



PLANT HEALTH HERO ACTIVITY BOOK

Ages 5-8

FOR PARENTS & EDUCATORS

The intent of this activity book is to teach young learners about the basics of plant health in Canada and how they can participate in protecting our amazing natural plant resources.

In this book, children will learn:

1. The importance and impact of plant health within their own community, and Canada as a whole;
2. Certain dangers to plant health, like invasive species; and
3. How they can help to protect plant life.

You will find answer keys and a glossary on the last page.

Your young learner may need help navigating this workbook. Even if you don't need to, working through the book together will give you a wonderful starting point to talk about caring for our planet and its amazing natural resources.

Prompts are wonderful tools to have when you are helping little ones make their way through a workbook or to check on how well they are understanding the text.

Here are some prompts to help you spark some meaningful conversations about plant health.

- 1) What is your favourite plant?
- 2) What do you think would happen if there were no plants? How would it make you feel?
- 3) Use the *iNaturalist*¹ app or other plant identification apps to see what plants you have in your garden. Are they all native to Canada?
- 4) Bees have been in trouble recently, so we have to protect them. What is one way we can protect bees?
- 5) What are we looking for when we check this tree?

Have fun!

¹The *iNaturalist* app is a third party application and does not reflect the direct messaging of the Government of Canada.

MEET CFIA'S PLANT HEALTH HEROES!

2020 is the International Year of Plant Health!

What does that mean?

It means countries like Canada are celebrating plants and how we can protect them!



WHY SHOULD WE PROTECT PLANTS?

Plants do so many things for us!

Plants give us air to breathe.

Plants are beautiful to look at.



Can you spot the:



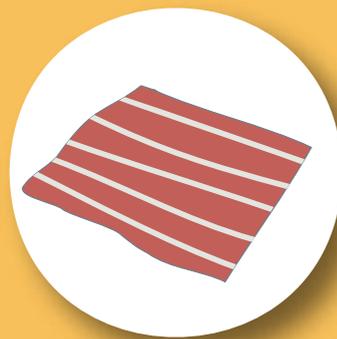
Dog



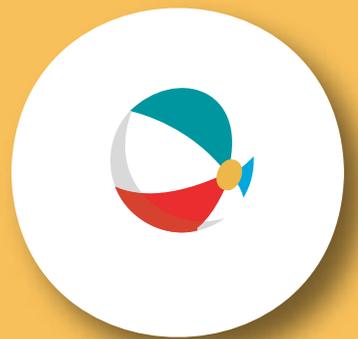
Pumpkin



Bird



Picnic blanket



Ball



Plants give us food to eat.

Some animals make their homes in plants.

Can you think of something that *you* use plants for?

PLANT HEALTH VILLAINS

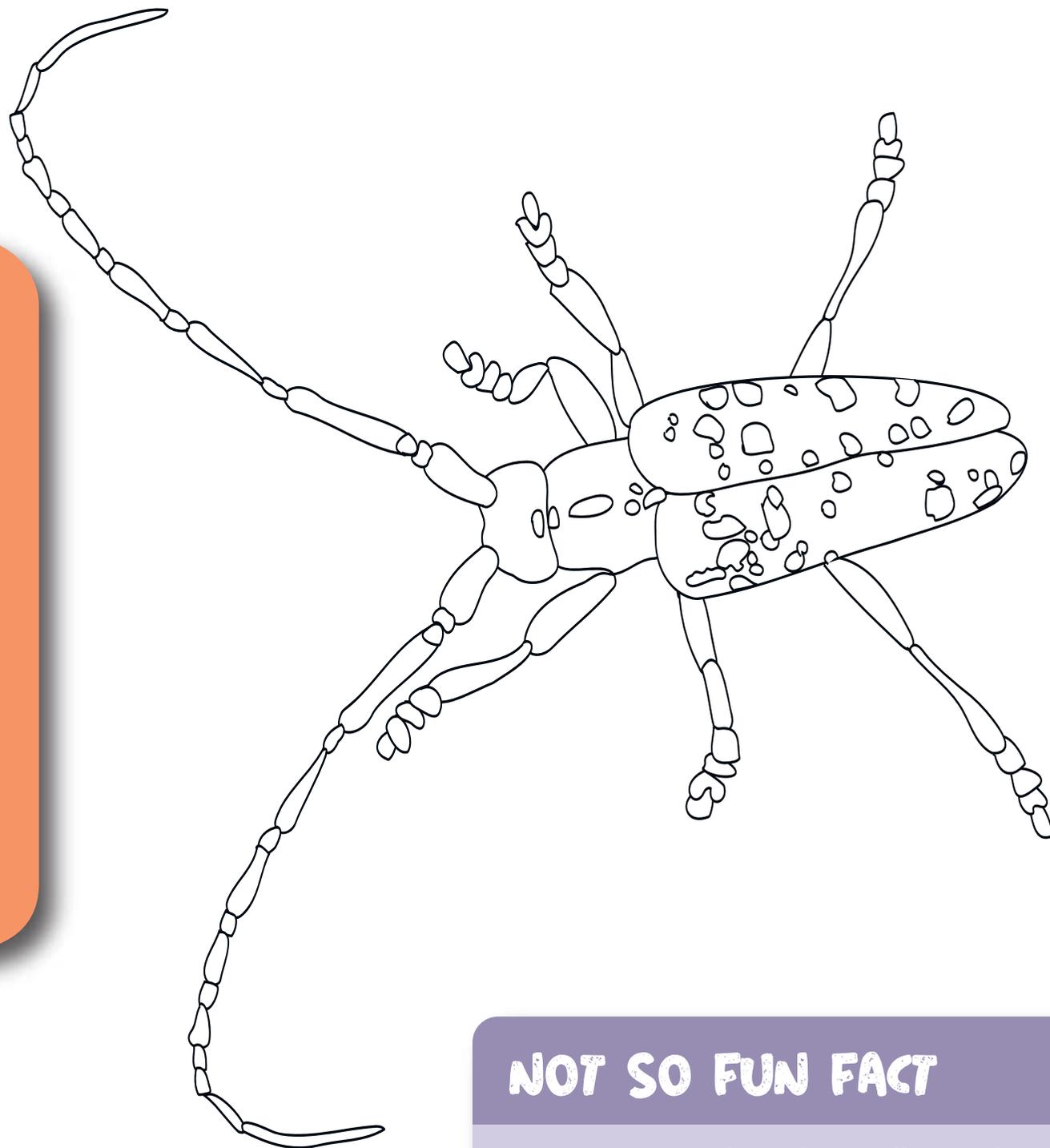
Plant villains like insect pests and invasive plants can make our plants and trees sick.

The CFIA has specially trained heroes to help fight these pests and invasive plants.

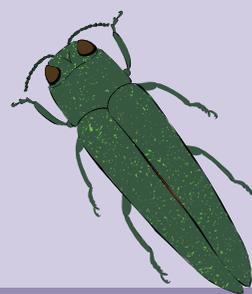
This insect pest is called the Asian longhorned beetle.

It hurts maple trees.

The Plant Health Hero Team kicked the Asian longhorned beetle out of Canada in 2020!



NOT SO FUN FACT



Another villain, the emerald ash borer has killed millions of ash trees across Canada.



Ask a grown-up to help you look up a photo of the Asian longhorned beetle.
What colours should you use for this insect?

INSECT PESTS

Did you know that insects can travel to Canada from other countries? Even though foreign insects may not make plants sick in their home country, they can hurt Canadian plants.

LYMANTRIA DISPAR DISPAR



Hurts

Hardwood and softwood trees

Comes from:

Europe and Asia

Travels by:



JAPANESE BEETLE



Hurts

Many fruit, vegetable and garden plants as well as grass

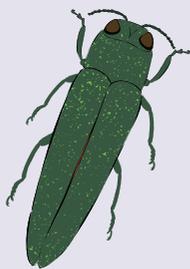
Comes from:

Asia

Travels by:



EMERALD ASH BORER



Hurts

Ash trees

Comes from:

East Asia

Travels by:



HEMLOCK WOOLLY ADELGID



Hurts

Hemlock trees

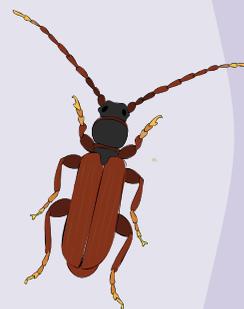
Comes from:

Asia

Travels by:



BROWN SPRUCE LONGHORN BEETLE



Hurts

Spruce trees

Comes from:

Europe

Travels by:



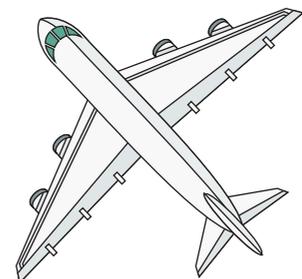
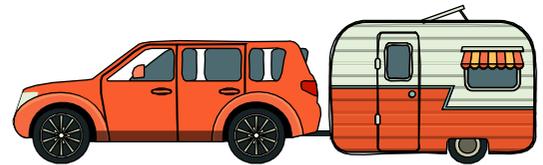
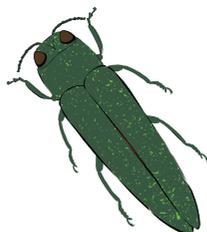
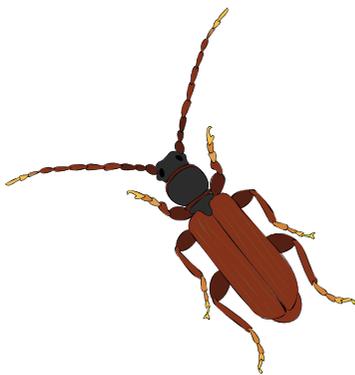
Use these insect cards to help you spot some plant villains that might be in your area. See something suspicious? Ask a grown-up to help you take a picture and send it to: cfia.surveillance-surveillance.acia@canada.ca.

INSECT PESTS

Insects like to travel just like us. Most insects hitch a ride on things like firewood, car wheels and plant products.

Use your insect cards. Where did each insect come from and what is its favourite way to travel?

Match each insect to the “vehicle” it uses to travel to and around Canada. *Hint: some insects have more than one!*

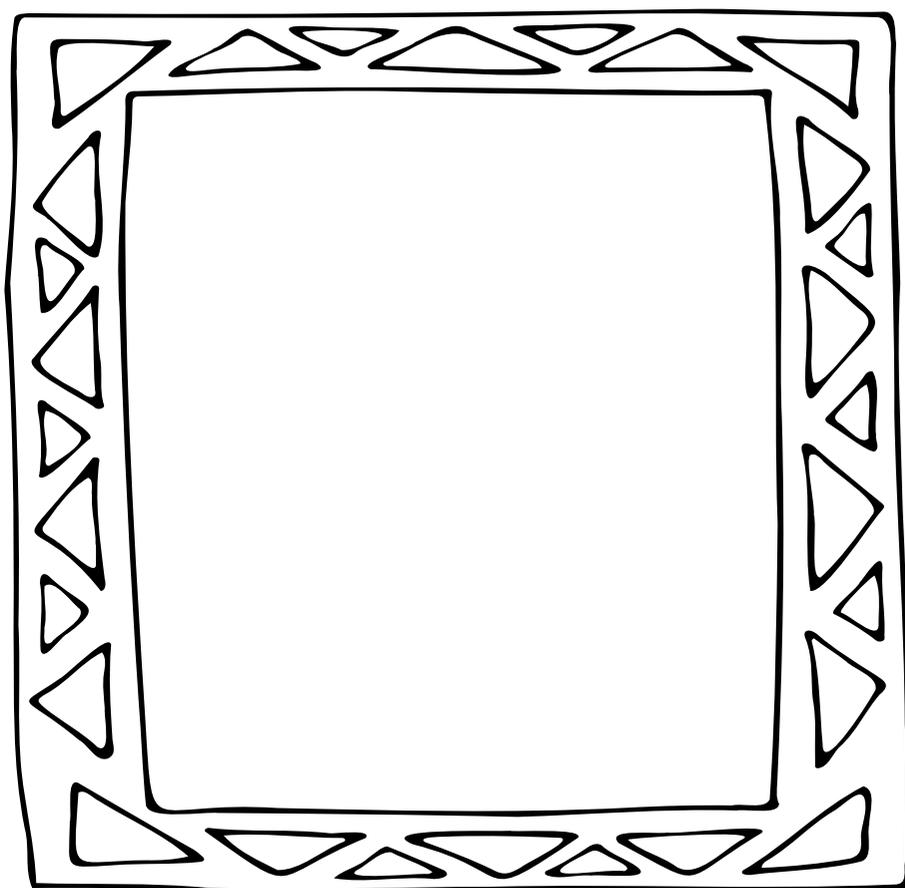
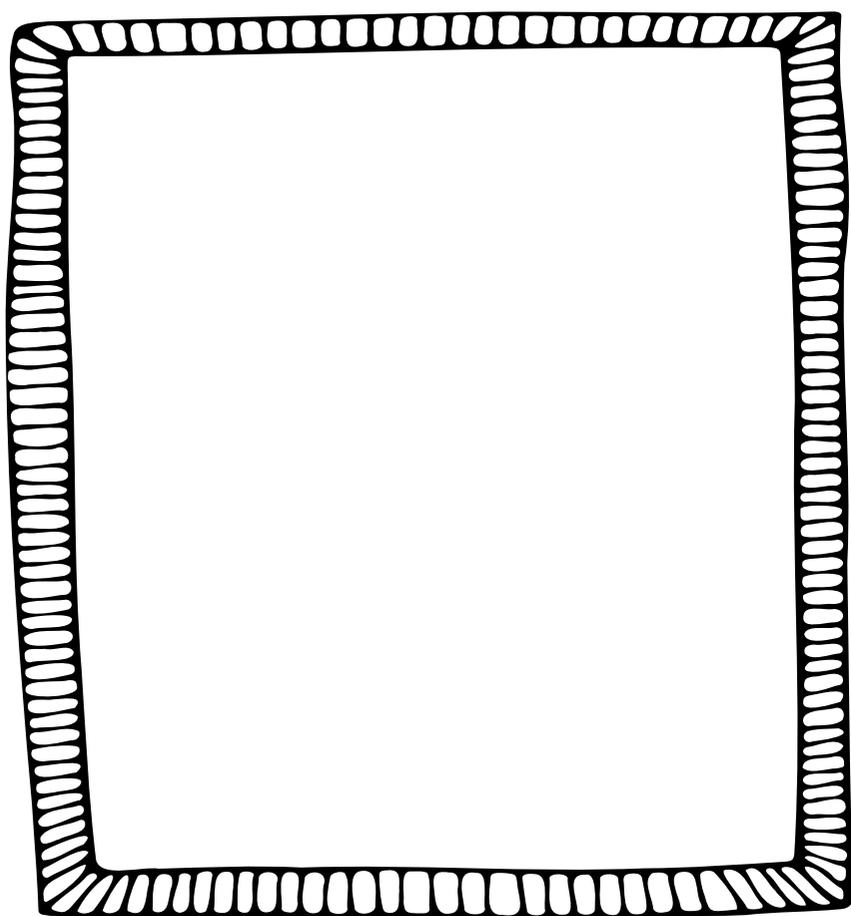
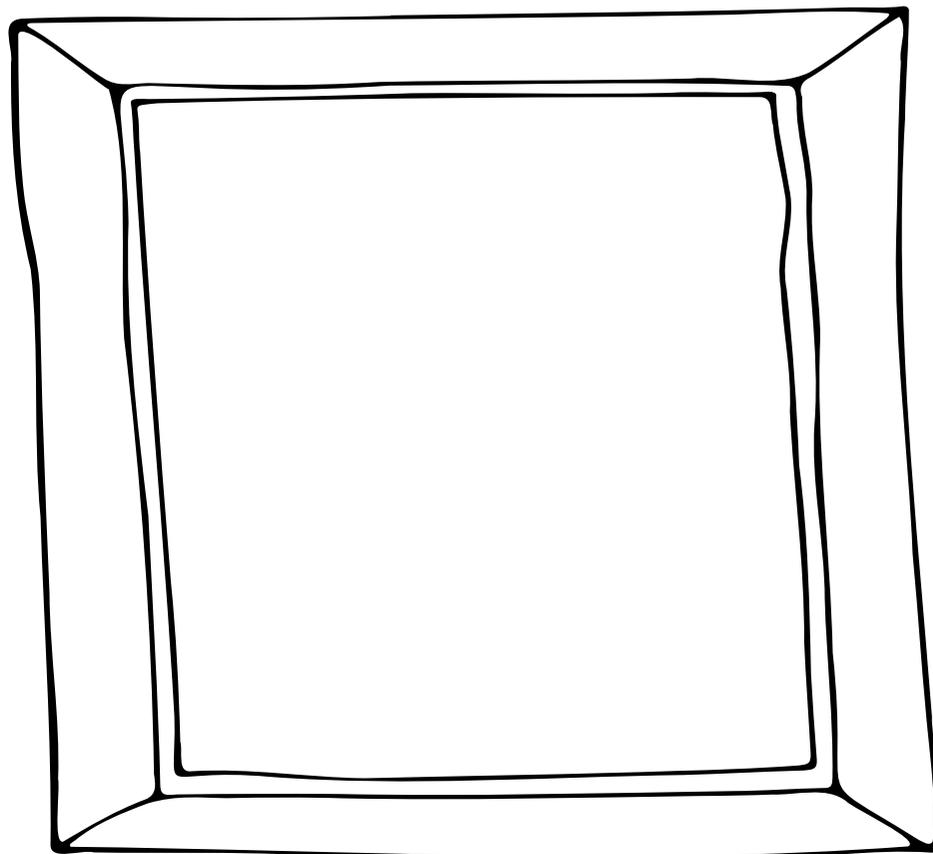
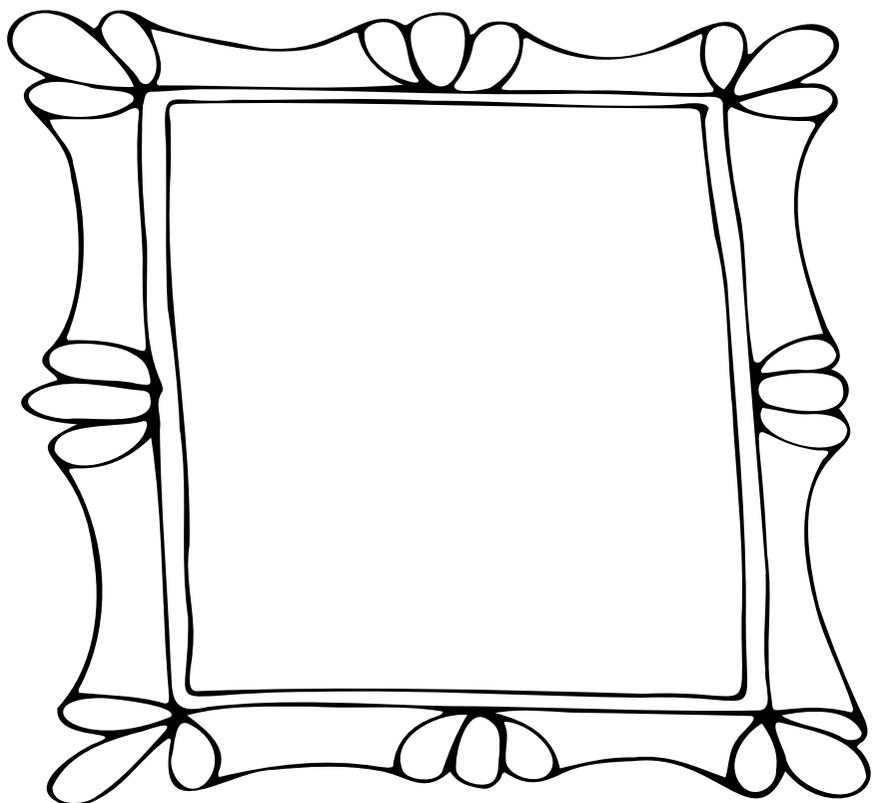


Going on a trip with your family? Make sure you don't bring dirt, plants or wood back with you.

INVASIVE PLANTS VS. NATIVE PLANTS

Some plants can be villains too.

Bringing plants to new places can be dangerous to the plants that do belong.



Ask a grown-up to help you look up plants that are native to your province or territory.
Pick your favourite four plants and draw them!

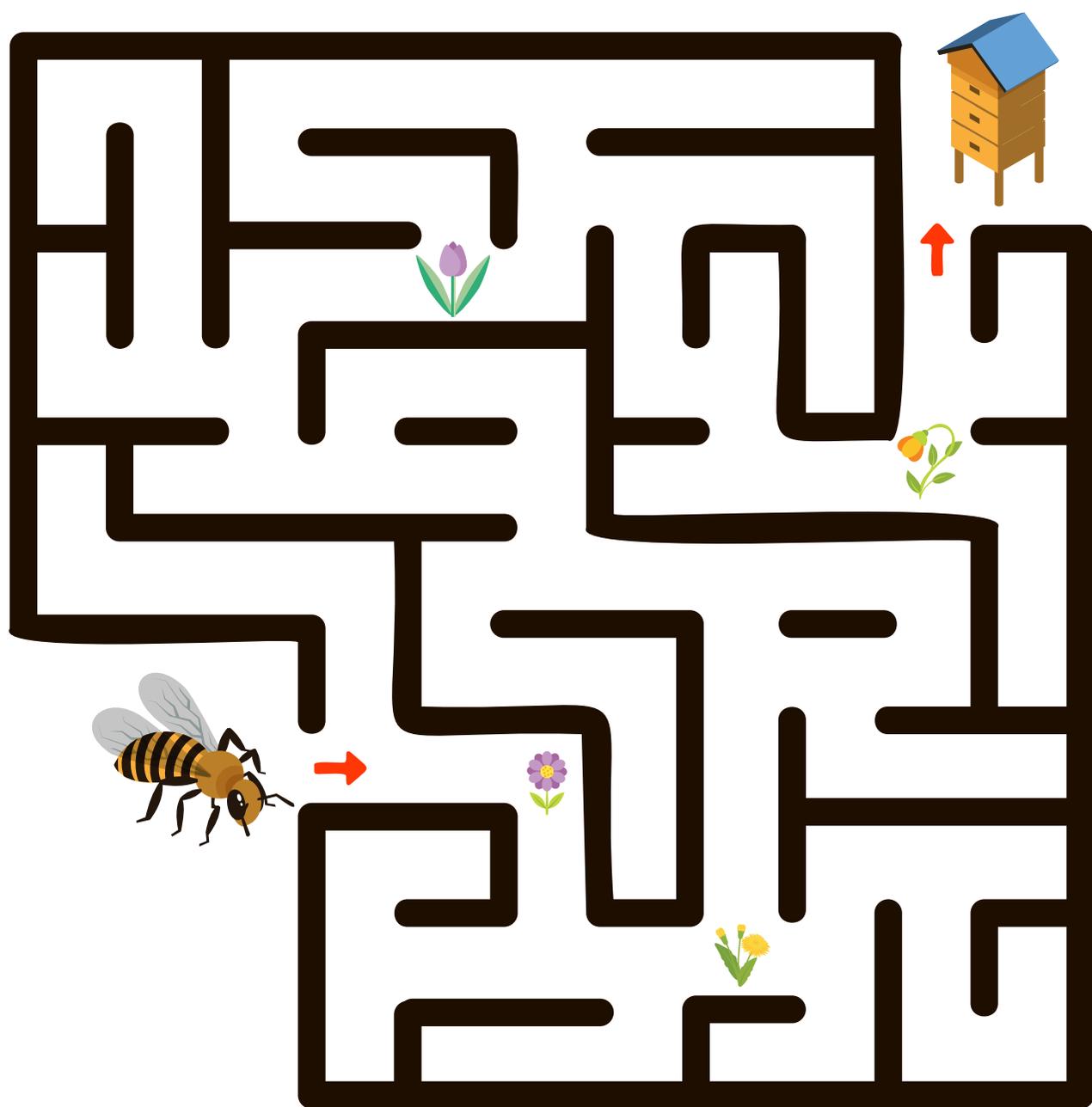
GOOD INSECTS

Most insects are not bad.

Pollinators like bees and butterflies play a big role in helping plants make food for us.

Help the bee pollinate the flowers and get back to its hive.

Pollinating is when good insects take pollen from one plant to another so the plants can create seeds.



THE FIRST PLANT HEALTH HEROES

Indigenous people were the first to care for plants in Canada. Many Indigenous communities use a smart way of planting. They plant crops that will help each other, side by side. Like the Three Sisters!

Colour the Three Sisters.



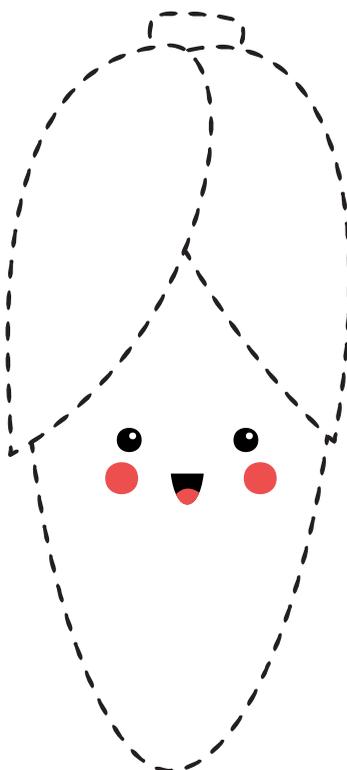
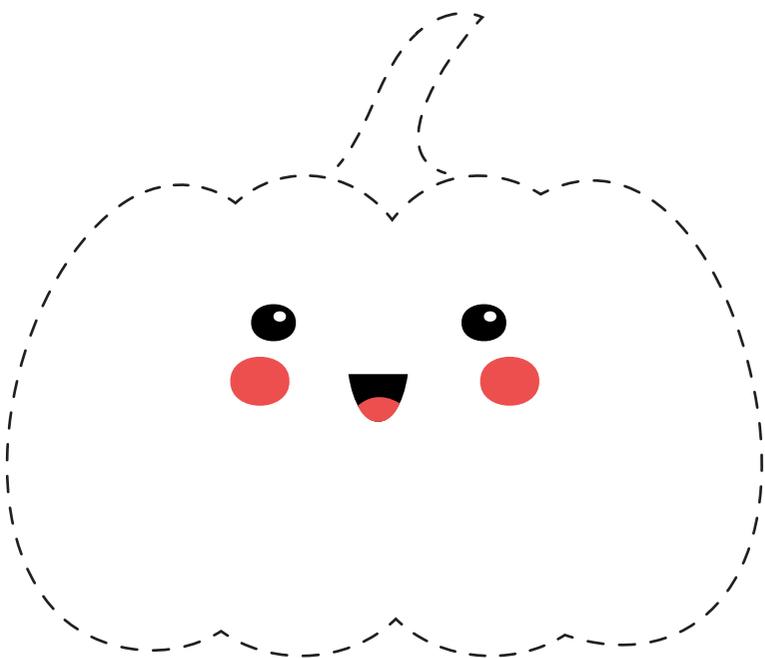
Squash
The protective sister



Corn
The supportive sister



Beans
The giving sister



This way of planting food is wonderful for planet earth!



When you plant squash, corn and beans together, they give each other support, protection and vitamins.

HOW TO TREE CHECK

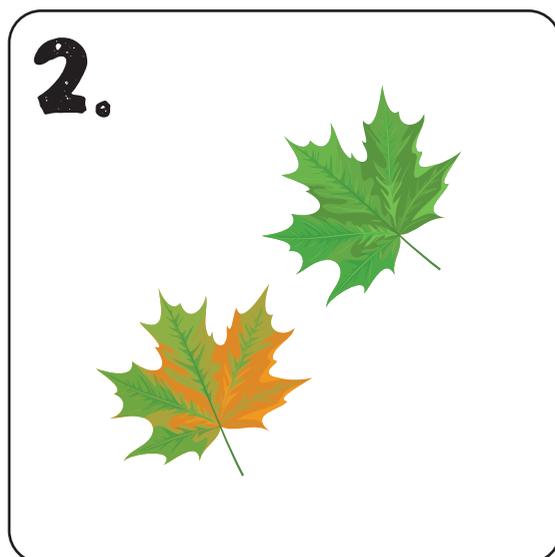
The Canadian Food Inspection Agency has special scientists who help protect plants.

But we need your help too!

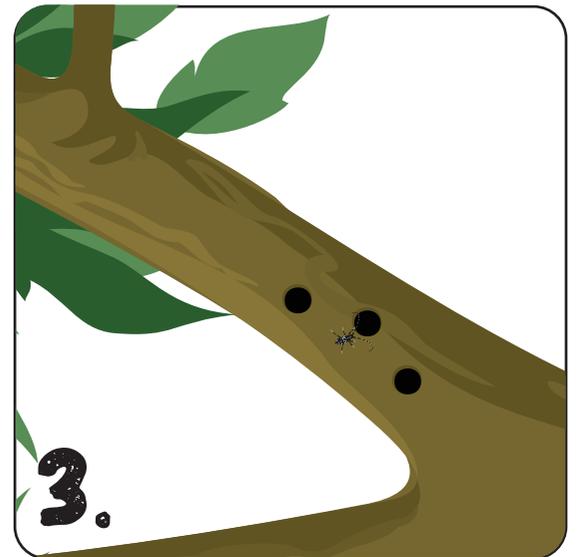
Find a tree in your neighbourhood and inspect each part to make sure it looks healthy.



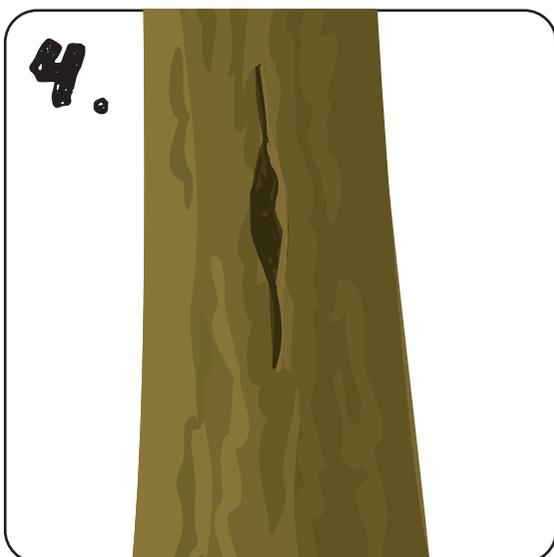
the whole tree



the leaves



the branches



the trunk



the roots



Can you spot:

a branch with missing leaves

a sick leaf

an insect and holes

a crack

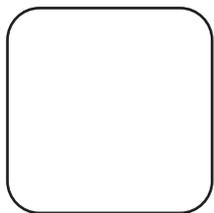
sawdust

PLANT HEALTH HERO CHECKLIST

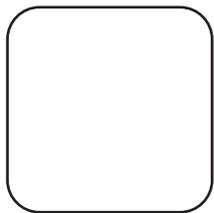
Here are more ways that you can be a plant health hero!



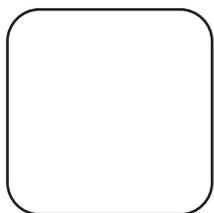
Did you already look up native plants in your province or territory? Get a grown-up to help you plant one in your house or garden!



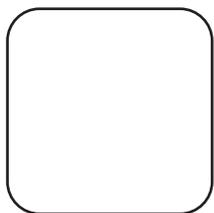
Look for plant villains in your yard or neighbourhood.



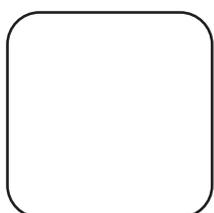
Be kind to nature. Water your new plant regularly. Don't rip leaves off trees.



Leave dirt and firewood at the campground when you go camping. Don't bring it home.



Do a tree check on one tree in your neighbourhood.



Call a family member or friend and tell them one thing you learned about plants!

**YOU'VE
GOT
THIS!**



Spot a plant villain? Ask a grown-up to help you take a picture and send your photo to: cfia.surveillance-surveillance.acia@canada.ca.

PLANT HEALTH HERO BADGE

Did you complete the Plant Health Hero Checklist?
Congratulations!

Now you can call yourself a Plant Health Hero!



CFIA PLANT HEALTH HERO



NAME _____

SUPERPOWER _____

FAVOURITE PLANT _____

INSTRUCTIONS

1. Colour in your Plant Health Hero self portrait.
2. Fill out your name, superpower & favourite plant.
3. Cut out along the dotted lines. Carefully cut out the circles, or use a hole punch.
4. Cut a string about 30" long. Thread the string through both holes. Tie a knot with both ends of the string.
5. Now you can wear your badge!



We want to see you wearing your finished badge! Have a grown-up take a picture and post it to social media, using the hashtag #CDNPlantHero

GLOSSARY

Were these words new to you?

Invasive

Things like insects and plants that are foreign to Canada and that are harming our plants.

Pest

A harmful insect or other animal that attacks crops, food, and animals.

Foreign

From another place (like a country or province)

Native plants

Plants that have always grown in Canada.

Community

A group of people that live together and cooperate.

Tree Check

To look closely at a tree to see if it is healthy.

ANSWERS

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Can you think of something that you use plants for?

Here are some ideas: shade, climbing food, medicine, decoration, art, crafts

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Here are some native plants to get you started on your search:

Nova Scotia - Mayflower

Nunavut - Purple saxifrage

Ontario - White trillium

Prince Edward Island - Lady's slipper

Quebec - Blue flag iris

Saskatchewan - Western red lily

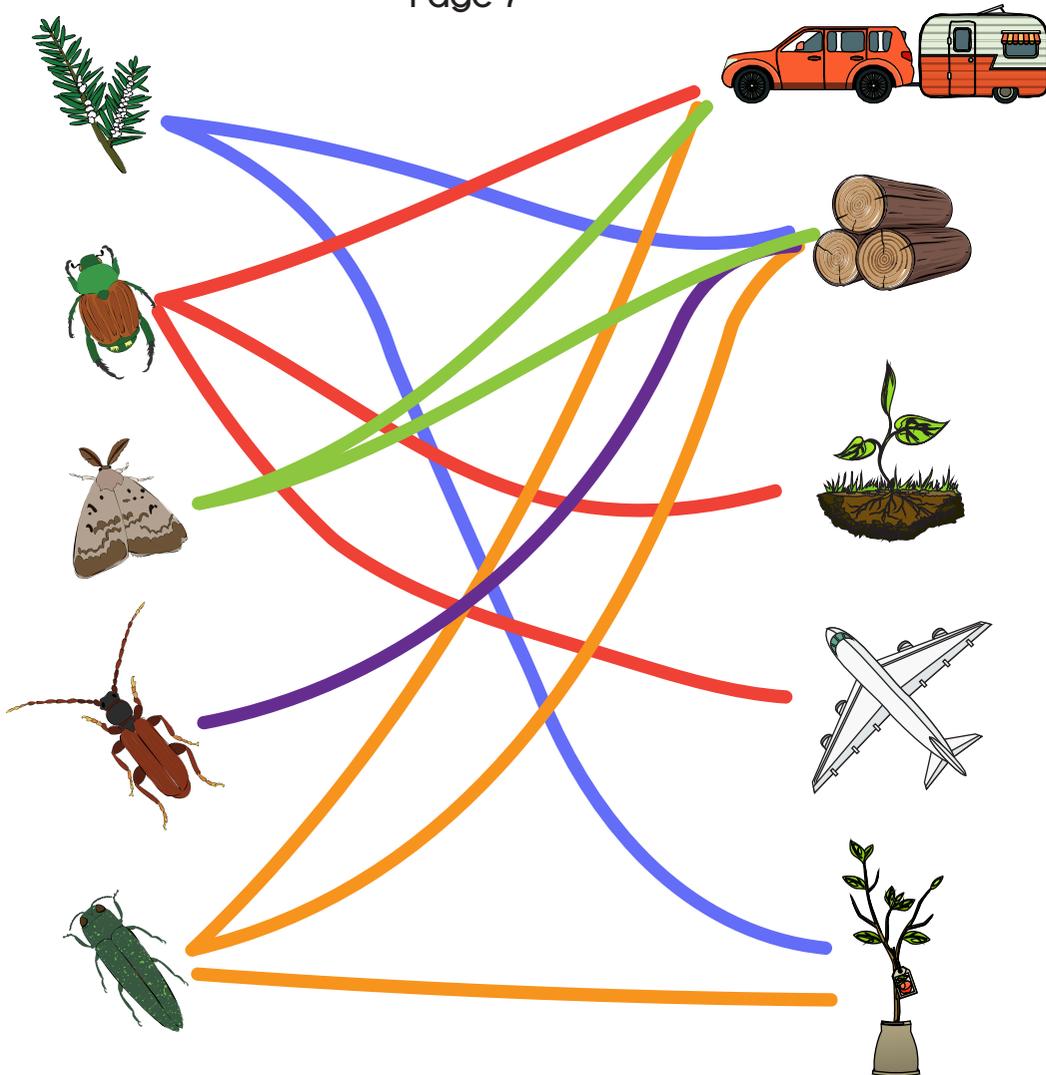
Yukon - Fireweed

Alberta - Wild rose

British Columbia - Pacific Dogwood

Quebec - Blue Flag

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