are sometimes marketed in powdered form. Bay has been cultivated the wreaths of laurel that crowned victorious athletes in ancient Greece. During the Middle Ages bay leaves were used medicinally. See also list of herbs and spices.

Khan Sidra Saruib S.Y.BA Food Commodities

SPICES And Herbs



NIGELLA SATIVA (KALONJI)



Nigella Sativa (Kalonji) has been used for centuries in herbal medicine to treat certain health conditions. Its many uses have earned Nigella the Arabic appellation 'Habatul barakahi' meaning the seed of blessing.

About Nigella Sativa

Nigella Sativa is an annual flowering plant in family Ranunculaceae, native to eastern Europe and western Asia, but naturalized over a much wider area, including parts of Europe, northern Africa and east to Myanmar. N. Sativa grows to 20-30 cm tall, with finely divided, linear leaves.



Uses in Cooking

In India, dry Kalonji (Nigella) is used for flavoring curries, dals, stir-fry vegetables, and even savouries such as samosa, papdis, and kachori among others. Flavour and aroma aside, the tiny black seed comes with a whole lot of health benefits.



Health Benefits of Nigella (Kalonji)

1. Packed With Antioxidants:

Some test-tube studies have shown that the high antioxidant content of Kalonji may help protect against disease.

2. May Lower Cholesterol:

Several studies have found that supplementing with Kalonji could help reduce both total and bad LDL cholesterol.

3. Could Have Cancer Fighting Properties:

Test-tube studies have shown that Kalonji and its components may exhibit anti-cancer effects.

4. Can help Kill Off Bacteria:

Both test-tube and human studies have found that Kalonji may be effective against several types of bacterial infections.

5. May Alleviate Inflammation:

Some studies have found that Kalonji and its active components could help markers of inflammation.

6. Could Help Protect the Liver:

Animal studies have found that Kalonji could protect liver from injury and damage.

7. Can Aid in Blood Sugar Regulation:

Studies show that supplementing with Kalonji may help decrease blood sugar levels.

8. May Prevent Stomach Ulcers:

Animal studies have found that Kalonji may protect the stomach lining against the formation of stomach ulcers.

9. Easy To Add To Your Routine:

Kalonji can be eaten raw, added to dishes or mixed with honey or water. The oil can be also diluted and applied topically to the hair and skin or taken in supplement form.

Kalonji May Not For Everyone:

Furthermore, some test-tube studies have found that Kalonji and its components may influence blood clotting. If you take medication for blood clotting, be sure to talk with your doctor before taking Kalonji supplements.

→ Benefits of Anise:

Anise seeds has anti-fungal, antibacterial and anti-inflammatory properties and may fight stomach ulcers, keep blood sugars levels in check and reduce symptoms of depression and menopause. It is also used to treat asthma, bronchitis and dry cough. Sedating properties help regulate sleep. Natural breath freshener provides relief from lower back pain.

→ Benefits of Anise Seed oil:

It is used in faster healing wounds of AIDS. It relieves cramps, cough, aches and diarrhea. Gives relief from rheumatic and arthritic pains. Helps to eliminate intestinal worms in children. Effective in clearing congestion in respiratory tract.

→ Effects of Anise:

Anise may have estrogen-like effects, so there's some concern that the use of anise supplements may be potentially harmful to people with hormone-sensitive conditions, such as hormone-dependent cancers (Breast cancer, uterine cancer, ovarian cancer), endometriosis and uterine fibroids.

Name: Ansari Waliya Md. Irshad.
Class: S.Y.B.A.
Topic: Spice - Anise
Subject: Meal Management.

→ Introduction to Anise:
Anise also called aniseed or rarely anix, is a flowering plant in the family Apiaceae native to the eastern Mediterranean region and southwest Asia.



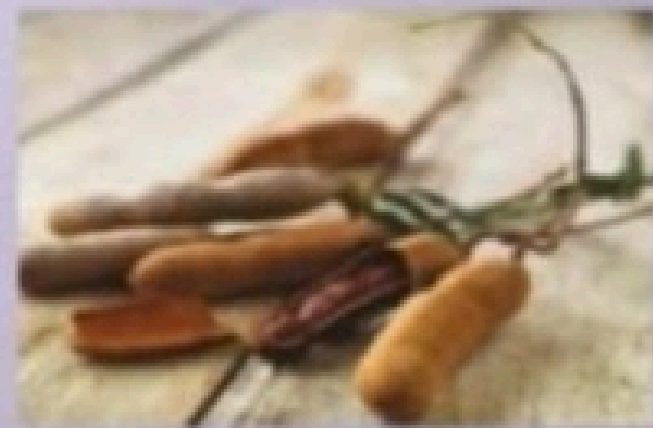
↓
Anise.

→ Uses of Anise:

In foods, anise is used as a flavouring agent. It has a sweet, aromatic taste that resembles the taste of black licorice. It is commonly used in alcohols, and liquors, such as anisette and ouzo. Anise is also used in dairy products, gelatins, meats, candies, and breath fresheners. Anise seeds is a powerful plant that is rich in many nutrients and boasts a wide army of health benefits.

Pieces & Herbs

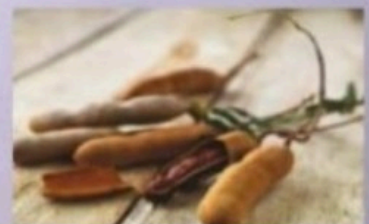
TAMARIND



S.Y.B.A

Species & Herbs

TAMARIND



methoxsalen provided as a skin cream or oral capsule to treat psoriasis, repigmentation from vitiligo, or as skin or disorder of cutaneous T-cell lymphoma.



Names - Ansari Iffat Ehsanullah
Std :- S.Y.B.A
Sub :- M.M



Ajwain or *Trachyspermum ammi* also known as ajowan, caraway, thymol seeds, bishop's weed or carom is an annual herb in the family - Apiaceae (or Umbelliferae). Both the level leaves and the

Like fruit (often mistakenly called seeds) of the plant are consumed by humans. The name "bishop's weed" also is common name for other plants. The seeds (i.e. the fruit) is often confused with Jovage seeds.

The plant is mainly cultivated in Iran and India. Suvendranon produced about 55% of india total output in 2006.

There is a little high quality clinical evidence that ajwain has anti-disease properties in human. Ajwain sold as a dietary supplement in capsules, liquids or powders. An extract of bishop weed is manufactured also a prescription drug called

Health Benefits of Fenugreek :

Fenugreek Seeds are a rich source of trigonelline, lysine and L-tryptophan. The seeds also contain a large amount of saponins and fibers that may account for many of the health benefits of fenugreek. The following are some of the ways in which the fenugreek herb has been used traditionally for treating a variety of conditions.

Fenugreek Side Effects:

- In large doses, fenugreek may cause birth defects because of its teratogenic potential. It would be prudent to avoid fenugreek supplementation during pregnancy.
- Fenugreek seeds can cause internal bleeding.
- Skin irritation and allergy have also been reported with fenugreek. Severe allergy symptoms include chest pain, facial swelling and difficulty breathing or swallowing.

Fenugreek (*Trigonella foenum* native to Southern Europe and Asia, is an erect annual herb with white flowers and hard, yellowish brown and angular seeds.

Commonly known as methi in Hindi and vendhayam in Tamil, it is a popular ingredient in many North and South India dishes and home remedies.

Fenugreek Nutrition:

Fenugreek seeds and leaves are strongly aromatic and flavorful. The seeds are bitter in taste, but lose their bitterness if lightly roasted. They are rich in vitamins such as thiamin, folic acid, riboflavin, niacin, vitamins A, B6 and C and are a rich storehouse of many minerals such as copper, potassium, calcium, iron, selenium, zinc, manganese, and magnesium. Fenugreek leaves are a rich source of vitamin K as well.

Fenugreek seeds:

- * Reduce cholesterol:
- * Controls diabetes:
- * Enhances breast milk:
- * prevents cancer:
- * Helps with weight loss:

Benefit of fenugreek:

- * Drinking herbal tea made from fenugreek, lemon and honey can reduce fever.



Benefits of Fenugreek for Hair:

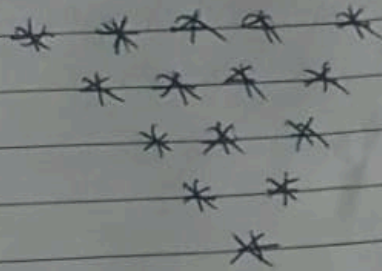
- * Applying fenugreek paste to your scalp before bath can improve hair growth and reduce dandruff.



Name : Khan Rehana Syfiyan

Std : S.Y. BA

Subject : Meat management



Application :-

Black peppercorns are used in essentially every genre of cuisine throughout the world. Whole

Black pepper corns are commonly used to season a variety of meats, within pickling recipes or preparing stocks.

Geography / History

Black peppercorns are produced from the pepper plant that is native to India. The blackpeppercorn has been used for thousands of years and had many versatile uses throughout history. In the ancient Greek civilization, the blackpeppercorn was used as a form of currency and as sacred offering to the gods. The peppercorn was one of the most important spices being traded in ancient times, which many merchant cities in Europe and the Middle East were established. During the Middle Ages, the amount of peppercorn a man had was directly related to his wealth.

Description / Taste

Black pepper is botanically known as *peper nigrum* and the peppercorns are the spice of the flowering vine pepper plant. The pepper plant grows as a vine that produces small white flowers. These flowers after 3 to 4 years develop into the berry known as the peppercorn spice. Black peppercorns are small berries that develop a black outer covering when mature. Black peppercorns have a pungent flavor and a slight heat.

Seasons / Availability

Black peppercorns are available year-round.

Nutritional value

Black peppercorns are an excellent source of iron, vitamin K and manganese. Black peppercorns provide a significant amount of dietary fiber and copper. Black pepper is also known for its antibacterial and antioxidant properties.

Spices and Herbs

Name: Hena parveen
Mohd Javed

Class: BA.SY

Black pepper



Name := Shaikh Neha Md. Rafique

Std := S.Y. B.A

Sub := M.M

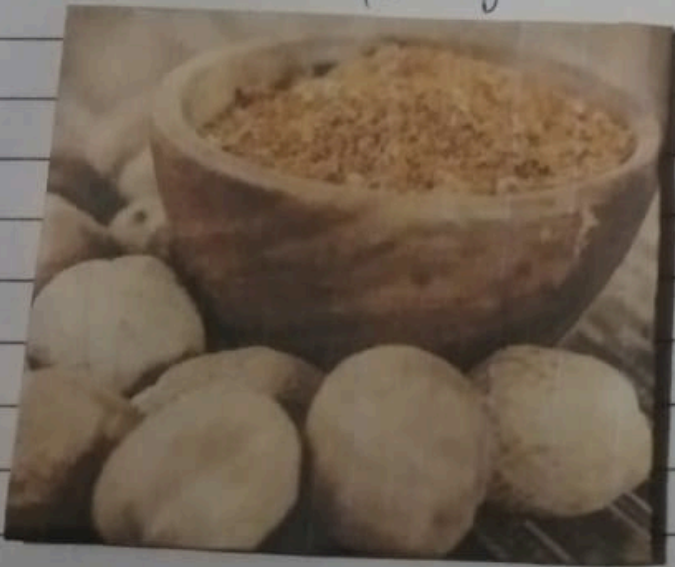
बच्चों में सर्दी जुकाम ठीक करने का घरेलु उपचार



Home Remedy for Cough & Cold in Babies

Benefits of nutmeg in facial spots
(freckles)

Grind nutmeg (ground nutmeg) and mix honey. Applying it on the face removes facial spots and spots. Mixing fine powder of mace and nutmeg in water and applying it on the face freckles the scalp.



Nutmeg Herb product Details:

* Nutmeg Herb 21 Pcs. Provided
by AstroMantra.com *

Definition :-

Nutmeg is the seed or ground spice of several species of the genus *fragrant nutmeg* or true nutmeg is a dark-leaved evergreen tree cultivated for two spices derived from its fruit nutmeg from its seed, and mace from the seed covering. It is also a commercial source of an essential oil and nutmeg butter. The California nutmeg *Torreya californica* has a seed of similar appearance, but is not closely related to *Myristica fragrans* and is not used as a spice. Indonesia is the main producer of nutmeg and mace.



Benefits of nutmeg pediatrics :-

Use of nutmeg in the problem of mouth sores. Rinse fresh nutmeg juice with water to cure mouth blisters. It cures mouth blisters.

NAME : ANSARI IRAM FIRDOUS YUSUF

STANDARD : S.Y. B.A

DIVISION : ARTS

SUBJECT : MARKETING MANAGEMENT

COLLEGE : ACSA WOMEN'S DEGREE COLLEGE.

SUNFLOWER OIL



Sunflower oil is the non-volatile oil pressed from the seeds of sunflower. Sunflower oil is commonly used in food as a frying oil, and in cosmetic formulations as an emollient. The world's total production of sunflower oil in 2014 was nearly 16 million tonnes, with Ukraine and Russia as the largest producers.

Sunflower Seed Oil

With a smoke point of 450°F and a slightly nutty flavor, it's often used for sautéing, stir frying, deep frying and baking.

There are a few varieties of Sunflower Seed Oil, and some are higher in monounsaturated fats than other.



Is Sunflower oil good for health -

Light in color and neutral in flavor, Sunflower oil has one of the highest concentrations of polyunsaturated fat (69 percent) among cooking oils.

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It supplies some monounsaturated fat (20 percent) and is low in saturated fat (11 percent), making it an overall heart-healthy.

Sunflower.



Monounsaturated fats, such as those found in high oleic sunflower oil, are good for heart health. In one study, MUFA increased HDL, the "Good" cholesterol. Study subject also had lower levels of inflammation.

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Ansari Nasreen Niyaz Ah.

Aqsa Womens Degree
College

Spices and Herbs

Sub: Food Commodities

topic: Fennel Seeds

Class: [S.Y.B.A]

Fennel Seeds

classmate

Date

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- *Foeniculum vulgare*, commonly known as **fennel**, is a flavorful culinary herb and medicinal plant.

- Fennel plants are green and white, with feathery leaves and yellow flowers.



- Both fennel and seeds are packed with nutrients.

	Fresh fennel bulb	Dried fennel seeds
Calories	27	20
Fiber	3 grams	2 grams
Vitamin C	12% of the RDI	1% of the RDI
Calcium	3% of the RDI	5% of the RDI
Iron	4% of the RDI	6% of the RDI
Magnesium	4% of the RDI	5% of the RDI
Potassium	8% of the RDI	2% of the RDI
Manganese	7% of the RDI	17% of the RDI

Fennel Seeds

classmate

Date

Page

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• Health Benefits

- 1) Help breastfeeding women
- 2) Good for weight loss.
- 3) Eliminates bad breath
- 4) Eases and regulates menstruation
- 5) Increase brain function.
- 6) Facilitates digestion and gives relief from constipation
- 7) Useful in treating respiratory and disorder and renal colic.
- 8) Maintains cholesterol levels and reduces high-blood pressure
- 9) helps with premature aging.



• Culinary Uses For Fennel Seeds

Fennel seed is a versatile spice that can be used as a crust for beef or fish fillets (Fennel-Crusted Salmon or white Beans) (Fennel & Rice Soup. Add them to salad dressings, main dishes like pork tenderloin, dessert and more!

Name \rightarrow Qureshi Mansoor
Ayub
50% B.A

\rightarrow
S.T.D

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Fresh mint is usually preferred over dried mint when storage of the mint is not a problem. The leaves have a warm, fresh, aromatic, sweet flavor with a cool aftertaste and are used in teas, beverages, jellies, sorbet, candies, and ice cream in Middle Eastern cuisine. Mint jelly are used, respectively. Mint (puclina) is a staple in Indian cuisine, used for flavouring curries and other dishes.

Mint is a necessary ingredient in rooibos tea, a popular tea in Southern African and Arab countries. Tea in Arab countries is popularly drunk this way. Alcohol drinks sometimes feature mint for flavor or garnish, such as the Mint Julep and the Mojito. Creme de menthe is a mint-flavored liqueur used in drinks such as the grasshopper.

Mentha:-

Mentha. (Also known as Mint, ⁽¹⁾ from greek Mintha ⁽²⁾ Linear ⁽³⁾ Mi-ta) is a genus of plants in the family Lamiaceae (Mint Family) the exact distinction between species exists hybridization occurs naturally where some species range overlap. many hybrids and cultivars are known.

The genus has a subcosmopolitan distribution across Europe, Africa, Asia, Australia, and North America.

The species that makes up the genus Mentha are widely distributed and can be found in many environments and most grow best in wet. in wet environment and moist grow best in wet environment and moist soils. mints will grow 10-120 cm (4-48 inches) tall and can spread over an indeterminate area.

Name = Shaikh Hala Tariqul

Class = IY BA

Subject = Food Commodities

Chapter = Spices & herbs

Topic = Cinnamon



classmate

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2

CINNAMON

- Cinnamon -
is a Spice obtained from the inner bark of several tree species from the genus *Cinnamomum*. Cinnamon is used widely mainly as an aromatic condiment and flavouring additive in a wide variety of cuisines, sweet and savoury dishes, breakfast cereals, snack foods, tea and traditional foods.

The aroma and flavour of cinnamon derive from its essential oil and principal component *cinnamaldehyde* as well as numerous other constituents including eugenol.

Cinnamon is the name for several species products that some of them produce. All are members of the genus *Cinnamomum* in the family *Lauraceae*. Only a few *Cinnamomum* species are grown commercially. Spice *Cinnamomum verum*, is sometimes considered to be true "cinnamon", but most cinnamon in international commerce is derived from the related species *Cinnamomum ceylanicum*.

also referred to as "cassia"
In 2018, Indonesia and China
produced 70% of the world's
supply of cinnamon. Indonesia
producing nearly 40% and China
30%.

• FLAVOUR, AROMA & TASTE

The flavour of cinnamon is due to an aromatic essential oil that makes up 0.5 to 1% of its composition. This essential oil can be prepared by roughly pounding the bark, macerating it in sea water and then quickly distilling the whole. It is of a golden yellow colour, with characteristic odour of cinnamon and a very hot aromatic taste. The pungent taste and scent come from cinnamaldehyde (about 90% of the essential oil from the bark) and by reaction with oxygen as it ages, it darkens in colour and forms resinous compounds.

Cinnamon constituents include some 80 aromatic compounds including eugenol found in the oil from leaves or bark of cinnamon trees.

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◦ ALCOHOL FLAVOURANT

Cinnamon is used as a flavouring in cinnamon liqueurs such as cinnamon-flavoured whiskey in the United States, and sakomelo a cinnamon brandy popular in parts of Greece.

◦ HEALTH RELATED RESEARCH

Reviews of clinical trials reported lowering of fasting plasma glucose and inconsistent effects on hemoglobin A1c (HbA1c, an indicator of chronically elevated plasma).

Four of the reviews reported a decrease in fasting plasma only two reported lower HbA1c. Cochrane review noted that trial durations were limited to 4 to 6 weeks and that no trials reported on changes to quality of life, morbidity or mortality rate.

The Cochrane authors conclusion was "There is insufficient evidence to support the use of cinnamon for type 1 or type 2 diabetes mellitus" citing the Cochrane review. The U.S. National Center for Complementary and Integrative Health stated "Studies done in people don't support using cinnamon for any health condition".



Name = Mirza Uzma Asad

class = 10th B.S.

Subject = Food Commodities

Chapter = Spices & Herbs

Topic = Clove

Clove



SMATE



cloves are the aromatic flower buds of a tree in the family myrtaceae, *Syzygium aromaticum*. They are native to the maluku islands (or moluccas) in indonesia, and are commonly used as a spice.

cloves are available throughout the year owing to different harvest seasons in different countries.

Potential Medicinal Uses & Adverse Effects

Long-used in traditional medicine, there is evidence that clove oil containing eugenol is effective for toothache pain and other types of pain, and one review reported efficacy of eugenol combined with zinc oxide as an analgesic for alveolar osteitis.

Studies to determine its effectiveness for fever reduction, as a mosquito repellent, and to prevent premature ejaculation have been inconclusive.

its use for premature ejaculation have been inconclusive. Its unproven purpose has not been approved by the US food and Drug Administration,

and its use may cause adverse effects if taken orally by people with liver disease, blood clotting and immune system disorders, or food allergies.

✿ Traditional Medicinal Uses

cloves are used in traditional medicine as the essential oil, which is used as an analgesic (analgesic) mainly for dental emergencies and other disorders.

The essential oil is used in aromatherapy. cloves are used in the cuisine of Asian, African, Mediterranean, and the Near and Middle East countries, lending flavor to meats, curries and marinades, as well as fruit such as apples, pears and flavor qualities to hot beverages, often combined with other ingredients such as lemon and sugar.

They are a common element in spice blends like pumpkin pie spice and speculaas spices.

In Mexican cuisine, cloves are best known as clavos de olor, and often accompany cumin and cinnamon. They are also used in Peruvian cuisine in a wide variety of dishes such as *cachaullco* and *arroz con leche*.



A major component of clove taste is imparted by the chemical eugenol, and the quantity of the spice required is typically small, it pairs well with cinnamon, allspice, vanilla, red wine, basil, onion, citrus peel, star anise, and pepper corn.



The vivid crimson stigma & styles, called threads, are collected & dried for use mainly as a seasoning and colouring agent in food. Saffron has long been the world's most costly spices by weight. Although some doubts remain on its origin, it is believed that saffron originated in Iran. However, Greece & Mesopotamia, have also been suggested as the possible region of the origin of this plant.

Saffron is a powerful spices high in antioxidants. It has been link to health benefits, such as improved mood, libido, and as well as removed reduced PMS symptoms, and enhanced weight loss. Best of all, it's generally safe for most people and easy to add to your diet.

Drinking a glass of saffron milk helps you in improving the memory of brain. In foods, saffron is used for a spices, yellow food coloring, and as a flavoring agent. In manufacturing, a saffron extracts are used as a fragrance in perfume and as a dye for cloth.

3

Spices & Herbs

Saffron (Kesar)



Saffron is a spice derived from the flower of *Crocus sativus*, commonly known as "Saffron Crocus".

Food

COMMODITIES

Aqsa Women's Degree
College
BYBA

Ahsani M Hijab
Afaque

Meal Management

NAME: ANSARI TAMANNA GULZAR AHMED

CLASS: S.Y.BA

TOPIC: FENNEL SEEDS

SUBJECT: MEAL MANAGEMENT

FENNEL SEEDS INTRODUCTION.

Fennel (*Foeniculum vulgare*) is a flowering plant species in the carrot family. It is a hardy, perennial herb with yellow flowers and feathery leaves. It is indigenous to the shores of the Mediterranean but has become widely naturalized in many parts of the world, especially on dry soils near the sea-coast and on riverbanks.



FENNEL SEEDS USES.

Fennel is used for various digestive problems including heartburn, intestinal gas bloating, loss of appetite, and colic and in infants. It is also used for upper respiratory tract

infections, coughs, bronchitis, cholera, backache, bed wetting, and visual problems.

BENEFIT OF FENNEL SEED OIL

Although it is no longer used as a protective decoration, fennel is still one of the more widely used medicinal plants, being suggested for everything from colic to conjunctivitis.

- reducing the formation of blood clots.
- increasing milk secretion and supporting the female reproductive system.
- acting as an antioxidant
- antibacterial effects.
- anti-inflammatory properties.



FENNEL BENEFITS.

The nutrients in fennel are linked to a range of health benefits.

- Bone health The vitamin and mineral content in fennel contributes to building and maintaining bone structure and strength in the following ways.
- Blood pressure • Heart health • Cancer • Immunity
- Digestion and regularity.

EFFECT OF FENNEL.

Fennel is an herbal supplement which can be used as treatment of infants and nursing children suffering from colic and dyspeptic disease, as a digestive aid, to treat upper respiratory infections, coughs and sore throat, reduces pain associated with menstrual cramps, it can increase milk secretion, promote menstruation, facilitate birth, alleviate male climacteric symptoms and increase libido. Fennel can also be used for its anti-inflammatory, analgesic and antioxidant properties.



Health Benefits of



Top 10
Home Remedies

Asafetida
(Hing)





Books for Success...

P
R
O
F
I
L
E

Name : Subhiga Seeman Muller

Subject : Meal-Management

Year : 2020 - 2021 Semester : IIIrd

Class : S.Y.B.A Roll No. : _____

Academic Year : 2020 - 2021

Professor-in-Charge : _____

Department : _____ Head of the Department : _____

University : Agsa degree College (Bhivandli)



Books for Success...

CERTIFICATE

Class : S.Y.B.A Year : 2020 - 2021

This is to certify that the work entered in this journal is the work of
Kumar/Kumari Mulla Subhiga Seeman
_____ who has worked for the 1st / 2nd / both Term(s) of the year
_____ in the college laboratory.

Professor-in-charge

Head of the Department

Date :



Scallion

STRASS

SHOT ON REDMI NOTE 7
MI DUAL CAMERA

1) Comments : ~ Spores can survive on lemon grass debris on ground ; Spread by wind grain & watersplash .

2) Management : ~ promote vigorous growth of plant by using mulches & fertilizers to stimulate growth .

⇒ Description : ~ aemongrass, Cyrtopogon citratus, it a perennial grass in the family Poaceae, growth for its fragrant leaves & stalks which are used as a flavoring . The grass growth in dense clumps and has several stiff stem & slender blade-like leaves which droop towards the tips .

⇒ USES : ~ The stalks (leaf bases) of the plant are commonly used to flavor dishes in Southeast Asian cooking . The hearts of young shoots may be cooked & consumed as a vegetable . The tougher leaves are used to flavor dishes but are typically removed before serving . Leaves may also be used to make steam grass tea

Reproduction :- Basic requirement demand grass is a tropical plant and as such will grow best in warm, sunny & humid conditions of the tropics and subtropics. The plants can be grown at temperatures ranging from 10 to 33°C (77-86°F). The grass will be grown any season.

Demonstration ...



Introduction :-

Citratius is a perennial grass in the family Poaceae, growing for its fragrant leaves & stalks which are used as a flavoring. The grass grows in dense clumps has several stiff stems & slender blade-like leaves which droop towards the tips.

⇒ Diseases & Pests

⇒ Description

⇒ Uses

⇒ Propagation

⇒ Diseases & Pests :- (1) Symptoms (2) Cause

(3) Comments (4) Management

(1) Symptoms :- Night yellow spots on foliage, brown elongated streaks on leaves, dark brown pustules on underside of leaves, death of leaves & plant.

(2) Cause :- ~ Fungus

For culinary uses of hing powder, it's recommended to incorporate it into hot oil or another source of fat to help reduce its sulfurous flavour & swell.

In India cuisine, hing powder is often paired with other spices like turmeric or cumin to provide a savory, umami flavor to lentil- or vegetable-based dishes. In France, it's sometimes used to add a boost of flavor to steaks.

As a supplement, asafoetida is available in capsule form. While one study found 250mg twice per day helped reduce indigestion, overall research on what's a safe & effective dose is lacking.

Asafoetida (Hing) Health Benefits of.

Treats Stomach problems
Cures Respiratory disorders
Relieves menstrual Issues
Soothes Headaches
Alleviates Toothaches

Eases Ear Aches
Treats colic pain
Prevents Cancer
Treats Impotency
Heals Insect Bites & Stings.

Classmate
Page No. : 2
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- What is asafoetida?

Technically a gum-resin, asafoetida is a hard substance roots of the *Ferula* plants

once extracted, it is commonly dried, ground into a coarse, yellow powder & used for either culinary or medicinal purposes.

As a spice, asafoetida is known for its strong, pungent odor, which is due to its high concentration of sulfur compounds. In fact, due to its unpleasant smell, this seasoning is sometimes referred to as stinking gum.

- Good Source of antioxidants

Asafoetida has been found to be a good source of antioxidants.

These plant compounds help protect your cell against potential damage caused by unstable molecules called free radicals. As a result, antioxidants may also help protect against chronic inflammation, heart disease, cancer, & type 2 diabetes.

Specifically, asafoetida has been shown to contain high amounts of phenolic compounds, such as tannins & flavonoids, which are known for their potent antioxidant effects.

- These plant compounds help protect your cells against potential damage caused by unstable molecules called free radicals. As a result, antioxidants may also help protect against chronic inflammation, heart disease, cancer & type 2 diabetes.

Specially, asafoetida has been shown to contain high amounts of phenolic compounds, such as tannins & flavonoids which are known for their potent antioxidant effects.

While test-tube & animal studies have found asafoetida to exhibit anti-inflammatory & antioxidant activity, more research needs to be done on its potential antioxidant effects in humans.

Additionally, as asafoetida is used in such small amounts when cooking, it's unclear if culinary use of the spice would still provide these potential benefits to health.

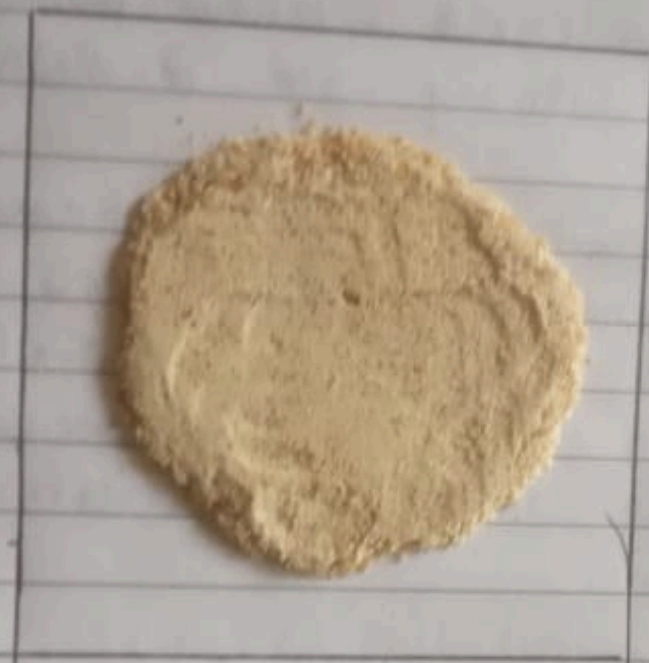
- How to use asafoetida ☺

Asafoetida has been used for thousands of years to give flavor to dishes. In fact, ancient Romans used to store it in jars along with pine nuts to be used as a seasoning.

NAME :- Ansari Shahar Abrar Ahmed

STD :- S.Y.B.A.

Subject :- M.M



Asafetida

(Hing)

Top 10
(Home Remedies)

While studies on asafetida are quite limited, early research suggests that it may have additional benefits, including :

- 1) Antibacterial, antifungal, & antimicrobial effects....
- 2) Help lower blood pressure....
- 3) Anticancer effects....
- 4) protect brain health....
- 5) Help ease asthma symptoms....
- 6) Help lower blood sugar levels....

Name :- Aisha Mohd Sajid

Std :- S.Y.Ba

Subjects :- Meal Management.

Turmeric.



Inflorescence of *Curcuma longa*.

Turmeric is a flowering plant, *Curcuma longa* of the ginger family, Zingiberaceae, the root of which are used in cooking. The plant is a perennial, rhizomatous, herbaceous plant native to the Indian Subcontinent and Southeast Asia, that requires temperatures between 20 and 30°C (68 and 86°F) and a considerable amount of annual rainfall to thrive.

Binomial name.

Curcuma longa.

L

Synonyms

Curcuma domestica Valeten.

The rhizomes are used fresh or boiled in water and dried, after which they are ground into a deep orange-yellow powder commonly used as a coloring & flavoring agent in many Asian cuisines, especially for curries, as well as for dyeing, characteristics imparted by the principal toxic constituent curcumin.

Turmeric powder has a warm bitter, black pepper like flavor and earthy, mustard-like aroma.

Curcumin, a bright yellow chemical produced by the turmeric plant, is approved as a food additive by the World Health Organization, European Parliament, and United States Food & Drug Administration.

Although long used in Ayurvedic medicine, where it is also known as haridra, there is no high-quality clinical evidence for using turmeric or curcumin to treat any disease.

The greatest diversity of curcuma species by number alone is in India, at around 40 to 45 species. Thailand has a comparable 30 to 40 species. Other countries in tropical Asia also have numerous wild species of curcuma. Recent studies have also shown that the taxonomy of curcuma longa is problematic, with only the specimens from South India being identifiable as *C. longa*. The phylogeny, relationships, intraspecific and interspecific variation, and even identity of other species and cultivars in other parts of the world still need to be established and validated. Various species currently utilized and sold as "turmeric" in other parts of Asia have been shown to belong to several physically similar taxa, with overlapping local names.

plants are gathered each year for their rhizomes, some for propagation in the following season and some for consumption



Scientific classification.

Kingdom:-	Plantae
Clade :-	Tracheophytes
Clade :-	Angiosperms
Clade :-	Monocots
Clade :-	Commelinids
order :-	Zingiberales
family :-	Zingiberaceae
Genus :-	<i>Curcuma</i>
Species:-	<i>C. longa</i> .

NAME: MOMIN NOORTS TUBA USMAN GIANT
SUB: M.M.
CLASS: S.Y. B.A.

A Powerful Antioxidant

Saffron contains an impressive variety of plant compounds that act as antioxidants—molecules that protect your cells against free radicals and oxidative stress.



May Improve Mood and Treat Depressive Symptoms.

Saffron may help treat symptoms of mild-to-moderate depression, but more studies are needed before definite recommendations can be made.

FOR EDUCATIONAL USE

May Have Cancer-Fighting Properties-

Saffron is high in antioxidants, which may help kill cancer cells while leaving normal cells unharmed. However, more human research is needed.

Side Effects-

Saffron is POSSIBLY SAFE when taken as a medicine for up to 26 weeks. Some possible side effects include dry mouth, anxiety, agitation, drowsiness, low mood, sweating, nausea or vomiting, constipation or diarrhea, change in appetite, flushing, and headache. Allergic reactions can occur in some people.



FOR EDUCATIONAL USE

Name :- Ansari Heena Imliyaz

Subject :-

Class :-

About Ingredient

Myristica fragrans (of the family *Myristicaceae*) is a plant which bears seeds, and said seeds are ground into a powder and commonly referred to as Nutmeg. The tree which bears these seeds grows up to 10-20m tall and is indigenous to India, Indonesia, and Sri Lanka.



Medicinal Claims / Health Benefits

Nutmeg benefits are many. Nutmeg is found to have health benefits, including its ability to relieve pain, soothe indigestion, strengthen cognitive function, detoxify the body, boost skin health, alleviate oral conditions, reduce insomnia, increase immune system function, and prevent leukemia, and improve blood circulation.

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Possible Side Effects / Allergies etc.

Large dosage (30 grams which is about 6 tablespoons a day) of nutmeg can be toxic, producing disorientation, double vision and convulsions, but these side effect will not be produced even with generous amount in culinary usage. During pregnancy and breastfeeding, Nutmeg is unsafe in doses larger than amounts found in foods. In pregnant women, they may cause miscarriages or birth defects.

