

## Plant Identification

This activity pairs nicely with our lesson about Sacagawea and her wisdom. It helps girls understand how wisdom can not only help you, but also those around you. One way Sacagawea showed wisdom was through her knowledge of plants and how they could benefit the group she was leading.

### **OBJECTIVE**

The girls will match the plant descriptions to the actual plants.

### **COMPETENCY**

Understanding how wisdom can help you and the people around you. In this case, one way Sacagawea showed wisdom was through her knowledge of plants and how she could help the group she was leading.

## Directions

Can you match the picture of the plant with its description?



### PARSLEY

Parsley has a mild "bitter" taste. It has a hearty, long leaf with serrated edges that end in a point. Sacagawea may have used parsley for an upset digestive system or to rub on insect bites.



### LEMONGRASS

If Sacagawea or the men she was leading suffered from stomach ailments or the common cold, she may have looked for the lemongrass plant. This plant resembles long grass and grows in large clumps. It has a citrusy odor and taste.



### SWEET BASIL

Basil is an herb used for various dishes including pizza, soups and salads. It can reduce inflammation and may have the ability to kill germs. This herb has a sweet and sometimes spicy smell. Its wide leaves are bright green and its flowers are small and white.



### CILANTRO

Cilantro is an herb that is used in many Hispanic dishes. Some studies show cilantro has the ability to help keep blood sugar levels steady and may reduce anxiety. The leaves are broader at the base, becoming more feathery as they grow away from the stem. They have a spicy smell.