



TRADITIONAL MEDICINE DE-SCRAMBLER

For generations, Canada's First Nations people relied on "traditional medicine" made from plants in their surroundings to treat an injury or sickness. The plant remedies in this activity were used by the Cree, Dene and Metis people living in the boreal forests of northern Alberta, Saskatchewan and Manitoba. Imagine having such a deep knowledge of your natural surroundings - now that's living close to nature!

The plants below can be used as medicine for many different illnesses or injuries. For each plant, unscramble the word(s) to discover one of the illnesses it can treat!



1. Mitrewort: A E H R C A E _ _ _ _ _



2. Prickly Rose: E B E G I N T S _ _ _ _ _



3. Milk Vetch: C H O T M A S E A C H _ _ _ _ _



4. Western Wood Lily: H O O T C A T H E _ _ _ _ _



5. Yarrow: S O B L E N D E E _ _ _ _ _



6. Paper Birch: D R E P S A N I K L E A N _ _ _ _ _



7. Red Paintbrush: C H E E D A H A _ _ _ _ _



8. Blueberry: N E A C _ _ _ _ _



9. Chokecherry: R O S E T A R O T H _ _ _ _ _



10. Labrador Tea: K I N S N U R B _ _ _ _ _

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DESCRAMBLER ANSWERS!

We've put the answers upside-down so you don't accidentally read them before you've done the activity!

10. Labrador Tea: SKIN BURN

9. Chokecherry: SORE THROAT

8. Blueberry: ACNE

7. Red Paintbrush: HEADACHE

6. Paper Birch: SPRAINED ANKLE

5. Yarrow: NOSEBLEED

4. Western Wood Lily: TOOTHACHE

3. Milk Vetch: STOMACH ACHE

2. Prickly Rose: BEE STING

1. Mitrewort: EARACHE

