

Each material in this unit has been designed to call to students in a 6 to 9 environment. Teachers will find the materials most successful when emergent readers are paired with more experienced readers. Not all activities need be accomplished for students to gain competency with the subject.

### MINAS "Foods" materials

\* indicates material in progress

Literature	Botany	Zoology	Geography	Practical Life	Art
* Sally Hunter, <u>Four Seasons of Corn: A Winnebago Tradition</u> * Joe McLellan, <u>Nanabosho, Soaring Eagle and the Great Sturgeon</u> * Gordon Regguinti, <u>The Sacred Harvest: Ojibway Wild Rice Gathering</u> * Laura Waterman Wittstock: <u>Ininatig's Gift of Sugar: Traditional Native Sugarmaking</u> * Stephen Krensky, "A Mohican Hunter" in <u>Children of the Earth and Sky</u>	* Parts of the Cattail  * Planting Activity: Growing the Three Sisters (corn, squash and beans)  * Potawatomi Food Plants  * Potawatomi Medicinal Plants	* Uses of the Deer  * Uses of the Buffalo  * The Story of the Sturgeon *  * Great Lakes Animal Tracks *  * Potawatomi Hunting and Fishing Techniques*	* Biomes of Illinois: Animals and Plants of the Wetlands, Forests and Prairies *  * Local area lakes and rivers	* Removing Field Corn Kernels  * Grinding Corn with mortar and pestle  * Tasting buffalo and/or venison jerky  * Cooking projects with Native recipes	* Corn Husk Dolls  * Birch Bark Basket making  * Papier-Mâché Gourd Dippers  * Cattail or Rush Duck Decoys

## Potawatomi Foods

GOAL: To help students understand that while the Potawatomi once met their basic needs for food solely as a result of the physical resources of the Great Lakes region, many Potawatomi today continue to enjoy traditional foods.

### Presentation 1:

Read mini-ethnography and show cultural materials:

Gourd dippers

Wooden bowls and spoons

Birchbark containers (makuks)

Foods: buffalo jerky, Indian corn, wild rice, maple syrup

Mortar and pestle

Recipe book

Wild rice gathering sticks

Wooden ice fishing decoys

Buffalo scapula hoe

Fire-making drill

Strike-a-light- set

Indian corn samples

Noggin (drinking cup made from burl of tree)

Corn husk dolls

Bowl made from knot of tree (burl)

Replica Bow and Arrow set with otter skin quiver

Important to discuss the overriding spirituality of food collection and the Neshnabek interrelationship with their natural world.

### Presentation 2:

Wild Plant Foods—the Cattail, Wild Rice and Maple Syrup

### Presentation 3:

Cultivated Foods—The Three Sisters

### Presentation 4:

Animal Foods—Deer, Buffalo and Sturgeon (with Potawatomi names)