


## Chapter 3

### Into the forest



Stone Age people did not just eat meat. They gathered plants such as fruits, nuts and roots.




Blackberries



Radishes



Hazelnuts



Greater burdock has  
a prickly flower head.

People also used plants for  
medicines. Some roots and  
leaves kept them healthy.  
They soaked burdock roots in  
hot water to make warm drinks.





Nettle leaves



Willow bark



Burdock  
roots

They added nettle leaves to soups.  
The bark of a willow helped to  
stop pain.

People used bark from trees to make buckets. They used these buckets to carry and store food and water. They wove flexible branches into baskets to trap fish.



Fish-catching  
basket

Tree bark  
containers



They wove long grass into roofs.  
Rainwater ran down the outside  
to keep the inside dry.



# Making rope

Early people made rope from thin, strong plant stems. They used the rope to make traps and sew clothes.



Nettle leaves sting



You will need:  
nettle plant



1. Strip the leaves from the stem.



2. Crush the stem with a thumb to soften it.



3. Strip away the outer layer and leave to dry.



4. Twist some outer layers together to make the rope.

