A

Centerville Cooks Present: Turmeric Time

Instructor: Noor Ali
Date and Time: Thursday, May 8 from 6–10 p.m.
Location: Centerville Community Center, Room 110

Students in this session will learn how to make a full vegetarian meal consisting of several dishes made with turmeric, the yellow spice that's a key ingredient in many South Asian dishes. In addition, the many health benefits of this common spice will be introduced. Call our office at 555-7890 for more details or to register.

B

Turmeric's Terrific Health Benefits

by Michael Jones

Turmeric is a bright yellow spice with a slightly bitter taste used to make both food and medicine. It adds flavor or color to foods such as mustard, butter, and cheese and is used widely in Indian cooking. It's also found in many medicines and helps prevent certain diseases and health problems.

People have used this versatile spice for centuries. It's sometimes taken to decrease stomach pain, or put on cuts and burns to make skin heal faster. It can strengthen the body's immune system, which may prevent people from catching colds or getting the flu. Research has also shown that turmeric can reduce the risk of getting certain illnesses such as cancer, arthritis, and diabetes.

While not everyone enjoys the taste of turmeric by itself, it's easy to integrate into one's diet. Turmeric gives a tasty kick to soup, vegetables, meat, or rice dishes. There's no doubt that its nutritional and health benefits make this spice something people should regularly incorporate into their meals.

C

The Great Spice Trade

Did you know some spices were once more valuable than gold? Several thousand years ago the great spice trade began in the Middle East and then spread to Asia, Northeast Africa, and Europe. Spices like cinnamon, ginger, pepper, and turmeric became popular for adding flavor to food, covering strong odors, and making medicines.

Initially, spices were transported via long land routes between Asia and the Mediterranean. Middle Eastern vendors controlled the trade, and were able to keep prices high by never revealing where their goods actually came from. They told stories of fighting off mythical creatures to gather spices in order to make them seem more valuable. These sellers essentially controlled the trade until about the 1400s.

By the end of the fifteenth century, more countries had developed advanced methods for traveling and trading via sea routes. This greatly expanded the spice trade as many different groups sought to profit from these valuable products. European rulers began sending ships to search for spices of their own, which eventually led to their discovery of the Americas. New modes of transportation and an increased number of people involved caused control over the trade to gradually shift from a small number of traders to many, from different societies across Europe, Asia, and North Africa.

During the Middle Ages, spices were still extremely expensive. Traders regularly faced problems such as robberies and shipwrecks, but their goods were so in demand—and so profitable—that the benefits almost always outweighed the risks. As people figured out how to grow spices in other parts of the world and trade routes became easier to navigate, spices became much more common. This caused prices to decrease tremendously over time. It's hard to believe how much spices used to cost when considering how inexpensive and widespread they are nowadays.

LIVEWORKSHEETS

READING

Refer to page 22 when answering the questions below.

The following question refers to section A.

91. What is the main purpose of this text?
    A. to introduce the benefits of a certain spice
    B. to explain how to cook with a certain spice
    C. to describe a class
    D. to give cooking advice

The following questions refer to section B.

92. What does the author mention about mustard?
    A. It can get its color from turmeric.
    B. It has a strong flavor.
    C. It tastes similar to turmeric.
    D. It is a popular ingredient.

93. In paragraph 2, why does the author mention centuries?
    A. to state when research on turmeric began
    B. to indicate how long people have worked with turmeric
    C. to predict when the popularity of turmeric will decrease
    D. to demonstrate that turmeric has long-lasting health benefits

94. Why does the author mention the flu?
    A. to show some risks associated with turmeric
    B. to give an example of turmeric in a medicine
    C. to explain a benefit of turmeric
    D. to demonstrate how fast turmeric works

95. How does the author feel about turmeric?
    A. It is growing in worldwide popularity.
    B. It is usually not effective.
    C. It should be used frequently.
    D. It is better as a medicine than a spice.

The following questions refer to section C.

96. What is the main purpose of the article?
    A. to describe the areas spices come from
    B. to describe how the spice trade changed over time
    C. to explain how spices were discovered
    D. to explain why spices used to be so expensive

97. Why does the author mention gold?
    A. to introduce a surprising fact about spices
    B. to describe the color of a certain spice
    C. to tell what motivated the discovery of the Americas
    D. to explain how traders accepted payment

98. In the second sentence of paragraph 3, what does **This** refer to?
    A. the discovery of the American continent
    B. the trade in spices
    C. improved travel conditions
    D. increased profits from valuable goods

99. Why did power in the spice trade change so much after the 1400s?
    A. New types of ships were created.
    B. The demand for spices in Europe changed.
    C. People from more places started selling spices.
    D. Different varieties of spices were discovered.

The following question refers to two or more sections.

100. What would the author of section B probably recommend?
    A. taking Noor Ali's class
    B. studying the history of the spice trade
    C. traveling the routes of the spice trade
    D. becoming a vegetarian

End of the test.

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