



## Grade One - Plants

# Lesson Five: Identifying Plants and Plant Products

### Summary

In this series of activities the students will learn that plants are used for food, shelter, fabric dyes, mats and baskets as well as in traditional medicines. People depend on plants for many products. Animals also depend on plants.

### Objectives

Students will be able to:

- 1.6 Identify foods which come from some native prairie plants.
- 1.7 Recognize some products other than foods which come from plants.

### Background

Native prairie plants are not only used for food and shelter. Some have been used to make dyes, mats and baskets and have also been used in traditional medicines. Examples of medicine plants are: Red willow bark for pain relief and Strawberry leaves for an upset stomach. Some other native prairie medicinal plants are Yarrow, Northern bedstraw and Balsam poplar.

**Duration** Three 30 minute classes.

### Materials

Wildlife Cards

- A variety of plants, leaves and seeds of different colours. Do not pick the whole plant. Find Raspberries, Saskatoon berries or Chokecherries if possible. Use purchased Saskatoon jam if berries not available.
- Mammal, Bird, Insect, and Plant Cards
- **Project WILD** Activity Guide

### Vocabulary

Traditional  
Medicinal  
Dye

### Activities

#### Activity 1 Procedure

1. People and animals use plant products in many ways. One way is as food. Discuss a grasslands food chain, such as the ones seen in the Grasslands Prairie Scape, Lesson One (Blue Grama grass-Grasshopper-Meadow Lark or Blue Grama grass-Grasshopper-Richardson Ground Squirrel-Coyote). Large mammals like deer and cows graze on prairie grasses. People hunt and eat the meat of these animals. The rabbit and ground squirrel eat grasses and seeds. The coyote eats them.
2. Create a painted mural showing several food chains.

#### Activity 2 (Outdoors)

Role-play a predator/prey game. *Quick Frozen Critters* in **Project WILD**, p. 147, will work here, as an outdoor game. Try to use native prairie animals and insects such as Richardson's Ground Squirrel and Coyote, Meadowlark and Swainson's Hawk, Pronghorn and Grasshopper. Indicate that the grasshoppers eat the plants for food. Without the plants, the grasshoppers would not survive to feed the ground squirrels who are food for the Coyote.

#### Activity 3 (Outdoors)

You could also use *The Thicket Game* in **Project WILD**, p.137, to show how animals use plants for shelter and protection.

#### Activity 4

Use plants to create dyes. In nature we know that plants come in various shades of colour. Often natural plant dyes were made from roots, berries, flowers, leaves, or seeds. Discuss which prairie plants might give different colours. Some examples are: Goldenrod - yellow, Chokecherry berries - purple, raspberries - red, dandelion roots - magenta. Cook up your dye sources and strain. Use them for a tie-dye project or other art activity.

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### Lesson Five:

## Identifying Plants and Plant Products (cont.)

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### Activity 5

Create a food experience. Cook up some Raspberries, or Saskatoon berries with sugar in an electric frying pan in the classroom and use jam on toast. Remind students that bread comes from wheat, a grass. If there is enough time, make bread or biscuits. You may want to take a trip to the grocery store as an opportunity to discover the various foods which come from prairie plants.

### Evaluation

Play the Grasslands Three-in-a-Row game from Lesson 4, with the students. Students should be able to match a verbal name clue to the picture of the plant. This game could be played with reading buddies.

### Resources

#### Selected Resources

*A Landowners Guide to Grassland Birds*

*Grasslands poster*