

SDG15 Seeding Sustainability

MM3: Examining Edible / Medicinal Plants



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Research and Development

Lesson 7: Teas, Tinctures and Tissanes

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

Lesson Title and Summary: Teas, Tinctures and Tissanes

Teas and tinctures are natural remedies for a variety of complaints dating back to Ancient Egypt and Ancient China when our ancestors added herbs to hot water and began distilling alcohol and adding herbs to make tinctures. This lesson will develop the understanding and awareness of natural remedies (teas, tinctures and tissanes) that support individual health and wellness.

Vocabulary: Teas; Tinctures; Tissanes

In this lesson, the learner will:

- define key vocabulary around natural remedies
- brainstorm to share and mind mapping to focus key ideas
- skim and scan for information
- work as part of a group
- organise information into key ideas
- begin to engage with benefits and risks

Materials

- Access to the Internet

2 ZERO HUNGER



3 GOOD HEALTH AND WELL-BEING



12 RESPONSIBLE CONSUMPTION AND PRODUCTION



13 CLIMATE ACTION



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L7: Teas, Tinctures and Tisanes



ACTIVITY INSTRUCTIONS

Activity 1: Brainstorming (15 mins)

- 1) Explain the concept of a 'tincture' - typically an extract of plant or animal material dissolved in ethanol / distilled alcohol.
- 2) As a whole class, brainstorm reasons that people might drink a herbal / fruit tea or take a tincture. Consider health and well-being, e.g. colds, tiredness, headaches. If learners are stuck ask them to think about herbal or fruit teas they or family have drunk or seen in the shops.
- 3) Map ideas into categories: autumn/winter/spring and summer.

Activity 2: Researching remedies (35 mins)

- 1) Gives learners 10 mins to find and define the following words:

- tea - infusion - powder - pastille - tincture - topical - tisane

- 2) Divide learners into 4 groups - autumn, winter, spring and summer,

Each group needs to research and collate teas and tincture remedies to their seasonal concerns (i.e., hay fever in the spring, sore throats, or colds in winter). Consider:

- What is the remedy?
- Why do people take it?
- How do they take it?
- What is the local availability like?

Share the links in the media box with learners to support this activity.

- 3) End the activity by drawing attention to the risks as well as benefits using the link in the media box. See media box - 'Herbal Teas: Know the Risks So You Can Enjoy the Benefits'.

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:

Reduction: For a shorter lesson, spend less time on brainstorming/mapping and move to Activity 2.

Extension: For a longer lesson, create new groups at the end of the research session to share their remedies across the seasons. Extend the discussion on risks and benefits, this could be as a walking debate or working in pairs to consider what the risks and benefits are.

Option B: Have a tea tasting session, select one common seasonal complaint and a tea or tincture that can be made using local ingredients. Make samples of the teas/tincture as a class or from the lists in the media box. See media box for instructional video.

For a longer term project learners could develop a physic garden - see SS_MM4 Growing and Foraging, lesson.

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

30 types of herbal teas and their health benefits: <https://www.developgoodhabits.com/herbal-tea/>

Article: 10 herbal teas you can try: <https://www.healthline.com/nutrition/10-herbal-teas>

Article: 50+ Dandelion recipes: <https://www.growforagecookferment.com/dandelion-recipes/>

Article: What you need to know about tinctures <https://www.healthline.com/health/what-is-a-tincture>

Herbal Teas: Know the Risks So You Can Enjoy the Benefits

<https://teajourney.pub/herbal-teas-know-the-risks-so-you-can-enjoy-the-benefits/>

Harvesting and Drying herbs: (7:41 min) https://www.youtube.com/watch?v=G46eH8PWY_s

Article: Harvesting and drying herbs: <https://theepicentre.com/harvesting-and-drying-herbs/>

Making Herbal Teas, Tinctures, Salves: (30 min) https://www.youtube.com/watch?v=y_JHPcuU9VY

LOCAL TRIP / EXPERTISE / ADDITIONAL WORK AND ASSESSMENTS

Map the areas in the local community where possible tea and tincture remedy ingredients are growing. Consider the environment and the possibility of creating a physic or tea garden

Invite a local herbalist or botanist to the class to support learners researching remedies. They could also do a making demonstration.