

Lotions and Potions; herbs and home life at Tudor Headstone

Session takes approx. 75 mins

Aim: Discover how the natural world supported the Tudors in their day to day lives. Focusing on how science changes our thinking about the world around us.

Session breakdown

Whole class

Discussion of different herbs and the roles they played in cleaning, medicine, cooking etc.

Group work at the herb garden (inside if wet). Four groups needed. Complete a 'herbal' booklet with details of plants and the things they can be used for.

In pairs create a poultice! Using a pestle and mortar to grind up herbs. Sample a herbal tea.

Curriculum Links:

- **History:** a study of an aspect of history or a site dating from a period beyond 1066 that is significant in the locality. Continuity and change.
- **Historical questioning skills**
- **Science:** identifying and classifying. Human health, diet and hygiene.