

SDG15 Seeding Sustainability

MM3: Examining Edible / Medicinal Plants



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Research and Development

Lesson 8: Topical Applications

Subjects: English, Geography, Home Economics, Irish, Science, SHPE

Lesson Title and Summary: Topical applications

Topical applications are applied to the skin to reduce pain and inflammation, but also for mental health benefits. Potential risks of side-effects from pharmaceutical applications lead a lot of people to turn to natural remedies. This lesson will demonstrate how local plants can be used to promote health and well being, topically. Learners can make a number of options, e.g. a balm, a sugar scrub or a shower scrub using wildflowers.

Vocabulary: Salve, Topical

In this lesson, the learner will:

- develop an understanding of how natural ingredients link to the relief of certain health conditions
- practice following instructions (recipe) in small groups
- make a topical application using natural ingredients
- reflect on the recipe-making process and effectiveness of the application
- develop their lab and experiment observation and data recording skills

Materials

- Access to preparation equipment (Science lab or Home Economics room)
- Locally-sourced ingredients for application (see Activity box)



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ACTIVITY INSTRUCTIONS

This is a making lesson, which requires at least 90 minutes.

In this lesson, learners will make a topical application using locally foraged or sourced ingredients. They will select one of the options or they can use.

Activity 1 Create a topical application

- 1 Have learners form small groups to prepare an application.
2. Learners should have selected one of the options below or found another example in the Media Box in advance. The option you select may depend on the time of the year.
 - Option #1 (extensive preparation) Daisy Bruise Balm
<https://www.beckyocole.com/daisy-bruise-balm-recipe/>
 - Option # 2 (moderate preparation) Shower Scrub Bar (using dried wildflowers)
<https://thenerdyfarmwife.com/wildflower-shower-scrub-bar/>
 - Option # 3 (light preparation) Sugar Scrub
<https://aromatherapyanywhere.com/sugar-scrub-recipes/>
3. Encourage learners to document the process and make notes on their recipe (pre-printed or loaded onto electronic device) as they are working through it.
4. Class discussion - learners report back on their process noting the following,
 - Were there any difficulties?
 - Did they make any changes to the recipe? Why?
 - What worked well? What didn't?

This process is good preparation for lab work and experiments.

REFLECTIVE EXERCISE: 3-2-1 (10 mins)

- Three things they feel they have learnt from the tasks.
- Two things they found most interesting and would like to explore more.
- One – their opinion they have about the tasks.

Use Post-its or a mentimeter survey - www.mentimeter.com - to gather reflections

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EXTENSION / REDUCTION ACTIVITIES:

You will need a minimum of 90 minutes for the lesson in addition to preparation time of your chosen option.

Extension: Encourage learners to use their application for a week. Host a reflective session where they share their opinions on the product. You could invite a local cosmetic maker to come in and give feedback on each group's product.

MEDIA (materials, online video links, extra resources, case studies etc)

Plant Identification: <https://www.itl.org.uk/resources/parts-of-a-plant/>

Learning Herbs: <https://learningherbs.com/>

- <https://learningherbs.com/herbal-training/how-to-make-herbal-salves/> includes a video also further down the page

Make a Chamomile lotion: (13.35 min) Start at 2:03 min <https://www.youtube.com/watch?v=YTQiFv01jLY>

Article: Beginners Guide to making herbs and salves: <https://www.healthline.com/health/diy-herbal-salves>

Simple Aftershave: (3:39 min) <https://www.youtube.com/watch?v=p7hb5FmpKhY>

Shaving Cream: (5:13 min) <https://www.youtube.com/watch?v=O9Z3gdL8KY0>

Article: Dandelion Recipes: <https://www.growforagecookferment.com/dandelion-recipes/>

LOCAL TRIP / EXPERTISE / ADDITIONAL WORK AND ASSESSMENTS

Invite a local herbalist or cosmetic maker, e.g. Modern Botany, Shcull for a possible visit to learners in the preparation of their topical application <https://modernbotany.com/>

Forage local ingredients for experimentation with the body scrubs, e.g. yarrow, daisy, wild rose, fuschia.