

Stone Age Survival

Hide copies of the plants around your school grounds. Challenge your class to become stone age hunter-gatherers. Will you find enough to make a meal?

Nettle



It can be used to make tea.

It can make nettle soup.

It can also be used as a medicine. They can be harvested in the spring.

Blackberries



Blackberries contain vitamin C and they can be harvested in autumn.

Dandelion



Dandelions are high in vitamin C.

The best time to gather them is in spring.

Haws (Hawthorn)



Hawthorn needs to be cooked before eating.

Leaves and berries are safe. They can be harvested in early May.

Pine Kernels



The seeds from pine kernels are high in protein. They are in season during autumn.

Elderberries



Elderberries are high in vitamin C.

They can be gathered in summer.

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Beech Nuts



Beech nuts are cooked before they are eaten because they could be poisonous.

Blackthorn



Blackthorn are also known as sloe berries. They can be harvested in autumn.

Acorns



Acorns were eaten in autumn when they had turned brown. They would be ground into flour.

Fools Funnel Mushroom



It is poisonous!
It gives severe sickness and stomach pain.

Death Cap Mushroom



It is poisonous!
It causes severe sickness and even death.

Giant Hogweed



It is poisonous!
It should **NOT** be touched.

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