

GRADE 5 SCIENCE/SOCIAL STUDIES: **HEALTHY HUMAN BODY**

LOCAL HEALTHY FOODS

OUTCOMES

- HB5.1 - Analyze personal and societal requirements for, and the impact of, maintaining a healthy human body.
- DR5.1 - Analyze the historic and contemporary relationship of people to land in Canada.
- DR5.2 - Assess the impact of the environment on the lives of people living in Canada.

BACKGROUND KNOWLEDGE

- Indigenous peoples in Saskatchewan have relied on local plants & animals to provide them with their dietary needs since time immemorial.
- There are many plants found locally that are edible, have high nutritional value and medicinal uses.
- Indigenous teachings talk about how different plants help to keep certain body parts & systems healthy.

ACTIVITY: EDIBLE PLANTS

1. Take your students for a hike in a naturalized park or the river valley to see how many edible plants you can find and identify.
2. Use plant field guides, the app iNaturalist or the ID sheet (resources) to help you identify.
3. In appropriate areas, harvest some berries. Always leave at least 10% of the berries for wildlife.
4. Consider giving students a pinch of loose tobacco to put in the earth to show respect to the plants that they are taking from, recognizing Indigenous worldviews.

TOP TIPS

1. Best done early in the fall when there are still a few ripe berry options- Chokecherries & Rose Hips will likely be your best bet!
2. See if there is a knowledge keeper or elder available who can share plant teachings in more detail.

EXTENSIONS

1. **ART (CP5.8)**– Have students take pictures or sketch the plants that you find.
2. **HEALTH (USC5.1)**- With the berries you collected, make rose hip tea and choke cherry syrup.

EXTENSIONS

1. **EXPERTS** - Invite a Meewasin interpreter to share more about local plants.
- Ask your families if there is anyone familiar with plant foraging who could join you.
2. **FIELD TRIPS** - Visit Wanuskewin to learn more about Indigenous relationships with plants.

MATERIALS

- Phone- iNaturalist app
- Plant field guides
- Edible plants ID sheet
- Small paper bags
- Loose tobacco (optional)

HEALTH/SAFETY

- Only pick berries that you can identify with 100% certainty.
- Keep eyes on students when near a body of water.

ESSENTIAL QUESTIONS

1. Where does our food come from?
2. How did people survive in this land before grocery stores?

HOME CONNECTION

- Make muffins using your favourite locally grown berries!

DID YOU KNOW?

Wanuskewin river valley has provided food and shelter for humans and animals for 6000 years!

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RESOURCES

1. Plant field guides- Include edible/medicinal properties. Check school library.
2. iNaturalist App- Helps identify plants. [Link](#).
3. Document- First Nations Traditional Foods. [Link](#).
4. ID sheet- Local Edible Foods.