Session Outline

- Explain that during the World Wars, food was scarce and so many people went foraging for hedgerow harvest. Explain that a wide variety of foods come from parts of plants, some of this is grown on farms and some grows naturally in the wild. When people pick wild food to eat it is called foraging.
- What do the children think people picked to eat when foraging during the World Wars? Explain to children that it’s not just common nuts and berries that are edible, certain other wild plants can also be eaten.
- Show the children identification charts for foraging (Species Identification: Foraging), do the children recognise any? Discuss the advantages & Disadvantages of foraging. (Free/ Some nuts, berries and plants will make you very ill if you eat them. Some species look very similar to others and so it is very easy to get mixed up and eat something dangerous. If everyone picked them there would be none left for the birds & the seeds would not germinate into new plants.)
- Can the children find and identify any of the edible species in their outdoor environment? Remind children NOT to put anything into their mouth unless a knowledgeable adult has said it’s ok. If unsure, pre-buy from a supermarket. Ensure you are aware of dietary requirements & food allergies from your group.
- If there are safe and edible species in your outdoor environment that you can be sure are safe, you could show how these are used in foods and sample some together, (See Firepit Finesse Activities mentioned in ‘Resources’ above.)
- If there are none, you could pre-buy common foraging foods from your supermarket.

Differentiation: HA- Can identify and name species accurately. Use other ID charts to ID non-edible species too. LA- Help with ID.

Extension: Can the children pretend to make their own recipes from the natural materials around them (The natural materials do not have to be edible, it is just for role play, imagination and creative purposes and will NOT be eaten.)

Lesson Objectives

Children will know what foraging is and its advantages and disadvantages.
Children will be able to name and identify some common edible wild parts of plants. They know that some plants are dangerous to eat. The will sample some edible wild plants.

Resources

Species Identification: Foraging
Firepit Finesse: Nettle Soup/ Firepit Finesse: Fried Nettles/ Firepit Finesse: Dandelion Fritters/ Firepit Finesse: Berry Jam/ Firepit Finesse: Elderflower Cordial/ Firepit Finesse: Elderflower Fritters.

Key Vocabulary
Wild, Farmed, Parts of plants, edible, poisonous.

Risk Assessments: Generic Site RA: Ensure you are aware of edible and poisonous plants in your environment and share this knowledge with the children & other adults, restricting areas if necessary; Ensure children know never to put anything into their mouth unless a knowledgeable adult has said it’s ok. If unsure, pre-buy from a supermarket. Ensure you are aware of dietary requirements & food allergies from your group.

Curriculum Links

History: (KS1) Pupils should develop an awareness of the past using common words and phrases relating to the passing of time; Know where the people and events they study fit within a chronological framework and identify similarities and differences between ways of life in different periods; Use a wide vocabulary of everyday historical terms; Ask and answer questions, choosing and using parts of stories and other sources to show that they know and understand key features of events.

Science: (Y1) Identify and name a variety of common wild and garden plants, including deciduous and evergreen trees; Identify and describe the basic structure of a variety of common flowering plants, including trees; Observe changes across the four seasons. (Y2) Observe and describe how seeds and bulbs grow into mature plants; Identify and name a variety of plants and animals in their habitats, including micro-habits. (KS1 SE) Identifying and classifying.

Learning Objectives

LA - Children will know that some parts of plants can be eaten and some are dangerous to eat.

MA - Children will know that some parts of plants can be eaten and some are dangerous to eat. They can name and identify some of each.

HA - Children will know that some parts of plants can be eaten and some are dangerous to eat. They can name and identify some of each. They can explain a simple recipe from an edible part of a plant.