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The History of Medicine, Medicinal Herb Garden

Students in my Health Science 2 class at Titusville High School were assigned the name of an herb in which they had to research, prepare a report, draw or paint a picture, and present the information to the class.

This project allowed students to research the history of the herb they were assigned to report on. They had to find the medicinal value as well as other uses for their herb. They were required to find a recipe using the herb. Then, we planted our garden. Students learned how to cultivate the earth, plant, water, fertilize, (with natural fertilizer), and care for their herbs in the garden. This project encouraged team work and cooperative learning as students worked together to plant their garden. They are assigned in teams to water and maintain the garden until it is time for the harvest. This project promoted a spirit of caring that brought the class together to nurture something and help it grow.

Objectives.
The student will research the herb assigned for its medicinal value and other uses.
The student will prepare a 3 paragraph report to present to the class.
The student will draw or paint a picture of their herb and display it on the doc cam using the Smart Board for all to see.
The student will find a recipe using their herb and prepare the dish in the food lab to share with the class.
The student will plant and maintain their herb in the garden.
The student will communicate their report to the class.

Materials: Various herbs, (mint, garlic, oregano, basil, rosemary, tomato, chives, cilantro....)
Hand trowels, garden gloves, pruner, cow manure, flower/vegetable mix, liquid seaweed, 1 gallon tank sprayer, pots and planters, herb seeds, dirt, mulch, watering cans, garden hose, labeling sticks, paint, paint brushes, cups, markers, crayons, colored pencils, construction paper, decorative garden stones, bottled water for students as they plant.

Readiness Activity: Students were asked to think of "home remedies" involving plants that their parents or grandparents might have used, in a medical way, i.e.: aloe for burns, mint, honey, or lemon for tea, parsley for bad breath. A power point presentation was given as an introduction to the unit "The History of Medicine"

Strategies/Activities:
1. Power point and introduction "bell ringer" on the History of Medicine and herbs/plants used then and now.
2. Handout on project and report criteria
3. Assign common herbs to students for their project.
4. Books for research and computer with Internet access to research material.
5. Allow class time for questions and to do research reports.
6. Art and craft day for students to draw/paint their herb...this may take 2 class periods. I have 85 minutes classes.
7. Purchase garden material and schedule one 85 minute class period to plant the garden.
8. I had a layout of how all plants would be arranged and put this up on my doc cam and Smart Board in the classroom so everyone knew where their plant would be placed in the garden.

9. Obtain 2 wheelbarrows, one for dirt and one for cow manure.

10. Introduce the steps for planting with students prior to entering the garden

11. Some students will plant in pots and others will plant directly into the garden.

   Some students will plant seeds---make these assignments.

12. As students plant their herbs have them add cow manure to the dirt.

13. Students will water their plants as they go.

14. Assign teams for watering and maintaining the garden. These teams change weekly.

15. Give a deadline for student presentations to include 3 paragraph report on the history of their herb, the medicinal uses, other uses, a picture, and a recipe that includes use of their herb.

16. Schedule a day in the food lab for students to prepare their recipes.

17. Have student teams bring in food items for their recipes and assist in steps for preparation.

18. They now get to eat what they grew!

Culminating Activity: Students will follow the recipes they researched using their herbs from the garden to create a dish to share with classmates.

Evaluation Method: Reports will be graded using a Rubric for accuracy. Students must be able to communicate effectively, the information to the class. Students will provide an accurate picture of their herb for identification purposes. Students will follow their recipes exactly to prepare their dish to share. Student feedback report at the end of the project for critique of the event.