



## Forage for natural...



Forage for natural foods and make something i.e. nettle tea. REMEMBER! Only pick and eat things you know are 100% safe!

### Time



**Age**  
5 - 7  
7 - 11  
14 - 18

### Environment



**Subject**  
Outdoor Learning

### Price



### Activity Type



**Soft Skills**  
Resourcefulness

