ROYAL CANADIAN ARMY CADETS

SILVER STAR

INSTRUCTIONAL GUIDE

SECTION 9

EO C324.04 – COLLECT EDIBLE PLANTS

Total Time: 120 min

PREPARATION

PRE-LESSON INSTRUCTIONS

Resources needed for the delivery of this lesson are listed in the lesson specification located in A-CR-CCP-703/PG-001, Chapter 4. Specific uses for said resources are identified throughout the instructional guide within the TP for which they are required.

Review the lesson content and become familiar with the material prior to delivering the lesson.

Instructors are recommended to research local flora and provide examples where necessary throughout the lesson.

Conduct a reconnaissance of the surrounding area and collect examples for this lesson.

Locate edible plants in the surrounding area to use as examples for TP 2.

Photocopy Annexes H and I for each cadet.

PRE-LESSON ASSIGNMENT

N/A.

APPROACH

An interactive lecture was chosen for TPs 1 and 3 to orient cadets to poisonous plants and illustrate the application of rules when identifying poisonous plants.

Demonstration was chosen for TPs 2 as it allows the instructor to explain and demonstrate ways to determine if plants are edible.

A practical activity was chosen for TP 4 as it is an interactive way to allow the cadets to demonstrate identifying edible plants in a safe, controlled environment. This activity contributes to the development of their outdoor survival skills in a fun and challenging setting.

Demonstration and performance was chosen for TP 5 as it allows the instructor to explain and demonstrate how to conduct the universal edibility test while providing an opportunity for the cadets to practice this skill under supervision.

Unofficial convenience copy of A-CR-CCP-703/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-703-PF-001/A-CR-CCP-703-PF-001.pdf.
Verify against the official publication.

INTRODUCTION

REVIEW

N/A.

OBJECTIVES

By the end of this lesson the cadet shall be expected to collect edible plants.

IMPORTANCE

It is important for the cadets to know how to identify and collect edible plants. In a survival situation, plants are an excellent source of nutrition that can be beneficial to nutritional requirements.

Teaching point 1 **Discuss Ways to Determine if Plants are Edible**

Time: 25 min Method: Interactive Lecture

In a survival situation, a person should always be on the lookout for familiar wild foods. Even in the most static survival situation, maintaining health through a complete and nutritious diet is essential to maintaining strength and peace of mind.

Nature can provide food that will enable a cadet to survive any ordeal. Cadets should therefore learn as much as possible about the flora of the region where they will be training.



The critical factor in using plants for food is to avoid accidental poisoning. Eat only those plants that can be positively identified and are known to be safe to eat.

THE BERRY RULE

In general, the edibility of berries can be classified according to their colour and composition. The berry rule is a general guide to determine whether the edibility test needs to be performed. The only berries that should be eaten without testing are those that can be positively identified as non-poisonous.

The following is the berry rule:

- Green, yellow and white berries are 10 percent edible.
- Red berries are 50 percent edible.
- Purple, blue and black berries are 90 percent edible.
- Aggregate berries (berries that are a collection of units formed into one body) such as thimbleberries, raspberries and blackberries are considered 99 percent edible.

EDIBLE PARTS OF A PLANT

Some plants are completely edible, whereas others have both edible and poisonous parts. Plants can be broken down into several distinct components.

Stems, Roots and Leaves

Plants that have stems, roots and leaves are probably the most abundant source of edible vegetation in the world. Their high vitamin content makes them a valuable component of our daily diet. Shoots grow like

Unofficial convenience copy of A-CR-CCP-703/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-703-PF-001/A-CR-CCP-703-PF-001.pdf.
Verify against the official publication.

asparagus and are best when boiled twice (boiled five minutes, drained off and boiled again until done). Some examples of these plants are bracken fern, young bamboo and cattail (as per Figure 1).

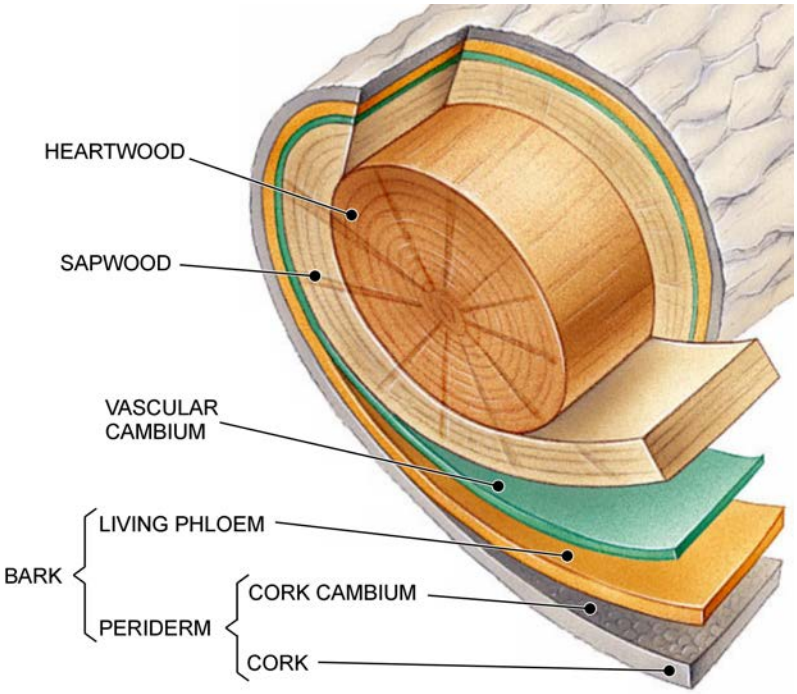
Leaves may be eaten raw or cooked but to achieve the highest nutritional value, they are best eaten raw. The pith, found inside the stem of some plants, has a very high food value. Some examples are sago, rattan, coconut and sugar. Cambium is the inner bark found between the bark and the wood of a tree (as per Figure 2). It can be eaten raw, cooked, or dried and then pulverized into flour.



"Cattails", Aquasprings, 2007, Retrieved November 15, 2007, from http://www.aquaspringsinfo.com/cattails.jpg

Figure 1 Cattail

Unofficial convenience copy of A-CR-CCP-703/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-703-PF-001/A-CR-CCP-703-PF-001.pdf.
Verify against the official publication.



UIC, Plant Structures and Function: UIC. Retrieved November 15, 2007, from http://uic.edu/classes/bios/bios100/lectf03am/treetrunk.jpg

Figure 2 Cambium

Flowers, Buds and Pollen

Flowers, buds and pollens are high in food value and are often eaten raw or in a salad. Some examples include hibiscus (flower), rosehips (buds), and cattail (pollen).

Unofficial convenience copy of A-CR-CCP-703/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-703-PF-001/A-CR-CCP-703-PF-001.pdf.
Verify against the official publication.



About .com, Holistic Healing, Copyright 2007 by About, Inc. Retrieved November 15, 2007, from http://healing.about.com/od/floweressences/ig/Flower-Essence-Gallery/Hibiscus.htm

Figure 3 Hibiscus

Fruits (Sweet and Non-Sweet)

Fruits are the seed-bearing part of the plant and can be found in all areas of the world. They are best eaten raw to retain all of their nutritional value, but may also be cooked. Examples of sweet fruits are apples, prickly pears, saskatoon berries and wild strawberries. Examples of non-sweet fruits include tomatoes, cucumber, plantains and horseradish.

Nuts

Nuts are high in fat and protein and can be found around the world. Most can be eaten raw but some, like acorns, require leaching (soaking in water), with several changes of water, to remove their tannic acid.

Seeds and Grains

The seeds and grains of many plants are a valuable food resource and should not be overlooked. Some examples are grasses and millet, best eaten when ground into flour or roasted. Purple or black grass seeds should not be eaten; they often contain a fungal contamination.

Seaweed and Algae

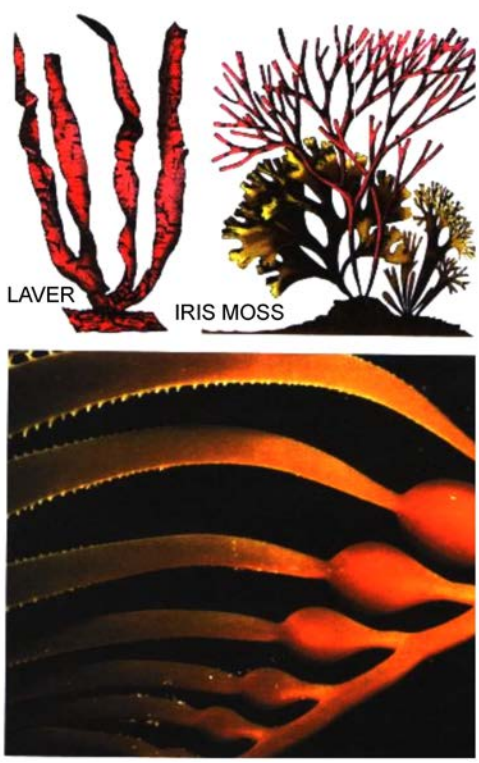
One plant that should never be overlooked is seaweed. It is a form of marine algae found on or near shores. There are also some edible freshwater varieties. Seaweed is a valuable source of iodine, other minerals, and vitamin C.

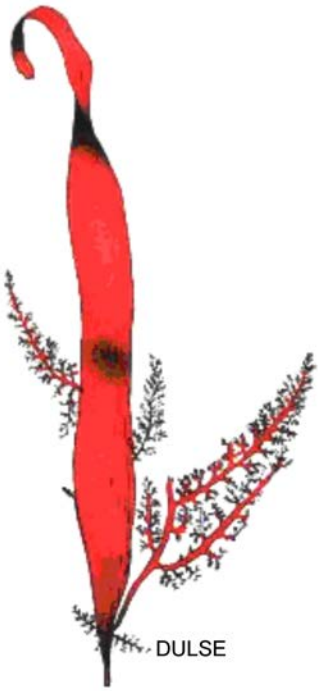
When gathering seaweed for food, find living plants attached to rocks or that are floating free. Seaweed washed ashore for any length of time may be spoiled or decayed. Freshly harvested seaweed can be dried for later use.

Preparation for eating depends on the type of seaweed. Thin and tender varieties can be dried in the sun or over a fire until crisp. Crush and add to soups or broths. Boil thick, leathery seaweeds for a short time to soften

Unofficial convenience copy of A-CR-CCP-703/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-703-PF-001/A-CR-CCP-703-PF-001.pdf.
Verify against the official publication.

them. Eat them as a vegetable or with other foods. Some varieties can be eaten raw after testing for edibility. Some examples are dulse, green seaweed, irish moss, kelp, laver, mojaban, and sugar wrack.





Wilderness Survival, "Plants", Copyright 2007 Jalic Inc. Retrieved November 15, 2007, from http://www.wilderness-survival.net/plants-1.php

Figure 4 Seaweed

CONFIRMATION OF TEACHING POINT 1

QUESTIONS

Q1. Which berries are 99 percent edible?

Q2. Which grass seeds should not be eaten?

Q3. What should you look for when gathering seaweed?

ANTICIPATED ANSWERS

A1. Aggregate berries such as thimbleberries, raspberries and blackberries are 99 percent edible.

A2. Purple or black seeds should not be eaten.

A3. Living plants attached to rocks or that are floating free should be looked for when gathering seaweed.

Unofficial convenience copy of A-CR-CCP-703/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-703-PF-001/A-CR-CCP-703-PF-001.pdf.
Verify against the official publication.

Teaching point 2 **Identify Edible Plants**

Time: 15 min Method: Demonstration



Demonstrate to the cadets where these plants are located and what they look like.

When available, fruits and nuts are one of the survivor's most important foods.

FRUITS

Blackberries/Raspberries. These berries grow in scrub, woods and on open ground. They have leaves that are toothed and flowers that are white or sometimes pinkish in blackberries. Look for straggly bushes with arching thorny stems and juicy segmented berries, which ripen from green through red to purplish blackberries in late summer. Raspberries are less straggly, have fewer prickles, and ripen to a rich red earlier in the summer. All are edible raw.



J. Wiseman, The SAS Survival Handbook, HarperCollins Publishers (p. 142)

Figure 5 Blackberry

Wild Strawberries. Wild strawberries grow on small scrambling plants in dry grassy places and woodland areas. The fruits resemble small cultivated strawberries and are sometimes found underneath the leaves. These fruits are rich in vitamin C and are best eaten fresh.

Unofficial convenience copy of A-CR-CCP-703/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-703-PF-001/A-CR-CCP-703-PF-001.pdf.
Verify against the official publication.



J. Wiseman, The SAS Survival Handbook, HarperCollins Publishers (p. 142)

Figure 6 Wild Strawberries

Crab Apples. Crab apples are short spiny trees found in scrubland and woods. They can be identified by oval, toothed, often downy leaves, usually reddish-brown twigs and white, pink or red flowers. The fruit, often very bitter, looks like cultivated apples. Too many of the yellowish-green, pectin-rich apples will cause diarrhea and are best cooked with other fruits.



J. Wiseman, The SAS Survival Handbook, HarperCollins Publishers (p. 143)

Figure 7 Crab Apples

Plums. Plums exist in many varieties, in scrub and woodland, and in virtually all temperate areas. Small scrubs or tress, similar to wild cherries, are larger fruit, downy, blackish-purple, red or yellow in colour. Some are too tart to eat.

Unofficial convenience copy of A-CR-CCP-703/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-703-PF-001/A-CR-CCP-703-PF-001.pdf.
Verify against the official publication.



Food Network, Plums, Copyright 2008 by CW Media INC. Retrieved May 2, 2008, from http:// www.foodtv.ca/content/recipes/ContentDetail.aspx?ContentId=2661&Category=Recipes

Figure 8 Plums

Wild Cherries. This fruit grows in woodland areas, growing to 24 m (80 feet) tall with small, pale green to reddish leaves, usually shiny-reddish brown bark, and white or pinkish flowers. The fruit is red or black in colour and depending on the kind may taste sour.



J. Wiseman, The SAS Survival Handbook, HarperCollins Publishers (p. 143)

Figure 9 Wild Cherries

Blueberries. This berry is abundant on northern moors, bogs, tundra, and sometimes in wooded areas. Bushes vary in size, but all are woody and shrubby with small oval leaves and small globe-shaped flowers varying from white to pink or greenish.

Unofficial convenience copy of A-CR-CCP-703/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-703-PF-001/A-CR-CCP-703-PF-001.pdf.
Verify against the official publication.



J. Wiseman, The SAS Survival Handbook, HarperCollins Publishers (p. 144)

Figure 10 Blueberry

ROOTS, LEAVES AND STEMS

In spring and summer young shoots are tender and easy to pick. Some can be eaten raw, but many are better cooked. Wash them in clean water, rub off any hairs and boil in a small amount of water so that they cook in the steam. The leaves are very rich in vitamins and minerals. Together with young shoots, they are the survivor's easiest source of food. Most shoots taste better cooked, however avoid overcooking because it destroys the vitamins.

Dandelion. This plant grows in many forms almost everywhere. Look for large yellow to orange flower heads or the rosette of deeply-lobed leaves. Eat the young leaves raw, but boil the older ones, changing the water to remove the bitter taste. Boil the roots or roast for coffee. Dandelion juice is rich in vitamins and minerals.



J. Wiseman, The SAS Survival Handbook, HarperCollins Publishers (p. 132)

Figure 11 Dandelions

Unofficial convenience copy of A-CR-CCP-703/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-703-PF-001/A-CR-CCP-703-PF-001.pdf.
Verify against the official publication.

Cattail or Reedmace. This plant is found in and around swaps and marshy areas. Peeled roots can be eaten raw or cooked. They are an excellent survival food as they can be extracted from the ground if it is not frozen. Roots can be dried and ground into flour. Heads, when green, can be cooked and eaten as corn.



Aquasprings, 2007, Cattails. Retrieved November 15, 2007, from http://www.aquaspringsinfo.com/cattails.jpg

Figure 12 Cattail

Reed. This plant is located in fresh water almost everywhere, growing to 4 m (13 feet) high, with greyish-green leaves and spreading, brownish-purple flower heads on tall canes. When cooked, if the cane is punctured it will exude an edible sugar-rich gum.



J. Wiseman, The SAS Survival Handbook, HarperCollins Publishers (p. 136)

Figure 13 Reed

Pine. Found in North America, it has needles that can be chewed. During the spring, the inner bark can be eaten raw or cooked. To cook, cut the bark lengthwise into strips and cook like spaghetti. It can also be dried and ground into flour.

Unofficial convenience copy of A-CR-CCP-703/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-703-PF-001/A-CR-CCP-703-PF-001.pdf.
Verify against the official publication.



P. Tawrell, Camping and Wilderness Survival, Paul Tawrell (p. 972)

Figure 14 Pine

Maple. Found in the forests of North America, its seeds can be eaten after removing the shell. Maple can be dried and stored. Young leaves are rich in sugar and can be eaten raw, or cooked after being cut into spaghetti-like strips. To collect maple sap, cut a “V” into the tree and drill a 5 cm (2 inch) deep hole and insert a spout.



P. Tawrell, Camping and Wilderness Survival, Paul Tawrell (p. 972)

Figure 15 Maple

Sweet Flag. Found in wetlands and lakes, this flower, stem and leaves can be eaten raw in the spring.

Unofficial convenience copy of A-CR-CCP-703/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-703-PF-001/A-CR-CCP-703-PF-001.pdf.
Verify against the official publication.



P. Tawrell, Camping and Wilderness Survival, Paul Tawrell (p. 975)

Figure 16 Sweet Flag

Willow. The young leaves of this plant and its inner bark can be eaten raw.



P. Tawrell, Camping and Wilderness Survival, Paul Tawrell (p. 975)

Figure 17 Willow

NUTS

Pine Nut. This nut comes from the familiar cone-bearing pine tree, seen with clusters of slim evergreen needles found in most temperate and northerly areas. Heat matures the pine cone to release the nuts. They are tasty raw, but delicious roasted. Roasted nuts can be stored.

Unofficial convenience copy of A-CR-CCP-703/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-703-PF-001/A-CR-CCP-703-PF-001.pdf.
Verify against the official publication.



J. Wiseman, The SAS Survival Handbook, HarperCollins Publishers (p. 146)

Figure 18 Pine Nut

Chestnut. This nut is found on the tree, ranging from 5–30 m (15–90 feet) high, with large, toothed hairless leaves and bearing catkins. Nuts are borne in globe-shaped, thick prickly green husks. Smash open the husks, peel the nuts, boil and mash to eat.



Do not confuse the chestnut with the horse chestnut which has large palmate leaves, like the fingers on a hand. The horse chestnut is poisonous.



J. Wiseman, The SAS Survival Handbook, HarperCollins Publishers (p. 146)

Figure 19 Chestnuts

Hazelnut. This nut is found on tall shrubs of thickets and waste ground. It has toothed–oval–heart– shaped leaves and brownish-yellow catkins. The highly nutritious nuts come in ovoid, leafy, bristly, or hairy husks.

Unofficial convenience copy of A-CR-CCP-703/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-703-PF-001/A-CR-CCP-703-PF-001.pdf.
Verify against the official publication.



J. Wiseman, The SAS Survival Handbook, HarperCollins Publishers (p. 146)

Figure 20 Hazelnut

CONFIRMATION OF TEACHING POINT 2

QUESTIONS

Q1. What fruits are edible?

Q2. What releases nuts (seeds) from a pine cone?

Q3. What do the blackberry bushes look like?

ANTICIPATED ANSWERS

A1. The fruits that are edible are:

- blackberries/raspberries,
- wild strawberries,
- crab apples,
- plums,
- wild cherries, and
- blueberries.

A2. Heat releases the nuts (seeds) from a pine cone.

A3. Blackberry bushes have leaves that are toothed and flowers of white or sometimes pink in blackberries. Look for straggly bushes with arching thorny stems and juicy segmented berries.

Unofficial convenience copy of A-CR-CCP-703/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-703-PF-001/A-CR-CCP-703-PF-001.pdf.
Verify against the official publication.

Teaching point 3 **Identify How People are Poisoned by Plants**

Time: 15 min Method: Interactive Lecture



Distribute Annexes H and I to the cadets.

HOW PEOPLE ARE POISONED BY PLANTS

There are two common poisons in the plant world:

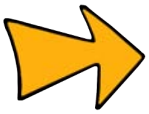
Hydrocyanic Acid. It has the taste and smell of bitter almonds or peaches. The most notable example is the cherry laurel.

Oxalic Acid. Its salts occur naturally in some plants, for instance, wild rhubarb and wood sorrel. It is recognized by the sharp, dry, stinging or burning sensation when applied to the skin or tongue.

Plants generally poison by:

Ingestion. When a person eats a part of a poisonous plant.

Contact. When a person makes contact with a poisonous plant that causes any type of skin irritation or dermatitis.



Dermatitis is the inflammation of the skin.

Absorption and Inhalation. When a person either absorbs poison through the skin or inhales it into the respiratory system.

POISONOUS PLANTS

Plants to Avoid

- plants with a milky sap, unless positively identified as safe (such as dandelion).
- red plants. The red-streaked stalk of wild rhubarb is edible but its leaf is poisonous. Hemlock has reddish-purple splotches on its stem.
- fruits which are divided into five segments.
- bulbs (resembling onion or garlic).
- carrot like leaves, roots or tubers.
- bean and pea like appearance.
- shiny leaves or fine hairs.
- grasses and other plants with tiny barbs on their stems and leaves.
- old or wilted leaves. The leaves of some trees and plants develop deadly hydrocyanic acid when they wilt – including blackberry, raspberry, cherry, peach and plum. All may be safely eaten when young, fresh and dry.
- all mushrooms. Mushroom identification is very difficult and must be precise, even more so than with other plants. Two types of mushroom poisoning are gastrointestinal and central nervous system.

Unofficial convenience copy of A-CR-CCP-703/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-703-PF-001/A-CR-CCP-703-PF-001.pdf.
Verify against the official publication.

Plants Which Cause Dermatitis

The following plants cause dermatitis:

- poison ivy,
- poison oak, and
- poison sumac.

Plants Which Cause Ingestion Poisoning

The following plants cause ingestion poisoning:

- castor bean,
- death camas,
- oleander,
- poison and water hemlock,
- skunk cabbage, and
- stinging nettle.

CONFIRMATION OF TEACHING POINT 3

QUESTIONS

Q1. What are the names of two fairly common poisons in the plant world?

Q2. What colour plant should be avoided?

Q3. Name three plants which cause dermatitis.

ANTICIPATED ANSWERS

A1. Two names of fairly common poisons in the plant world are hydrocyanic acid and oxalic acid.

A2. Red plants should be avoided.

A3. Three plants that cause dermatitis are poison ivy, poison oak and poison sumac.

Teaching point 4 — **Conduct an Activity Where the Cadets, in Pairs, Will Search and Collect Two Types of Edible Plants Within the Local Area**

Time: 30 min — Method: Practical Activity

ACTIVITY



If poison ivy or other poisonous plants are known to be in the search area, ensure the area is kept off limits to the cadets.

Unofficial convenience copy of A-CR-CCP-703/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-703-PF-001/A-CR-CCP-703-PF-001.pdf.
Verify against the official publication.

OBJECTIVE

The objective of this activity is to have the cadets collect two types of edible plants.

RESOURCES

Gloves.

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Divide the cadets into pairs and distribute a pair of gloves to each cadet.
2. Have the cadets search for edible plants.
3. Gather cadets into a group and have them present their plants to the group.
4. Have the group confirm if the plant presented is edible and why.
5. Supervise and give feedback on the cadets' findings.

SAFETY

- Cadets should wear gloves when collecting plants. This will avoid any accidental contact with poisonous plants.
- Ensure the cadets do not eat any of their findings until they have been inspected by the instructor.

CONFIRMATION OF TEACHING POINT 4

The cadets' participation in the activity will serve as the confirmation of this TP.

Teaching point 5 **Demonstrate and Have the Cadet Perform the Universal Edibility Test**

Time: 25 min Method: Demonstration and Performance



Always adopt the following procedure when trying potential food sources. NEVER take short cuts and complete the whole test. If in any doubt, do NOT eat the plant.

UNIVERSAL EDIBILITY TEST

The universal edibility test is a method a person can use when it is unknown if a plant is safe to eat. This test is not a guarantee that the plant will be safe; however, it will provide some certainty of the plant's edibility. To conduct the test, follow this sequence:

1. **Inspect.** Separate the plant into its basic sections (leaves, stems, roots and flowers). Inspect each section one at a time. Ensure that the plant is not slimy or worm-eaten. Some plants, when old, change their chemical content and become toxic.

2. **Smell.** Crush a small portion. Smell the plant for strong or acid odours. If it smells of bitter almonds or peaches DISCARD.

Unofficial convenience copy of A-CR-CCP-703/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-703-PF-001/A-CR-CCP-703-PF-001.pdf.
Verify against the official publication.

3. **Rub the Plant on the Skin.** Rub slightly or squeeze some of the juice onto a tender part of the body (under the arm between the armpit and the elbow, for instance). If any discomfort, rash or swelling is experienced DISCARD and reject for future use. Wait 15 minutes and if there is not a reaction, continue.

4. **Place the Plant on the Lips, Mouth and Tongue.** If there is no irritation to the skin proceed with the following steps, going on to the next step after waiting three minutes if there is not an unpleasant reaction:

   a. Place a small portion on the lips.

   b. Place a small portion in the corner of the mouth.

   c. Place a small portion on the tip of the tongue.

   d. Place a small portion under the tongue.

   e. Chew a small portion.

In all cases, if any discomfort is felt, such as soreness to the throat, irritation, stinging or burning sensations discard.

1. **Swallow.** Swallow a small amount and wait eight hours. During this period do not eat or drink anything else.

2. **Eat.** If there is no reaction, such as soreness to the mouth, repeated belching, nausea, sickness, stomach pains, griping pains in the lower abdomen or any other distressing symptoms, the plant may be considered safe. Eat a larger portion and wait eight hours again.

ACTIVITY

Time: 15 min

OBJECTIVE

The objective of this activity is to have the cadets perform the universal edibility test.

RESOURCES

- Local vegetation plants,
- Lemons,
- Celery stalks,
- Onions,
- Berries (in season), and
- Spinach leaves.

ACTIVITY LAYOUT

N/A.

Unofficial convenience copy of A-CR-CCP-703/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-703-PF-001/A-CR-CCP-703-PF-001.pdf.
Verify against the official publication.

ACTIVITY INSTRUCTIONS



The cadets do not have to wait the eight hours before being able to eat again for this TP.

Ensure the cadets follow the format for testing for poison. Have the cadets:

1. take a piece of fruit or vegetable;
2. inspect the fruit or vegetable;
3. smell the fruit or vegetable;
4. rub the fruit or vegetable on their arm or underside of the wrist;
5. place a small portion of the fruit or vegetable on their lips;
6. place a small portion of the fruit or vegetable in the corner of their mouths;
7. place a small portion of the fruit or vegetable on the tip of their tongue;
8. place a small portion of the fruit or vegetable under their tongue;
9. chew a small portion of the fruit or vegetable;
10. choose another piece of fruit or vegetable; and
11. repeat Steps 1. to 10. until all have had a chance to try at least three different textures and tastes.

SAFETY

Ensure the cadets do not share the fruits and vegetables being used in the activity.

CONFIRMATION OF TEACHING POINT 5

The cadets' participation in the activity will serve as the confirmation of this TP.

END OF LESSON CONFIRMATION

The cadets' participation in the collecting of edible plants and completing the universal edibility test will serve as the confirmation of this lesson.

CONCLUSION

HOMEWORK/READING/PRACTICE

N/A.

METHOD OF EVALUATION

N/A.

Unofficial convenience copy of A-CR-CCP-703/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-703-PF-001/A-CR-CCP-703-PF-001.pdf.
Verify against the official publication.

CLOSING STATEMENT

It is important for the cadets to know how to perform the universal edibility test, identify both poisonous and non-poisonous plants and be able to collect plants in a survival situation. Plants are an excellent source of nutrition when animals are not abundant. Many plants have health benefits which are also important in a survival situation.

INSTRUCTOR NOTES/REMARKS

Instructors will research any plants they anticipate to use for a test. Ensure the plants have no known poisons or toxins.

REFERENCES

C0-111 (ISBN 0-9740820-2-3) Tawrell, P. (2006). *Camping and Wilderness Survival: The Ultimate Outdoors Book*. Lebanon, NH: Paul Tawrell.

C2-008 (ISBN 0-00-653140-7) Wiseman, J. (1999). *The SAS Survival Handbook*. Hammersmith, London: HarperCollins Publishers.

C2-155 (ISBN 978-1-58574-556-2) The Lyons Press. (2002). *U.S. Army Survival Handbook*. Guilford, CT: The Lyons Press.

Unofficial convenience copy of A-CR-CCP-703/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-703-PF-001/A-CR-CCP-703-PF-001.pdf.
Verify against the official publication.

THIS PAGE INTENTIONALLY LEFT BLANK

Unofficial convenience copy of A-CR-CCP-703/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-703-PF-001/A-CR-CCP-703-PF-001.pdf.
Verify against the official publication.