

## Dandelion Fritters



School



Home



Video

**PHE Curricular Competencies:** Health and Active Living, Social and Community Health, Mental Well-being

**Audience(s):** K-12

**Hyperlink:** [Cooking with Fresh Roots-Dandelion Fritters!](#)

### Description

Learn how to harvest and cook dandelion fritters in this instructional video from Fresh Roots! Remind students to only harvest and eat foods that they can positively identify and that are grown in areas where herbicides and pesticides are not sprayed. Some plants are poisonous!

### Objective(s)

Every part of the dandelion plant is edible, highly nutritious and they're free! Learning about and harvesting wild plants in our own backyards is both empowering and connects us with the seasons and nature. This activity is a great way to get students outside, exploring and trying new foods.

### Curricular Connections

This resource supports the following Big Ideas:

Personal choices and social and environmental factors influence our health and well-being.

Healthy choices influence our physical, emotional, and mental well-being.

*Are there other resources that you love for cultivating the health of students and staff in your school community? Send your suggestions to [dashbcresources@gmail.com](mailto:dashbcresources@gmail.com)*