

## Lost in the Boreal – Student Worksheet

Name \_\_\_\_\_

Date \_\_\_\_\_

Unbelievable but true! While camping with a few friends in the boreal forest, you have become lost. Fortunately it is summer and you are surrounded by the natural resources of the forest.

But which species are useful, and for what? More good luck: one of you has packed a copy of *The student Reader: Non-Timber Forest Products of the Boreal*.

Now you have the information you need to care for yourselves until you are rescued!

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1. It's very hot and you have been hiking through the forest. You have developed a rash. What is the name of the **boreal bush** whose leaves can be used to make a salve or ointment that will soothe your rash?

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2. It's getting dark and you and the group would like to build a shelter under which you can sleep for the night. Name the **type of tree** which would provide the ideal poles for this?

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3. You're hungry! What berries in the forest could you eat without getting sick? (Remember to NEVER eat any berries you find without checking with an adult first).

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4. You need to make a basket to carry the food you've gathered. Which plant or tree can be used to make baskets? And which part of this plant do you use? (Hint: You can also make temporary shelters using this material!)

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5. Ouch! You have cut yourself on a rock. Which plant used by soldiers in World War I would you use to treat your wound?

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6. In the Canadian boreal forest what common food besides berries could you eat?

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7. The bugs are driving you crazy!

a) Which plant carries leaves that can be used to kill mosquitoes, lice and fleas?

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b) Describe the plant for your friends so that they can recognize it.

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8. If someone has a kidney disease, what plant should they avoid?

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9. Someone in the group has had a flare-up of a skin condition known as eczema. What plant do you require and what must you do with it to procure a treatment?

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10. After many, many days of hiking, your muscles are sore and joints are aching.

a. What tree could be used to help? \_\_\_\_\_

b. How would you make the medicine? \_\_\_\_\_

\_\_\_\_\_

11. Your group has been in the bush so long that you are developing scurvy (a softening of the gums and cartilage due to Vitamin C deficiency). To solve your problem, which leaves should you harvest to make herbal tea?

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Adapted with permission from the Canadian Forestry Association Teacher Kit, *The Boreal Forest: a Global Legacy*. Source: [http://www.ca/pdf/Boreal%20Kit\\_EN.pdf](http://www.ca/pdf/Boreal%20Kit_EN.pdf)