

# Food Activities



## Food Activities

The gathering of food was an integral part of all First Nations cultures. The availability of food sources dictated the diet and lifestyle shifts in many communities. There is strong link between food and language, making it an important part of any language nest. There are many opportunities to explore food with young children. Children enjoy the gathering process, the preparation and the eating of the finished product.

Food provides many great language learning opportunities. The daily meal times provide a perfect vehicle to work on food related terms and questioning and answering techniques, such as, "Would you like more?" or "I'm finished eating". The repetitive nature of meal times creates a optimal learning environment. Children will be able to relate what they have learned to their own family meal times.



# Traditional Food Lesson Plans

## Salmon Lesson Plan

Time: 20-30 Minutes

Objectives:

Children will:

- Learn vocabulary for salmon
- Learn about the traditional use of salmon
- Observe how a salmon is cleaned and preserved

Material:

- Fresh Salmon (from the river or ocean)
- Sharp Knife
- Table to clean the fish
- Jars or bags for preserving.
- Space where the children can watch
- Appropriate dress for outdoors
- Wipes to clean the children's finger

Preparation: The children will have already learned where the salmon comes from and what the salmon is etc... Have a few salmon ready to be cleaned.

Procedure:

1. Have the children dress up for outdoors and explain to them that they will see the salmon as it is cleaned and prepared for eating or storage.
2. When the children are around the table and all can see the cleaning process, allow the children to touch the salmon with their finger.
4. As the fish is cleaned explain to the children each step.
5. When the fish is cleaned and cut to your preference or traditional cut, discuss with the children the process and how the salmon will be preserved, whether it is sun dried, smoked, wind dried, put away in the freezer, or canned.
6. When the lesson is over and the children have returned back to the nest, discuss with the children what they learned.

# Berry Lesson Plan

Time: 20-30 minutes

Objectives:

Children will:

- Learn vocabulary for berries
- Learn how a berry grows
- Learn where a berry grows

Material:

- Fresh Berries
- Bowls
- Spoons
- Sugar (optional)
- Chart Paper
- Marker

Preparation: During the berry season, pick a large bowl of the berry that is in season. Have a picture showing the sun, soil, water, and air

Procedure:

1. Have the children surround the table where they can see the berries.
2. Discuss with the children where the berry came from.
3. Ask questions to find out their knowledge (Know, Wonder, Learn).
4. Have the children return to their seats.
5. With a picture as a guide, talk about the berry needing soil, water, sun, and oxygen (air) to grow.
7. For further activities, put the berries in smaller bowls for the children and let them taste the berries and ask them to describe or tell you what it tastes like.



# Feast Lesson Plan

Time: Will need several days of preparation

Objectives:

Children will:

- Learn vocabulary for sharing and feast
- Learn how a feast is prepared
- Have an understanding of what a feast is.
- Help prepare for the feast

Material:

- A variety of Food/drink
- Tables/chairs/
- Cutlery/plates/napkins/cups/

Preparation: With the help of an elder or several elders, discuss what the feast represents, and the purpose of the feast. Depending on the time of the year and what you want the children to learn about, for example the fall time could be a celebration of the salmon going up the river. This lesson plan will take several days and hours to prepare for the feast, and the children will have learned about celebrations and feasts used in the traditional way.

Procedure:

1. Send out notices (modern way of inviting) to invite parents, grandparents and family for a feast.(If possible, get the children to go out with an adult to invite)
2. Meet with the parents/families of the children to discuss the feast, and ask for donations of traditional food etc...ask for help to make the feast successful by volunteering to set up, cook, serve, clean up.
3. For give away, have the children make gifts such as pictures, crafts, etc..
4. On the day of the feast have a volunteers list of names and jobs volunteered for.

5. With the help of the elders, instruct the children that they are a major part of this celebration and explain what their roles are going to be.
6. Ahead of time, with the help of the elders get the children to open the feast with a simple prayer in their language.
7. With the aid of adults, have the children help serve their elders first before serving others.
8. If there are any dances, allow for the dances to be performed and with the help of elders, before hand teach the children a song and dance that they can perform to close the feast.
9. To conclude the feast, have the children give away their gifts reminding them that they are to be given to everyone.

## Language Nest Snack Ideas

### Peanut Butter Goo

#### Ingredients:

1/2 cup creamy, unsalted peanut butter

1/3 cup Rice Krispies

4 tablespoons dry coconut

1/2 cup plain yogurt

#### Preparation:

Combine ingredients in a blender and serve.

### Apple Sauce

5-6 medium apples

1/2 cup water

1 tsp Lemon Juice

A pinch cinnamon

Peel, core, and cut up apples in large saucepan. Place water and lemon juice. Heat to a boil then turn heat down to medium low.

Simmer the apples until soft about 10-15 minutes. Sprinkle cinnamon on top and serve. (Sarah Pachev)

### Ants on a Log

Celery stick

Peanut butter

Raisins

Fill celery with peanut butter. Place raisins on top to be ants. Eat and Enjoy



## Granol-gurt

Granola

Plain yogurt

Combine together eat and enjoy.

## Homemade granola

3 cups rolled oats

$\frac{3}{4}$  cup sliced or slivered almonds

$\frac{1}{2}$  cup raw sunflower seeds

$\frac{1}{2}$  cup raw pumpkin seeds

$\frac{1}{2}$  tablespoon wheat germ (optional)

$\frac{1}{2}$  tablespoon ground cinnamon

$\frac{1}{4}$  teaspoon salt

2 tablespoons canola oil or 2 tablespoons unsalted butter melted

$\frac{1}{2}$  cup pure maple syrup

1 cup dried fruits (apricots, figs, dates, cranberries and/or raisins)  
(Optional)

Preheat Oven to 325 degrees F and place rack in center of oven.

Either can line butter or a baking sheet with parchment paper.

In large bowl combine rolled oats, nuts, seeds, wheat germ, ground cinnamon, and salt.

In a small bowl, combine oil (or butter) and maple syrup. Pour this mixture over dry ingredients and toss together. Spread on baking sheet and bake for 30-45 minutes or until golden brown. It will be sticky when removed from the oven, but the mixture will become crisp as it cools. Make sure to break up any large clumps of granola while its still warm. When granola is fully cooled store in airtight container or plastic bag in refrigerator. It will keep for several weeks.

Makes about 5 cups

Note: when cooled completely you can add dried fruit.

(Stephanie Jaworski)

## Peanut butter and Jelly Cut outs

### Ingredients:

Peanut butter

Jelly or jam

Slices of bread

Spread peanut butter and jelly on two slices of bread. Use cookie cutters to make different shapes and serve as fun snack.

(Ada Jules)

## Pizza Circles

### Ingredients:

16 round crackers

1 (8oz) can tomato sauce

16 thin round pepperoni

16 cubes (1/2 inch) of mild cheese

Place crackers on a cookie sheet with salty side up. Put 1/2 teaspoon sauce on each cracker. Put on slice of pepperoni on top of sauce and cheese cube on top of pepperoni. Turn the oven to broil. Slide cookie sheet into oven and broil until cheese melts, about 2-3 minutes. Serve after cooling for toddlers.

(Chesterfield Ward Cookbook)

## Yogurt Yumsicles

1 1/2 cup plain yogurt

6 oz. unsweetened frozen juice concentrate (any flavor), thawed

1-teaspoon vanilla

1-tablespoon honey

1 tablespoon (1 envelope) unflavored gelatin

1/4 cup cold water

Combine yogurt, thawed juice, vanilla and honey in a bowl (a 4 cup capacity measuring cup works best). Soften gelatin in the water and heat slightly dissolve completely. Add to yogurt mixture. Pour into Popsicle molds. Freeze.

Variations: Add 1 ripe banana or 10 strawberries, blended smooth.

(Chesterfield Ward Cookbook)

## Tortilla Roll ups

Use a large tortilla and spread with cream cheese. Add lunch meat, shredded cheese and thinly sliced tomatoes. Roll it up using the cream cheese as "glue". Slice into 1-2 inch rolls.

## Blueberry fruit smoothie

Carton of Blueberry yogurt

1 Cup of milk

1 Cup of frozen or fresh blueberries, strawberries or peaches

½ Cup ice cubes

Add all together in blender and blend until smooth. Serve.

