



## Healing Plants Activity Sheet

Fill in the blanks and draw arrows from the word to match it to the plant part...



The \_\_\_\_\_ makes the seeds

The \_\_\_\_\_ holds up the plant

The \_\_\_\_\_ catch the sunlight

The \_\_\_\_\_ gets its' water from the soil

### Honey I squeezed the lemon Cold remedy

1. It's just **honey**, **lemon** juice, and hot water. But it's delicious and good for you!

Especially if you have a cough or congestion. The **lemon** juice helps take away the congestion and the **honey** soothes your throat.

2. You can also add fresh or powdered ginger to your **honey** and **lemon** drink to spice it up.

### LEAF PRINTING

Do you love making leaf prints, on fabric, paper or with clay? The process is so satisfying and the results capture the natural beauty of leaves. One very easy and effective way to see the detail in leaves without making a big mess or following a lot of complicated steps is to use air drying clay.

1. Go outside to choose your leaves look for interesting shapes, sizes and details
2. Roll out your clay and press the plants in – you can press clay onto leaf or leaf into clay
3. Peel the plants away carefully and make a hole with a drinking straw
4. Use cookie cutters for a nice outline shape.
5. Paint them if you like, you can use chlorophyll 'paint' by squeezing spinach leaves and painting with the juice!

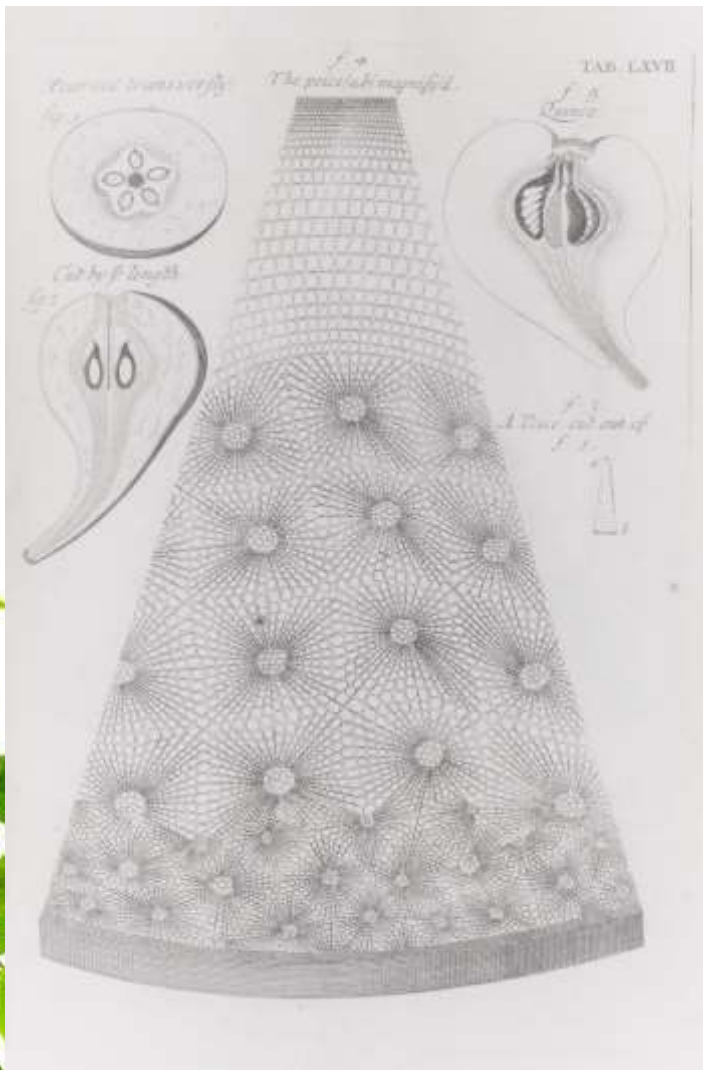
### Feeling Brave Nettle Tea for Hay Fever:

You can buy nettle tea from your local supermarket or health food shop, but where's the fun in that? Also making your own nettle tea is thought to be more effective.

1. Wearing a pair of rubber gloves, pick a bunch of nettle leaves.
2. Wash the leaves carefully and then steep them in boiling water for a few minutes.
3. Then simply remove the leaves and enjoy.

If you want to add a bit of sweetness, you can put in a drop of honey which is also said to help hay fever.

Fill this structure of a pear in using all your favourite colours – how much detail can you pick out?



### Cranberry and orange vitamin power booster muffins

Cranberries and orange both deliver a punchy dose of vitamin C – perfect to keep your immune system happy and ward off evil wintery coughs and colds.

- 1 egg
- 180ml milk
- 125ml sunflower oil
- 1 tablespoon grated orange zest
- 125g fresh cranberries, chopped
- 250g plain flour
- 5 tablespoons caster sugar
- 3 teaspoons baking powder
- 1 teaspoon salt

Preheat the oven to 200 C / Gas 6. Grease a muffin tin or line with paper cases.

Combine the egg, milk, oil and orange zest; stir to combine. Toss the cranberries with 2 teaspoons of the flour, then add to the egg mixture.

In another bowl, mix together the remaining flour, sugar, baking powder and salt. Add the wet mixture, and fold together until just combined. The mixture will be lumpy!

Bake in the preheated oven for 20 minutes. Remove from tin immediately to cool on a wire rack.