

Name That Ingredient!

The following are ingredients that were used in recipes (called "receipts") in the 1700s. Can you figure out which is which?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

- A. Nutmeg
- B. Mace
- C. Cinnamon
- D. Wheat Flour
- E. Corn Flour
- F. Salt

Just for fun:

Which is your favorite? Why?



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ANSWER KEY: Name That Ingredient!

1. D
2. F
3. C
4. A
5. E
6. B

- A. Nutmeg
- B. Mace
- C. Cinnamon
- D. Wheat Flour
- E. Corn Flour
- F. Salt

Cinnamon: The bark of a few kinds of trees that grow in Southeast Asia.

Corn Flour: Also called corn meal. Comes from grinding dry corn kernels.

Mace: The outer covering of the nutmeg.

Nutmeg: The seed of the nutmeg tree. In the 1700s it was imported from Southeast Asia, but now nutmeg trees are also cultivated in the Caribbean.

Salt: Sodium chloride. It comes from either mining out of the earth, or evaporating sea water.

Wheat Flour: Comes from grinding dry wheat kernels into powder.