

Medieval Medicines: The Tudor Herb Garden

Session takes approx. 75 mins

Aim:

- Discover how the natural world supported the Tudors in their day to day lives.

Session breakdown:

The session will be divided into three parts: **Talk Time**, **Herb Study** and **Creative Activity**.

Talk Time:

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

Herb Study in Garden:

Visit the herb garden (inside if wet). Complete a 'herbal' booklet with details of plants and the things they can be used for.

Creative Activity:

Make a lavender bag to take home. Try using a pestle and mortar to grind up herbs.

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