



Green Our Planet's School Garden Curriculum

Title: **Spice It Up!**

Topic: What are Medicinal Plants? with Farmer Joe

Link: <https://www.youtube.com/watch?v=1SUcgWiBagQ>

Grade Level: 4

Standards: Health Education Standard 7.5.2 (at 0:45)

Objectives: (at 1:06)

- Identify variety of herbs in the garden
- Research a variety of herbs to explore their benefits and history
- Understand how herbs and spices were used to cure illness

Segments:

- Teacher 0:28 – 0:59
- Student 1:00 – 10:57
- Quiz 11:03 – 13:08

Concepts and/or Topics Covered & Vocabulary Notes:

- Good bacteria / bad bacteria
- Using plants as medicine
- How plants protect themselves

- Vocabulary section at end (13:09)

Herbs
Spices

Insecticide
Medicine

Medicinal
Hypothesis

- Possible additional vocabulary

Anti-inflammatory
Antibacterial

Bacteria
Calendula

Chemicals
Medicinal plants

Antibiotic

Methodology:

- Nice visuals / photography
- Question (3:22) Do you think we can use some plants as medicine? If so, why do you think that is?
- Discussion with partner (4:11) How can plants protect themselves from being eaten? What defenses to they have?
- Quiz at end includes open-ended, multiple choice, and true / false questions

Possible Supplemental/Follow-up Activities:

- Homework: Next time you take some medicine think about the fact that most of our medicines come from medicinal plants. Our plant friends produce chemicals that help us.