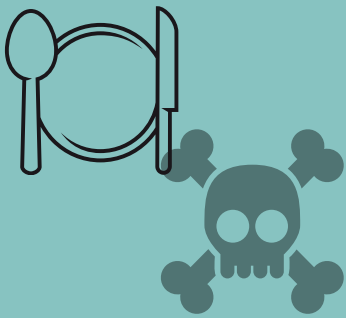


# Edible Deadible



**Cyfoeth  
Naturiol  
Cymru  
Natural  
Resources  
Wales**

Natural Resource Wales (NRW) have created an innovative game to show participants what is edible when foraging for food in the wild, and what isn't.



## Aim

To show participants the importance of knowing what is safe to eat and what should be left alone.

## Plenary

Explain that the free food available from woodlands or hedgerows can come at a cost to our health if you eat the wrong thing.

## How to play

- There are two sets of six cards - A and B
- One person stands with set A cards, and another stands apart with set B.
- As participants to stand in the middle between the two card holders.
- Explain that the aim of the activity is to survive "eating" the various mushrooms by picking which one they think is edible in the 6 rounds.
- Hold the cards marked 1A and 1B up clearly, and read out the descriptions. Ask those playing to think about which is the edible mushroom - and they should go and stand next to that cardholder.
- Those who have guessed correctly stay in the game. Those who haven't are out (deadible) and should stand to the side
- There are six rounds, and although some of the mushrooms are not killers from the poisonous pile, they will make you extremely ill.

# Edible Deadly

## Answers

### 1A - Fly Agaric

What we picture poisonous mushrooms to look like in fairy tales.



### 1B - Truffle Mushrooms

A delicacy in countries such as France. These mushrooms can fetch prices as high as £750 per kilogram.



### 2A - Blusher Cap

Edible when cooked.



### 2B - Panther Cap

Rare mushroom found from South Africa and Europe to Asia. Effects the brain and stops certain signals being sent.



### 3A - False Morel

Has little effect on some people when cooked, however can kill others. People in Finland and Sweden boil this mushroom up for use, however some people have become very ill from just smelling the steam coming from the cooking pot



### 3B - The Morel

Widely used in Chinese cooking.



### 4A - Fool's Funnel

Eating this mushroom leads to cardiac or respiratory failure and death 8-9 hours after eating.



### 4B - Black Trumpets

Very tasty mushroom used in cooking in many countries in Europe.



### 5A - False Deathcap

Although this fungus does contain a toxin, if eaten in small amounts it is unlikely to have any significant effect on a healthy adult. It is easily confused with the Deathcap.



### 5B - Deathcap

Killed off Claudius the Roman Emperor. Looks very similar to several other mushrooms and can be confused for an edible mushroom.



### 6A - Destroying Angel

No symptoms for 24 hours, and then the liver and kidneys are affected. There is no cure apart from a liver and kidney transplant.



### 6B - Horse Mushroom

Regarded as one of the tastiest wild mushrooms available, the Horse Mushroom has been prized by generations.

