

FOR AGES 5 - 6
YEARS OLD

Nature's Medicine



Indigenous communities throughout California use natural vegetation to make delicious food and traditional medicines. Many native elders hold priceless knowledge about local plants and animals that is passed down between generations.

In this activity, educators will encourage students to create their own foods and medicines. [*Note that students' mixtures may or may not be edible. This will depend on what ingredients your students use.*]

Photo Credit: Christina B Castro



Photo Credit: Samuel A. Barrett



Materials

To make food or medicine, students only need a *mortar*, *pestle*, and a *selection of plants* to mix.

Depending on the classroom space, educators can provide students with a variety of prepared native plants or have students gather vegetation on their school campus.

Activity Questions

Engage your students throughout the activity by asking them some of the following critical questions:

- 1) What ingredients are you mixing? Is it food or medicine? What will your mixture do?
- 2) What does your mixture look like? Smell like? Feel like? Or maybe even taste like?
- 3) Where do your ingredients come from? Can they be grown locally?

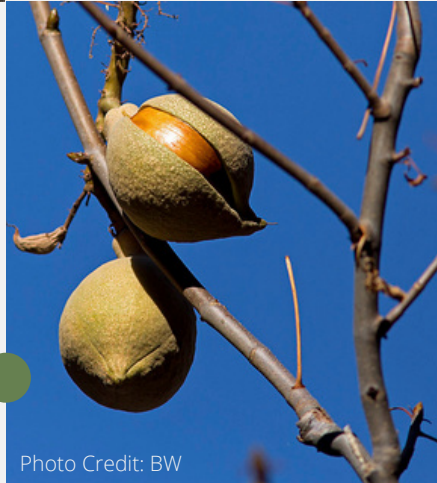


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