



Lesson 13: Plants in Human Well-being Lesson Plan

Estimated lesson time: 110 minutes

Learning objectives:

- Describe diverse ways in which plants impact human health
- Describe some threats to the ecosystem services provided by plants
- Identify ecosystem services provided by different places
- Describe some medicinal uses for common culinary herbs
- Conduct an herbal interview and collect information about a medicinal plant

Key concepts:

- Ecosystem services
- Conservation of traditional herbal knowledge
- The holistic role of plants in health

Materials:

- Ecosystem services checklist
- Data sheets for medicinal plant documentation
- Plant information sheets
- Pencils or pens

Lesson components:

- I. Background Information for the Instructor (5 minutes)
- II. Small group activity: Identifying ecosystem services (30 minutes)
- III. Partner activity: Documenting traditional herbal knowledge (30 minutes)
- IV. Plant walk activity (30 minutes)
- V. Debrief (15 minutes)