

# Spices and herbs



We add herbs and spices to food to make it taste better. The leaves of these herbs have a strong taste and smell.





Spices are made from the roots and bark of plants that grow mainly in hot countries. Many spices are ground into powder before they are sold.



# Creams and perfumes



All of these **cosmetics** have been made from plants. The labels tell you which plants have been used.



Flowers with a strong, sweet smell are made into perfumes. These lavender flowers may be used to perfume soap or talcum powder.





# Medicine



In the past, most medicines came from plants. Today plants are still used to treat some illnesses. This little rosy periwinkle helps to treat leukaemia, a disease which affects people's blood.





The **bark** of the cinchona tree contains quinine, a drug which is used to treat an illness called malaria, which is common in some hot countries.



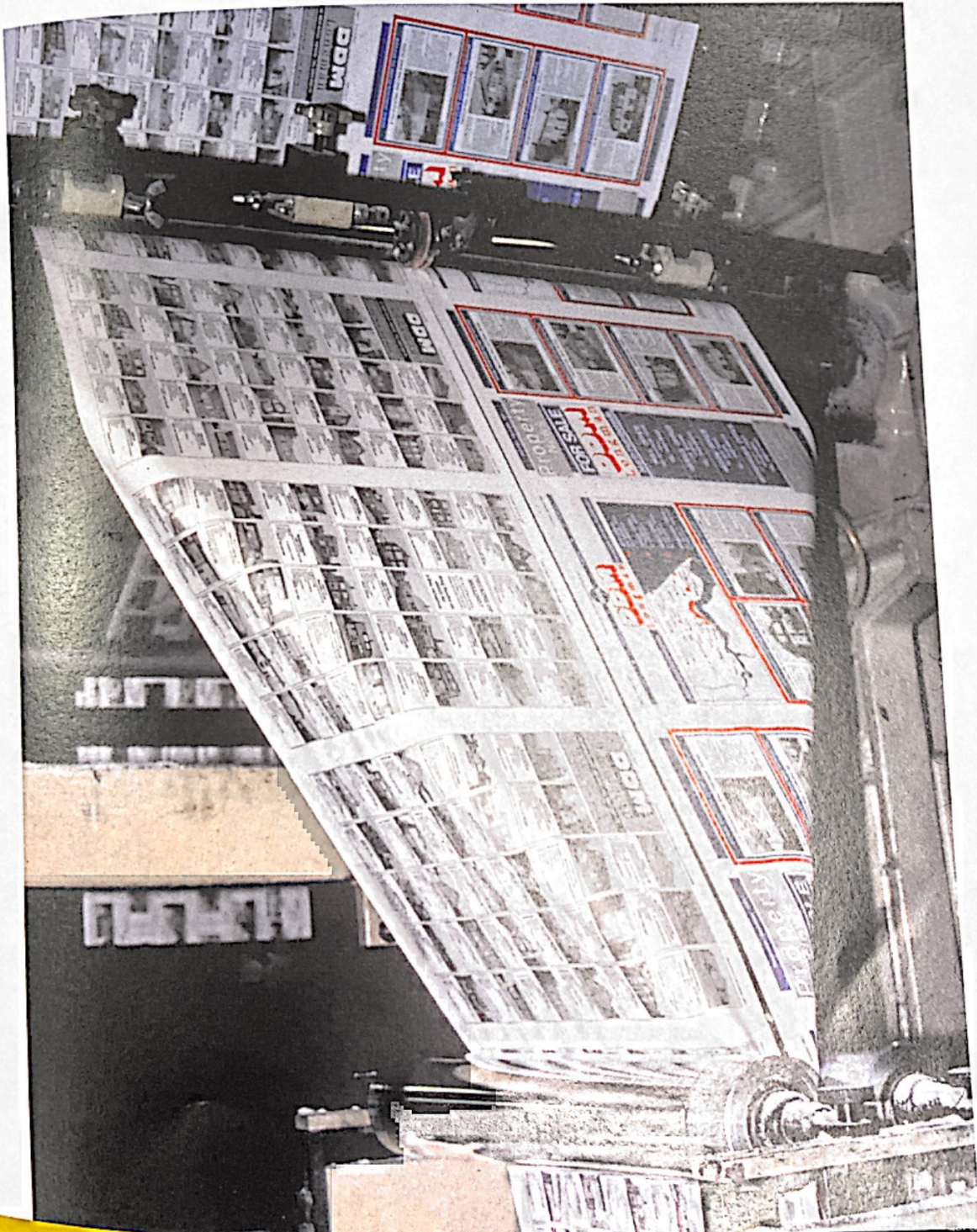
# Wood and paper



All of these things are made from wood. The table is wooden too. Some kinds of trees are specially grown so that we can use their wood.



The wood of some trees is mashed down and made into huge rolls of paper for newspapers, books, packaging and other things.





# Clothes



Plants can be made into clothes. These fluffy seeds of cotton are spun into thread and woven into cotton cloth.





Many plants have very strong colours and these are used to make dyes. These clothes are being dyed several different colours.



# Gardens and parks



Plants improve our lives in other ways too. Gardens and parks give us somewhere peaceful to relax and enjoy ourselves.



These rainforest plants are growing in a national park in Central America. We must protect all plants, not just the ones we use today.





# Changing colour



You can use red cabbage to make a dye, but you must ask an adult to help you. Chop up the red cabbage and put it in a pan of water with a small piece of white cotton cloth.





Ask the adult to boil the pan on top of the cooker for about half an hour, making sure that the water does not boil dry. Let the water cool. What colour is the cloth now?