Unit 8: Activity 3 - Spice Assignment - 300 words
(This activity will be graded)

By the end of this assignment you will:

• Have gained a good working knowledge of the health and medicinal benefits that your chosen spice possesses.
• Be able to describe potential benefits of using spices both as food and as medicine, as well as appropriate methods of ingestion.
• Have explored the cultural and historical background of your chosen spice.

Description of this assignment:

1.   Choose one of the spices listed below:

   • Ginger (*Zingiber officinale* Roscoe)
   • Turmeric (*Curcuma longa* L.)
   • Capsicum (*Capsicum annuum* L.)
   • Star anise (*Illicium verum* Hook.f.)
   • Cinnamon (*Cinnamomum zeylanicum/verum* J. Presl)

If you have a favourite spice that is not listed above, please feel free to select it instead for this assignment.

2.   Write 300 words on your chosen spice's cultural, historical and culinary uses, as well as its nutritional, health and medicinal benefits and methods of ingestion, using research derived from both traditional and scientific sources, providing in-text referencing of your sources. Please include something that shows your personal relationship to this spice - for example, a drawing, photo, story poem or family recipe. Please check our guidance on research under the Resources link.

3.   Include all of your source material (books, scientific papers and internet searches) as a list at the end of your 300 words, attempting APA referencing.

5. Save as a PDF and upload using the instructions at the bottom of this document.

Notes on this assignment:

This is the second of your two 300 word assignments in this course and you will receive a grade and some individual feedback. This feedback will refer to the **assessment criteria** (see further down) so make sure you read these carefully before you attempt a literature search or start on your 300 words.

Word count: Please state your exact word count at the bottom of your submission. Please note that the in-text references and reference list at the end are not included in the word count.

Copy and Paste: Please do **not** copy and paste from any source (books, research papers, etc.) into your work. We would like you to read the information, think about what it means, and write what you have learned in your own words. Cutting and pasting others' work is known as plagiarism and is viewed as academic misconduct across the academic

world. This is especially important for those of you who are intending to go forward to the Professional Course.

Referencing: Once more, we would like to stress the importance of referencing and crediting sources of information. Whenever we use content from other sources, it is important to cite the original author. We suggest you attempt the APA style of referencing (and don't worry if you get it wrong!). If you are stuck, or finding it difficult to reference correctly, please say so in your post. Your tutors will be happy to help you out. If you do not plan to go on to the Professional Course in herbal medicine here or elsewhere, and you would prefer your feedback to be not overly technical, please put the letters "NPC" clearly at the end of your assignment. If you are considering doing the Professional Course in the future please attempt APA referencing and put "PC" at the end of your submission.

MARK	ASSESSMENT CRITERIA
5	Selected spice from list (or suitable alternative) and used correct common and botanical names.
30	Explored some cultural, historical and culinary uses for your chosen spice.
40	Identified accurate health and medicinal benefits of your chosen spice, having considered forms of ingestion.
15	Found research from at least 2-3 different types of sources to support the ideas you have presented, using APA style referencing.
10	Brought something innovative to the assignment, such as a photo, drawing, personal story, poem or recipe, demonstrating personal engagement with your spice.

Grade Descriptors for Spice Assignment:

Distinction (70%+)
• Excellent grasp of the breadth and depth of the knowledge base.
• Consistently high standard in almost every respect, with the various elements of the work integrated into a
skilled and coherent narrative.

Merit (60% to 69%)
• Very good grasp of the breadth and depth of the knowledge base.
• High standard demonstrated in most aspects of the work, with some elements of the work integrated into a
reliable narrative.

High Pass (50% to 59%)
• Good grasp of the breadth and/or depth of the knowledge base.
• Solid standard in most aspects of the work, although lacking in a clear narrativ

Pass (40% to 49%)
• Reasonable grasp of the breadth or depth of the knowledge base.
• Satisfactory standard in some aspects of the work, although uneven and lacking a clear narrative.

Low Pass (30% to 39%)
• Adequate grasp of some elements of the breadth or depth of the knowledge base.
• A sufficient standard is seen in a minimal number of aspects of the work, which is without a narrative.

Fail (less than 30%)
• Insufficient grasp of the breadth or depth of the knowledge base.
• Lack of adequate standard seen throughout the work, which is without a narrative.

Submission instructions
• To submit your assignment, please save your document, presentation or other file format as a PDF. Most word processor or editors have a 'Save as' or 'Export' option that will allow you to save as PDF. Alternatively, you could use an online PDF-creator such as the PDF Forge or this PDF Creator.
• When you are ready to submit, click on the Add submission icon (A) and select your file using the Choose file option or simply drag and drop it into the space below as indicated (B).
• Click Save changes (C).

Once saved, you will see the uploaded document under the Submission status. Note, at this point it is still in draft form and not yet submitted. (This allows you to edit/remove the submission if you need to.) To complete the submission, click on Submit assignment

Submission status

Attempt number	This is attempt 1.
Submission status	Draft (not submitted)
Grading status	Not graded
Due date	Thursday, 25 August 2022, 11:59 PM
Time remaining	16 days 15 hours
Last modified	Tuesday, 9 August 2022, 8:33 AM
File submissions	xxxxxxx.xxxxx.xxxxx.xxxxx.pdf ＋ 9 August 2022, 8:33 AM Export to portfolio
Submission comments	▸ Comments (0)

Edit submission   Remove submission

You can still make changes to your submission.

Submit assignment

Once this assignment is submitted you will not be able to make any more changes.

It will ask you to **confirm your submission**.

Confirm submission

Are you sure you want to submit your work for grading? You will not be able to make any more changes.

Continue   Cancel

Once confirmed, you will see your assignment as Submitted for grading in a green bar under the Submission status.

Submission status

Attempt number	This is attempt 1.
Submission status	Submitted for grading
Grading status	Not graded
Due date	Thursday, 25 August 2022, 11:59 PM
Time remaining	16 days 15 hours
Last modified	Monday, 8 August 2022, 12:30 AM
File submissions	xxxxxxx.xxxxx.xxxxx.xxxxx.pdf ＋ 9 August 2022, 8:33 AM Export to portfolio
Submission comments	▸ Comments (0)

This completes your submission.