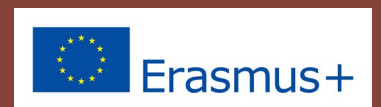


Medicinal plants



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ENVI-MOBILE: Integration of mobile learning into environmental education fostering local communities' development

2014-1-SK01-KA200-000481
ERASMUS+ Programme

Project is co-financed by European Union,
Programme Erasmus+.

Activity No. 1

Part of the lesson: EVOCATION

The aim of the activity: The aim of the activity is to teach students to recognize certain types of medicinal plants and through tasting the tea motivating to use them.

STEP 1.

Brief description of the activity:

Motivational story about the importance of medicinal plants and processing of the tea.

Instruction (what you need to tell the students):

Medicinal plants are plants that people have used since ever for various purposes. Originally people just collected them and later grew not only for their beauty and scent but mainly because they could relieve the pain and get rid of the pain, irritations and diseases. Even today, about a quarter of the manufactured medicines contain an active substance obtained from medicinal plants. In Europe there are about 1,000 kinds of medicinal plants and our medicine uses about 150 of them. In folk medicine, about 800 species have been used since the time of our grandmothers.

The students will learn to recognize 4-6 kinds of medicinal plants, their healing power and preparation of the herbal tea.

There are 3 types of basic beverages made of herbs:

- Macerate or infusion - or extract prepared by soaking the leaves of a plant or herb in cold water
- Extract prepared by pouring boiling water on the leaves of a plant or a herb, leaves are soaking couple of minutes and drain
- Hot infusion / decoction - herbs are boiled in hot water

STEP 2

Brief description of the activity:

The teacher divides the students into 5 groups. Each group is asked to make tea from one chosen herb species. Following crushed herbs are recommended to be used: chamomile flower, linden blossom, leaves of melissa, blossom of elderberry. In addition, get 1 more tea – bag, bought in a shop (e.g. a fruit tea - sprinkle with bag).

Instruction (what you need to tell the students):

In front of you there are different herb species from which you are going to prepare the tea.

Part of the lesson: EVOCATION

STEP 3.

Brief description of the activity:

Groups of students are asked to sort out the 4 different kinds of herbs, out of the mixed pile (elderberry, linden, melissa and chamomile), while using their senses – sight and smell.

Instruction (what you need to tell the students):

Sort out the elderberry, linden, chamomile and melissa out of the mixed pile on the table.

STEP 4.

Brief description of the activity:

During the process of boiling the water for the tea, students write what they know about medicinal plants. Following there´s a discussion on whether students use these plants at home.

Instruction (what you need to tell the students):

Now, write down what herbs we would find at your home and what do you use them for.

STEP 5.

Brief description of the activity:

Students evaluate dried herbs and tea by senses and then guess which tea is made of them. Using the sight, smell and taste they are trying to distinguish the different kinds of tea. Afterwards teacher tells them what herbs were used.

Instruction (what you need to tell the students):

Have a look at them, smell, taste and guess their names.

Tools for the activity (everything you need to take to the classroom): 5 tweezers, cups, 5 teapots, 4 kinds of dried herbs (crushed for boiling and bigger parts plant for sorting), trays, colander, fruit tea packs

Estimated time (max. 40 min.): 10 minutes

Notes: You can change herbs according to your possibilities.

Activity No. 2

The aim of the activity: Students learn about the possibilities of the use and effects of selected species of medicinal plants.

STEP 1.

Brief description of the activity:

In the encyclopaedia of medicinal plants (or internet) the pupils seek selected 4 types of plants and write down notes about their medical effects and use.

Instruction (what you need to tell the students):

Use the encyclopaedia of medicinal plants (or internet) in order to find out information about the occurrence, use and medical effects of four selected herbs.

STEP 2.

Brief description of the activity:

Students fill in the Attachment 1.

Instruction (what you need to tell the students):

Based on the information that you obtained from the books or internet, fill in the Attachment 1.

STEP 3.

Brief description of the activity:

According to the information from the books or internet, students draw selected medicinal plants.

Instruction (what you need to tell the students):

According to the information from the books or internet, please draw the different herbs.

Tools for the activity (everything you need to take to the classroom): Attachment 1, books of medicinal plants or internet (for each group at least one book or internet access), paper, pen

Estimated time (max. 40 min.): 20 minutes

Notes: In the Attachment 1 these correct answers are missing: no. 1 is linden (*Tilia sp.*), no. 2 melissa (*Melissa officinalis*), no.3 elderberry (*Sambucus nigra*), no.4 chamomile (*Matricaria recutita*).

If you do not have enough time on the lesson, the drawing task in STEP 3 could be fulfilled as homework.

Part of the lesson: APPRECIATION

Activity No. 3

Part of the lesson: **REFLECTION**

The aim of the activity: The aim of this activity is to check the level of the knowledge of students from the lessons.

STEP 1.

Brief description of the activity:

Students resume the new information by completing unfinished sentences - Attachment 2.

Instruction (what you need to tell the students):

Complete the sentences in Attachment 2.

Tools for the activity (everything you need to take to the classroom): Attachment 2, pen

Estimated time (max. 40 min.): 10 minutes

Attachment 1

1. From which medicinal plants would you prepare tea supporting sweating?
2. A grandma sleeps badly - from which plant would you prepare tea for her calming and restful sleep?
3. Your sister has a cough. Choose from these plants species that help to reduce phlegm, snot:
 - savory, chicory, chamomile, elderberry.
4. Your cat has got sore ear, the cat cannot lick the wound and it doesn't heal well. What kind of herb would you use to prepare a decoction and wash the cat's ear with?

Attachment 2

The most of all I liked the tea made of

because

These parts of my favourite plant are collected:

in (month).....

It dries in the shade and soft wind and it is used to treat following illnesses:.....

.....

In our family, at home, we collect these medicinal plants:because:

In the pharmacy and bio shops we buy these medicinal plants: because

I think at home I would like to have these medicinal plants for preparing tea:

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