



Instructions

Aim:

To show learners the importance of knowing what is safe to eat and what should be left alone.

Foraging for wild food has become very fashionable but unless you are 100% sure, leave those mushrooms, berries and interesting looking fruits alone!

How to Play:

There are two sets of six x A3 cards – A and B.

One person stands with set A cards and the other person stands apart with set B.

The person with set A should also have the laminated description card.

Ask your learners to stand in the middle between the two card holders. Explain that the aim of the game is to survive “eating” the various mushrooms by picking which one in each round they think might be edible. If they select the wrong one, they will either be “extremely ill” or worse still “dead”!

Hold the cards marked 1A and 1B up so they can be seen clearly and read out the descriptions. Ask those playing to think about which the edible mushroom is – they should go and stand next to the cardholder who has in their opinion the edible mushroom.

Those who have guessed right remain in the game, those who haven't are out and should stand to the side.

Depending on your numbers/type of group you can explain that they can carry on playing once they have been “killed”. Or once you're out, you're out and they move to the side of the stage or lie around “dead”!

There are six rounds, although some of the mushrooms are not killers from the poisonous pile, they will make you extremely ill.

Plenary:

Explain that the free food available from woodlands or hedgerows can come at a cost to our health if you eat the wrong thing.

Ask - Where should you get your mushrooms from? What if someone dares you to eat something that you're not sure of?



Answers

A's	B's
1A - Fly Agaric ☠️	1B - Truffle Mushroom 🍴
What we picture poisonous mushrooms to look like in fairy tales.	A delicacy in countries such as France these mushrooms can fetch prices as high as £750 per kilogram.
2A - Blusher Cap 🍴	2B - Panther Cap ☠️
Edible when cooked	Rare mushroom found from South Africa and Europe to Asia. Effects the brain and stops certain signals being sent.
3B - False Morel ☠️	3B – The Morel 🍴
Has little effect on some people when cooked, however can kill others. People in Finland and Sweden boil this mushroom up for use, however some people have become very ill from just smelling the steam coming from the cooking pot.	Widely used in Chinese cooking.
4A - Fool's Funnel ☠️	4B - Black Trumpets 🍴
Eating this mushroom leads to cardiac or respiratory failure and death after 8 – 9 hours of eating.	Very tasty mushroom used in cooking in many countries in Europe.
5A – False Deathcap 🍴	5B – Deathcap ☠️
Although this fungus does contain a toxin, if eaten in small amounts it is unlikely to have any significant effect on a healthy adult. It is easily confused with the Deathcap.	Killed off Claudius the Roman Emperor. Looks very similar to several other mushrooms and can easily be confused for an edible mushroom.
6A - Destroying Angel ☠️	6B – Horse Mushroom 🍴
No symptoms for 24 hours and then the liver and kidneys are affected. There is no cure apart from a liver and kidney transplant.	Regarded as one of the tastiest wild mushrooms available the Horse Mushroom has been prized by generations.