

Name :

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Members
of your team :

GARDEN CURES

Plants contain many organic chemicals which may have anti-bacterial or anti-inflammatory properties. Many of our local plants, including herbs and spices, grasses, wildflowers and even fruit trees were used traditionally by elders in our culture. In this activity, we search for these traditional cures found in our own backyard - they may be the sources of medicines for our current diseases!

Project Objectives

Your team has to:

1. Identify some common local medicinal plants (in the school garden, if these are available).
2. Select a few and carry out research on the plants. Design and write educational labels for these plants.

Equipment/Materials

Digital camera and A Guide To Medicinal Plants (Singapore Science Centre Guide Book).

Suggested Steps

1. Observe and identify some local medicinal plants (in the school garden or those given by your teacher). The book "A Guide to Medicinal Plants" (Singapore Science Centre Guide Book) is very useful. Take photographs of these plants.
2. Go to the computer room. Download your photos and do research on these local medicinal plants and then write and design educational labels for them.
3. Check among your friends from other cultures on different uses for the same medicinal plants.

Tips

- Ask your grandparents or parents about some traditional medicines used in your culture. Find out if these plants are growing in your school garden.

