

Worksheet – medicinal herbs

Problem solution:

You have in front of you four samples of medicinal herbs:

Melissa officinalis – Lemon balm, Mentha piperita - Peppermint, Lavandula angustifolia - Lavender, Rosa canina – Dog rose

We will learn how to correctly smell medicinal herbs and try to memorize.

Tasks:

1. Hoodwink your eyes with a scarf and try to recognize using your other senses (except eyes) what kind of herb you have according to samples:
 - a)
 - b)
 - c)
2. Which medicinal herb has been used for preparing relaxation, sleeplessness and nervousness tea?



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3. Which medicinal herb has the highest content of vitamin C?

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Use your creation to form a picture/icon, like what does it evokes in you this herb!
Applied these prepared tools: wooden base, glue and markers.

4. Grandma has a very bad sleep – itches her head and she has dandruff. Which herb would you use for preparing an oil for damping her hair skin to have a restful sleep? (oil sample)

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Her home- place is Provence:



5. Your sister has a stomach ache, also bloating occurs, cold and cough. What kind of herb you would suggested to drink this syrup? (syrup sample)

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Taste the syrup (syrup solution) and describe how does it taste:

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