



YAC Activity Template

Branch Name: Norwich

Leader Name: Sophie Cabot

Brief Activity Description: Hunter Gatherer Wild Food Walk

Materials Needed:

Field guides (simplified sheets showing native wild food species and poisonous species, use photos for id. Use a good field guide to put it together e.g. Collins) **baskets, sticks, gloves, long sleeves, buy fruit, nuts etc for tasting** (check medical sheets for allergies)

Step by step guide to the activity:

- This is an activity for late summer early autumn, in decent weather.
- You need to do this in a safe piece of countryside, or public park with mixed hedgerows and non-manicured areas. A country park is ideal (reccie it beforehand so you know where you will be likely to find things!)
- Divide the YACs into small groups and assign them a leader.
- Go over identification features of the plants on the sheet, and also tell them about any dangerous plants (identified on reccie) particularly nightshades, yew and black bryony
- Safety briefing for all groups including thorns, sharp objects, dog mess, nettles, strangers etc. Make sure that they all know that there must be **NO TASTING!**
- Each group can go off with their leader to look for foods that Hunter gatherers had access to. Collect samples- do not let the YACs pull up the whole plant only a sample.
- Have a show and tell when the groups get back together. Some groups may have collected things that are a late introduction to Britain, or not edible. Or they may have ignored things like nettles that are edible.
- Talk about seasonality of foods and how Mesolithic people could have stored them.
- Wash hands etc and then get the YACs to do some tasting of the bought examples of wild foods.

Safety Points:

- All outdoor activity risks- strangers, allergies, etc. plus poisonous and or irritant plants, disturbing insects and animals etc.
- Be very aware of allergies the children may have
- Be confident about the ID of plants. You could ask parks and outdoor education people about this
- Make sure that the YACs don't eat anything they pick

If people have queries can they contact you about this activity? Yes / No

Contact details e.g. telephone number/e-mail address: