

Forage for Berries and Edible Plant to Eat!



Lesson Overview

Students will Create their own local edible berries and plants guide! And then use it to identify species in their area and consume some delicious berries and plants!

Step One – Read about Hunting and Gathering!

Step Two – Research!

Step Three – Make your own Field Guide!

Step Four – Use your Field Guide!

Step Five – Share!

Notes for Parents/Teachers

- This Lesson is based of David Sobel's Seven Principles for Early Childhood and Nature Education.
- **Reference:** Sobel, D. (2008). Childhood and nature: Design principles for educators. Stenhouse Publishers.

Age Group:

- 4 – 10 years old

Total Time Needed:

- Approximately 1 Hour

Materials Needed

- Notebook, Pencil, Colored Pencils or crayons



See more from MOSS Adventure Learning at moss.uidaho.edu/adventure

Forage for Berries and Edible Plants to Eat!

Step 1: Read about Hunting and Gathering!

- Foraging is another word for Gathering!
- Read one or more of the following books:
 - Blueberries for Sal By Robert McCloskey
 - Jamberry By Bruce Degen
 - A Taste of Blackberries By Doris Buchanan Smith
 - We're Going on a Bear Hunt By Micheal Rosen
 - The Berenstain Bears Blaze a Trail By Jan And Sam Berenstain

Step 2: Research!

- What Berries and Edible plants grow in your area?
- Ask your parents or google or check out a local edible plant field guide!
- Here in McCall Idaho we have Raspberries, Huckleberries, and Strawberries!

Step 3: Make your own Field Guide!

- In a notebook, draw and label the edible berries that grow in your area!
- Add Pictures from googles or a field guide for future identification!

Step 4: Use your Field Guide!

- Go on a walk in your area with your Field Guide and see what berries you can find!
- Here in McCall at Ponderosa state park you can find huckleberries and strawberries! See how many other berries you can find!

Step 5: Share!

- Share your Field Guide with family and friends!
- Take a Photo or Video and share it with MOSS!



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