Plant Identification Sheet

Use your eyes, a reliable field guide and several identifying features. Record observations only—do not taste or collect unknown plants.

Scout / group: _____	**Date:** _____	**Site / area:** _____

1. Plant observations

Feature	What can you observe?	Notes / sketch reference

2. Draw the plant

3. Identification check

Check	Yes / No / Unsure

Check: leaf shape and arrangement • stem • flower or fruit • habitat • season • possible poisonous lookalikes.

Safety: A worksheet entry is not proof that a plant is edible. Never taste a plant to identify it. Only a suitably competent person can confirm an identification for any later food use.

Foraging Field Notes

A record of what you noticed on your walk. Leave plants where they grow unless your leader has specifically authorised an activity.

Scout: _____	**Date / time:** _____	**Weather:** _____

Find no.	Plant / tentative name	Location / habitat	Season / date	Observations

Field reflection

What features did you notice?	
What might help confirm the identification?	
Did you see any wildlife using this plant?	
How did you avoid damaging the habitat?	

Remember: record uncertainty honestly. Write “unknown” if you cannot identify a plant confidently.

Seasonal Foraging Calendar

Use this page to record when plants are seen locally. Seasons vary with weather, location and habitat.

Season	Plants to look for (examples only)	My local observations / dates
Spring	Nettle shoots, chickweed, dandelion leaves and flowers; wild garlic where correctly identified.	
Summer	Elderflower, blackberries as they ripen, raspberries and wild strawberries.	
Autumn	Blackberries, rosehips, sloes, hazelnuts and properly identified elderberries.	
Winter	Observe evergreen plants, seed heads and remaining fruits; many plants are dormant.	

My seasonal sightings

Date	Plant observed	Habitat	What was happening? (flowering / fruiting / dormant)

Date	Plant observed	Habitat	What was happening? (flowering / fruiting / dormant)

Seasonal reminder

A plant appearing in a seasonal calendar is not automatically safe to eat. Confirm the exact species and edible part, check current local guidance, and leave protected or uncertain plants untouched.

Foraging Knowledge Quiz

Answer the questions. Use your book and field notes to help you revise.

Name: _____	Group: _____	Date: _____

1. What should you do if you cannot identify a plant with certainty?

A. Taste a tiny piece

B. Leave it alone

C. Ask a friend to taste it

2. Name two features that help identify a plant.

1. _____

2. _____

3. Why should you avoid gathering plants beside busy roads or sprayed fields?

_____

4. Which plant is well known for stinging hairs?

A. Nettle

B. Dandelion

C. Blackberry

5. Give one reason to leave plenty of berries on a bush.

_____

6. What should you check before gathering anything?

A. Permission and local rules

B. The plant's colour only

C. Whether it smells nice

7. Why is smell alone not enough to identify wild garlic?

_____

8. Name one way to record observations without picking a plant.

_____

9. What should you do if someone may have swallowed an unknown plant?

_____

10. Give two ways to forage responsibly.

1. _____

2. _____

Score: _____ / 10 One thing I learned:

_____

Safety rule: never taste an unknown plant. If ingestion is suspected, seek urgent medical advice; call 999 for severe symptoms.

Nature and Habitat Observation Log

Foraging is also about noticing how plants support wildlife and fit into their habitat.

Scout: _____	**Date:** _____	**Location:** _____

Observation	What did you see?	Evidence / notes

Habitat sketch

Reflection

How do plants provide food or shelter for wildlife?	
What signs showed that wildlife had used this area?	
What could people do to protect this habitat?	

Leave no trace: do not uproot plants, damage habitats, disturb nests or take more than is permitted.