

HOW DO PLANTS BECOME POISONOUS?

Race to collect the reasons plants can harm health (and some examples) as you move around the game board!

You'll need:

- A counter each
- A dice
- Optional: Paper and a pencil/pen to write down a list

For 2+ players

Question by **Kannika** (age 9)



Karaka seeds are poisonous but not the fleshy orange fruit

Because animals tolerate different chemicals (or amounts of chemicals).

E.g. humans can eat cocoa because we can handle caffeine and theobromine, but dogs can't.

Because of how old the plant is, or part of the plant is, at that time.

E.g. Some unripe fruit can make you sick.

Because it was prepared or used in a way that makes it harmful.

E.g. Some plants should not be made into essential oils to breathe in or absorb through our skin.

Because you've developed an allergic reaction to something inside them.

E.g. some people react badly to nuts or pollen.



Green unripe poroporo | New Zealand nightshade berries are poisonous, but ripe orange ones used to be made into jam.

Because you ate too much at once.

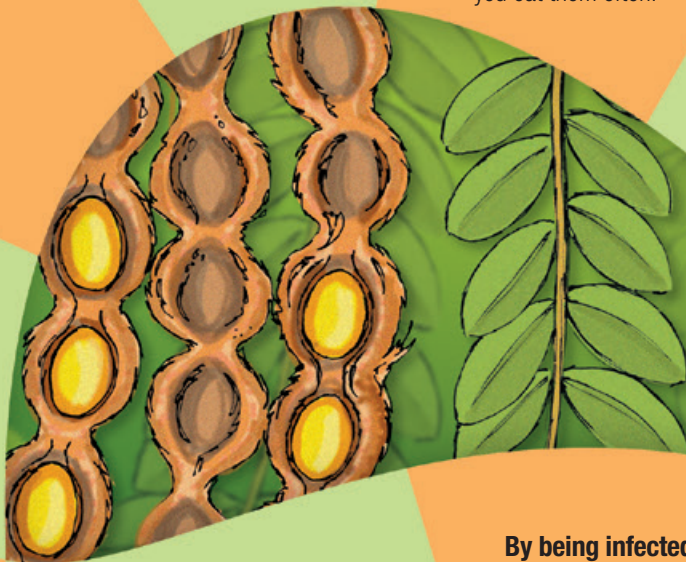
E.g. Brazil nuts should be limited to one to three a day if you eat them often.

By decaying (rotting)

Because you ate the wrong part.

E.g. rhubarb stalks are ok to eat but not the leaves.

Kowhai seeds are poisonous if chewed



By releasing toxins (their own poisons) to protect themselves.

Plants can't move away from predators. They need to stop themselves getting eaten or touched using thorns, spikes, prickles, their colour, or chemicals.

By being infected with bacteria, viruses, or fungal parasites.

By taking in toxic substances through polluted soil or water.

Ongaonga | Tree nettle stings can make you extremely unwell.

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