

Aboriginal Food

Aboriginal peoples made good use of the land and sea to find a wide variety of healthful foods.

The farming **Iroquoians** had corn, beans, and squash as their staples. Iroquoian men also hunted and fished. They fished in spring and in fall, and hunted mainly in fall and winter.



As hunters, the **Plains** Aboriginals ate meat from bison, antelope, deer, elk, and moose. Gophers, rabbits, prairie chickens, and other small animals and birds were caught in snare traps. They also picked different kinds of berries.

The **Métis** ate food they got by hunting and fishing, such as buffalo, deer, moose, prairie chickens, rabbits, ducks, geese, and fish. They also gathered berries. Pemmican, made from dried crushed meat, was an important food because it was easy to take on hunting trips and did not go bad.

Aboriginal peoples on the **Northwest Coast** enjoyed an abundance of food sources from both land and sea. The men would hunt and fish while the women would fill their baskets with shellfish.

As there are few edible plants in the Arctic, the **Inuit** ate mostly meat they got from hunting. They ate caribou, seals, walruses, polar bears, Arctic hares, musk oxen, and fish such as Arctic char and salmon.

Aboriginal peoples often preserved meat so that it would keep throughout winter. Roots and berries were often dried to be consumed later, too.

Aboriginal Food

Read the book in the box.

seals
Arctic
snare
North

The ocean along

2. _____
mainly
4. _____

their food.
The Iroquoians
food.

fished
import
to take
meat:

Name: _____

Date: _____

Aboriginal Food

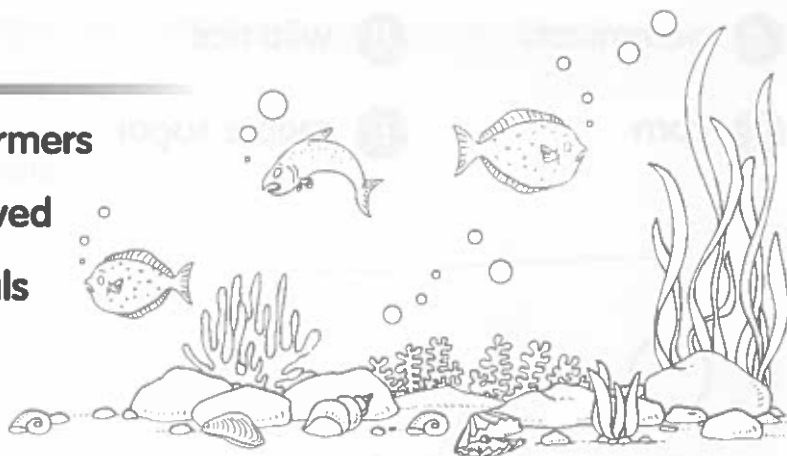
Read the following description about food sources of Aboriginal peoples. Fill in the blanks with the given words.

seals berries corn farmers

Arctic pemmican preserved

snare traps Plains Aboriginals

Northwest Coast



elk, and
rds were

, moose,
berries.
se it was

l sources
would fill

got from
isk oxen,

ut winter.

The ocean was the main food source for Aboriginal peoples who settled along the 1. _____. They also hunted animals and picked 2. _____. The Inuit in the 3. _____ got their food mainly from hunting. The animals they ate included polar bears and 4. _____. The 5. _____ relied on hunting to get their food. They also set 6. _____ to catch small animals. The Iroquoians, who were good 7. _____, grew their own food. 8. _____ was their staple. Iroquoians also hunted and fished to add meat and fish to their diet. 9. _____ was an important food for the Métis because it would not go bad and was easy to take on hunting trips. The Aboriginal peoples often 10. _____ meat so that it would keep throughout winter.

Name: _____

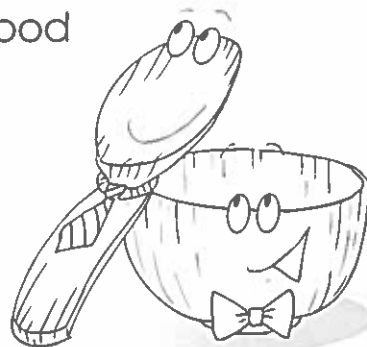
Date: _____

Aboriginal Food

Match the food with the descriptions. Write the correct letters.

- | | | | |
|-------------------|----------------------|------------------|------------------|
| A pemmican | B wild rice | C salmon | D caribou |
| E corn | F maple sugar | G buffalo | H seal |

- ☐ • tasty treat from the sugar maple tree
- ☐ • mixture of dried meat, fat, and berries
- ☐ • nutritious food that did not go bad
- ☐ • grown widely in the Eastern Woodlands
- ☐ • every part of this plant was put to use
- ☐ • grew in shallow lakes and marshes
- ☐ • its harvest: reunion and celebration for the Ojibway
- ☐ • migratory animal of the North
- ☐ • used for clothing, shelter, tools, and food
- ☐ • animal of the plains
- ☐ • sometimes hunted in a stampede
- ☐ • plentiful and easy to catch
- ☐ • easy to preserve for winter
- ☐ • its blubber was used for food and fuel



Name: _____

Aboriginal

Fill in the

1. C__

2. s__

3. c__

4. o__

5. s__

6. o__

7. m__

8. h__

9. s__

Name: _____

Date: _____

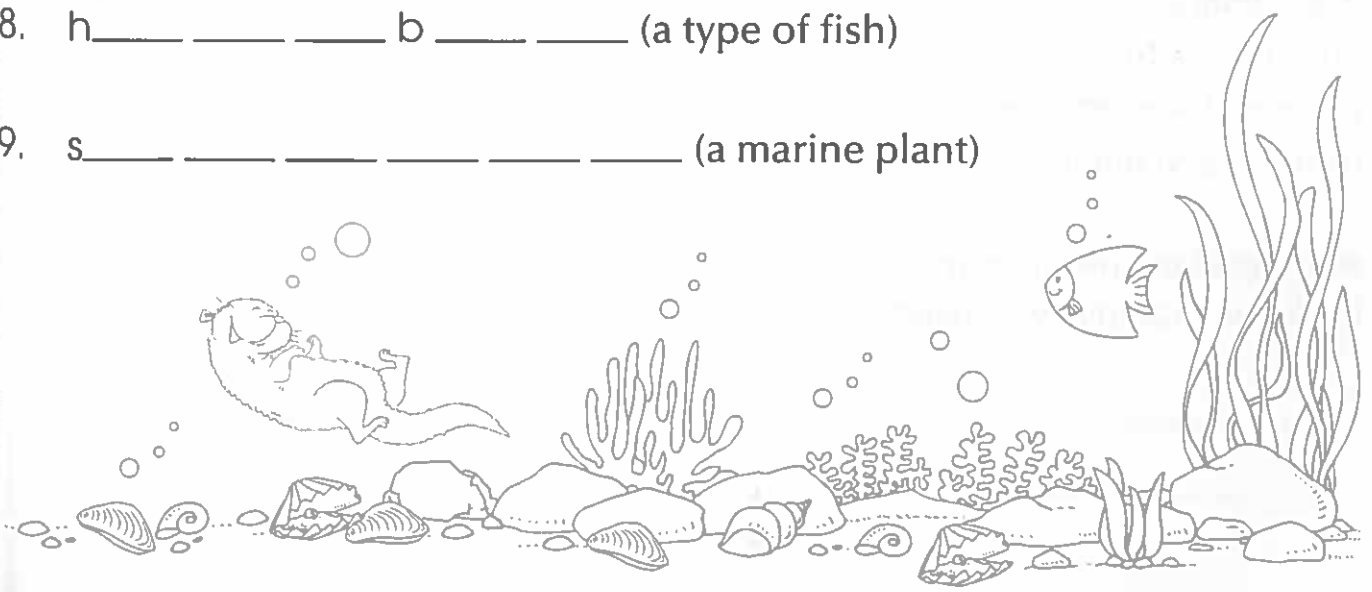
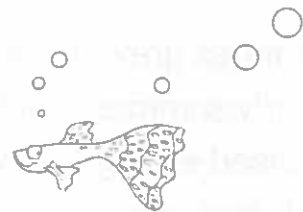
Aboriginal Food

Fill in the missing letters to find some Aboriginal food sources from the sea.

caribou

seal

1. c _____ (rhymes with "rod")
2. s _____ (rhymes with "meal")
3. c _____ (rhymes with "ram")
4. o _____ (rhymes with "potter")
5. s _____ (easy to preserve)
6. o _____ (has shells)
7. m _____ (oblong-shaped)
8. h _____ b _____ (a type of fish)
9. s _____ (a marine plant)



Growing and Using Corn

Corn was a staple for many Aboriginal groups, who usually grew it side by side with beans and squash. Together, the three vegetables were called the "Three Sisters".



Growing Corn

The three crops actually benefit from one another. The cornstalk provides a structure for the beans to climb while the squash spreads along the ground and blocks off sunlight to prevent weeds from growing. The squash leaves also help to retain moisture in the soil, and the prickly hairs of the vine deter pests.

Some tribes grew different kinds of corn and planted them at different times in spring and early summer. That way, they not only had fresh crops all summer long, but they also raised enough for winter consumption and traded with other Aboriginal groups for fish and meat.

Using Corn

Aboriginal peoples made many things from the corn plant. The dried kernels were ground into cornmeal. They made use of hollowed-out logs for grinding. The cornmeal was often used to make bread, called "bannock". Dried corn was also used to feed animals.

Aboriginal peoples made good use of the inedible parts of the corn plant, too. The husk, for example, was used to make masks, baskets, and mats.

Grow

**Read the
rewrite**

1. Cor
thre

2. Abc

3. Abc

4. Cor

5. Abc

6. Som
in w

Name: _____

Date: _____

Growing and Using Corn

Read the following statements about growing and using corn. Correct and rewrite the wrong ones.

1. Corn was grown together with beans and squash. Together, the three crops were called the "Three Sisters".

2. Aboriginal peoples used cornflakes to make bread.

3. Aboriginal peoples fed their animals with dried corn.

4. Corn husks were used for building.

5. Aboriginal peoples often used hollowed-out logs to store cornmeal.

6. Some Aboriginal peoples grew different kinds of corn in summer and in winter.

Name: _____

Date: _____

Name: _____

Growing and Using Corn

Grow

Which part of the corn plant do you think was used to make each item? Write the correct letters. Circle in blanks v

A



B



C



D



E



F



G



H



I



J



K



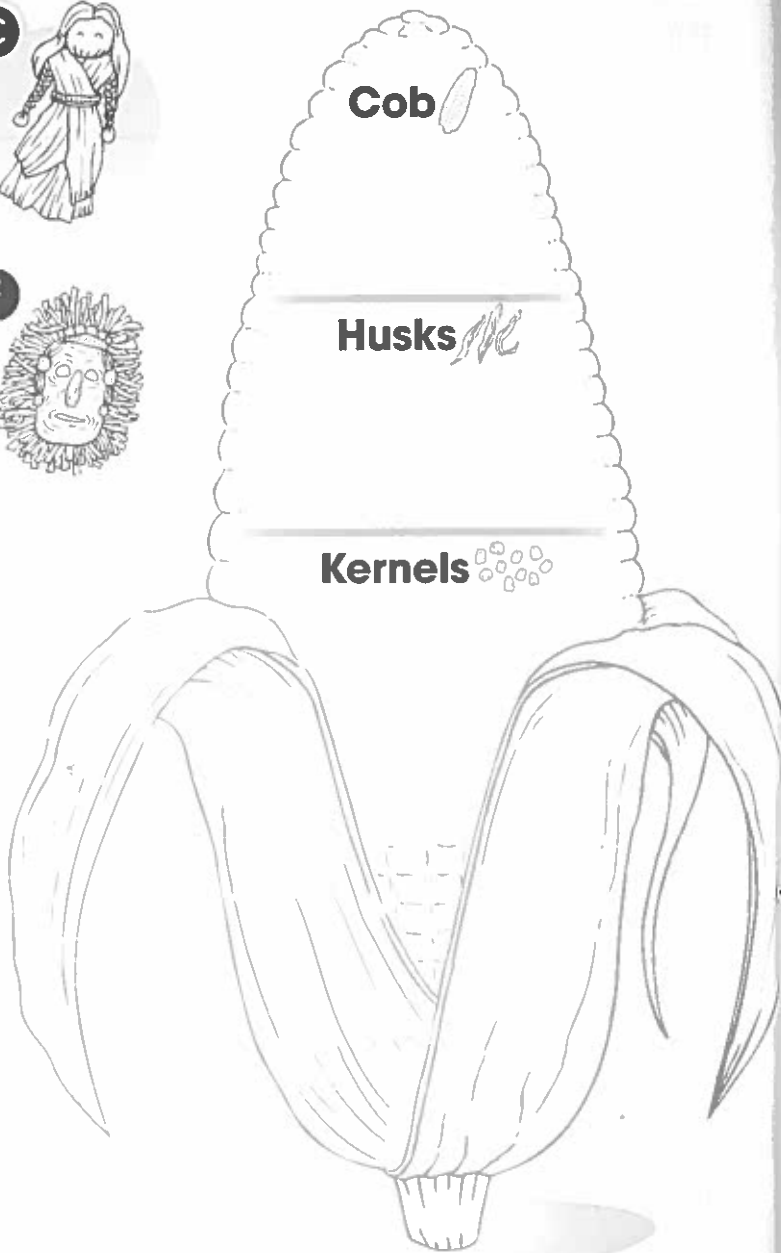
L



Cob

Husks

Kernels







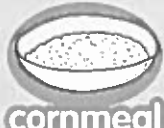


Name: _____

Date: _____

Growing and Using Corn

? Write Circle in the word search the names of things made from corn. Then fill in the blanks with the shaded letters to finish what Miss Corn says.

a	v	d	t	a	t	v	i	o	c	 mat	 cornbread	
c	a	l	g	d	r	h	i	w	a			
n	d	i	d	s	m	a	s	k	s	 popcorn	 stew	
r	z	g	r	p	a	f	a	s	z			
s	x	u	a	l	t	c	d	t	a	 corn soup	 mask	
p	o	p	c	o	r	n	u	e	n			
k	r	q	b	y	e	z	i	w	j	 cornmeal		
o	c	o	r	n	b	r	e	a	d			
u	j	c	o	r	n	m	e	a	l	d	h	f
y	w	o	c	o	r	n		s	o	u	p	u
	r	w	q	w	b	k	d	a	a	k	a	



You can also call me _____ iz _____. It's another word for corn.