



Unit IX Part 2 The Cycle of Life  
Lesson 3 Elders' Ways

## Folk Remedy Collection Worksheet

Name \_\_\_\_\_ Date \_\_\_\_\_

Use this form as you collect remedies or write findings on notebook paper. Make several copies of this worksheet and use them to record information as you collect remedies. Formalize results later using the **Folklife Remedy Worksheet** or computer software to create a report or table. You may also use art supplies to design a chart.

You may have more success collecting from informants if you "prime the pump" by sharing examples or asking people if they know remedies for specific conditions such as acne, allergies, arthritis, burns, colds, colic, coughs, corns, cuts, dandruff, earache, fever, headache, hiccups, indigestion, insect bites, itching, lice, nosebleeds, poison ivy, snake bites, sore throat, splinters, styes, sunburn, teething, thumb sucking, thrush, toothache, upset stomach, or warts.

<b>Informant</b>	
<b>Age</b>	
<b>Gender</b>	
<b>Ailment, Condition, or Saying About Health</b>	
<b>Remedy</b>	
<b>Informant Learned Remedy From</b>	
<b>Informant Learned it in What Place (town, parish, state)</b>	

<b>Informant</b>	
<b>Age</b>	
<b>Gender</b>	
<b>Ailment, Condition, or Saying About Health</b>	
<b>Remedy</b>	
<b>Informant Learned Remedy From</b>	
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