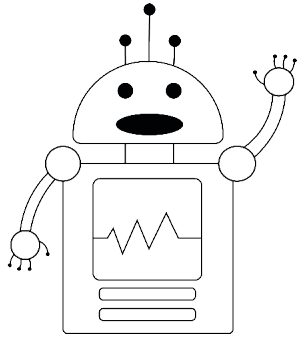


Guide to the Forest

This activity was created by Reem.

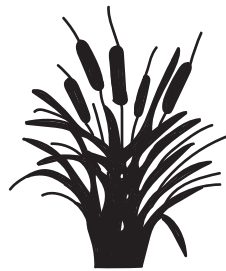
Some of these plants have adaptations that stop us humans from eating them. They do this by either making themselves poisonous or painful to touch. While some of these plants are edible for humans because they thrive from humans spreading their seeds and helping them grow their population.



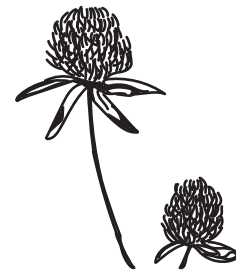
Can you tell the difference between the harmful plants and the safe ones? Place a check mark in the box under the safe ones and an X under the harmful ones.



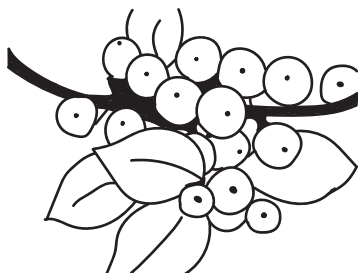
Poison ivy



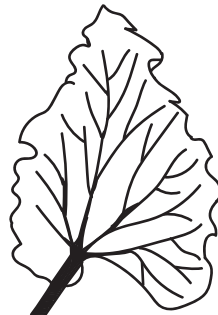
Cattails



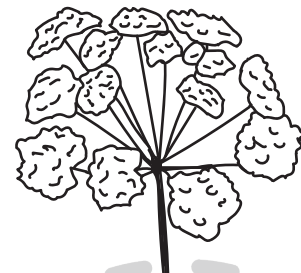
Clovers



Winterberry



Rhubarb leaf



Water thorns



Date: _____

Name: _____



Dandelions



Broadleaf plantain



Do you know of any other plants that grow in Manitoba that you can eat safely?
Ask your parents or family and list them below!

NOTE: Do not eat any of the plants unless you have adult permission.
