

**Activity 1: The value of herbs in our lives**

Collect and recognize some herbs according to the informational material given to you.  
Prepare Identity Cards of your Herbs and present it!

**MY HERB'S IDENTITY CARD:**

Name: \_\_\_\_\_

Formal/Scientific name: \_\_\_\_\_

(Search on the internet)

Colour of flower: \_\_\_\_\_

Therapeutic effects:

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Uses in my country:

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