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Our residents used four out of their five senses last week – touch, smell, sight and if they were brave enough, taste – as we held a sensory session using some fresh herbs and spices.

We collected a variety to sample including **mint, rosemary, oregano, pineapple sage, lemon verbena, basil** and **curry powder** and shared them with our ladies and gents to look at, feel and smell.

Our residents said that they liked most of the scents, but Daphne said the mint smelled 'yuck!'

This was a simple activity, but it really got everyone thinking and talking about what herbs and spices they could be, as well as what culinary dishes you could use them in.