

**TRADITIONAL FOODS AND RECIPES: LET'S BE DETECTIVES 6-8 (LESSON 3, 4)**

**Elder Quote/Belief:**

“I think living off the land is healthier for you because you’re eating more naturally out there. I have seen how bad modern food is for the body. Nowadays, there are increased rates of diabetes and obesity, and the cancer and heart attack rates are way up. Even the kids are not healthy. It’s a fact. It’s just the way it is. You can’t stop it. I eat fast food and preserved foods, too, so I can’t tell others it’s bad. But I’d rather have roasted seal over an open fire with some tea, or dried fish dipped in seal oil. I really like boiled fish heads. You can boil them and eat everything except the gills and bones, or you can eat the part on top of the fish head, the skin, and part of the nose where the bone is soft cartilage. That’s really good. And you can eat the cheeks.”

Paul Timmy Selanoff<sup>i</sup>

**Grade Level: 6-8**

**Overview:** To learn about the nutritional value of traditional foods such as; fish, seal, intertidal foods, sea mammals and seal oil.

**Standards:**

<i>AK Cultural:</i>	<i>AK Content Science:</i>	<i>CRCC:</i>
<b>A 3:</b> Acquire and pass on the traditions of their community through oral and written history.	<b>A 12:</b> Students will be able to distinguish the patterns of similarity and differences in the living world in order to understand the diversity of life and understand the theories that describe the importance of diversity for species and ecosystems	<b>SS 2:</b> Students should be able to prepare subsistence foods such as fish

**Lesson Goal:** To research the nutritional value of traditional foods and compare to nutritional value of store products and fast foods.

**Lesson Objective(s):** Students will:

- Learn Sugt’stun/ Eyak vocabulary words
- Research the nutritional value and compare between traditional foods, store bought products and fast food.
- Create a PowerPoint presentation about traditional foods nutritional value.

**Vocabulary Words:** Sugt’stun Dialects

English:	Prince William Sound:	Lower Cook Inlet:	Eyak:
Seal oil	Uguq	Uquq	
Meat		Kemek	
Fish (general)	Amartuq	Iqalluk	Te’ya

Plants		Naucestaaret	
All berries		Caku'ciqinnat alagnat	

**Materials/Resources Needed:**

Elder/Recognized Expert  
Computers, iPad will be needed  
Paper plates and eating utensils

**Websites:**

<https://www.signup4.net/Upload/USTR10A/SCHO13E/johnsonpresentation.pdf>  
[http://www.fnha.ca/Documents/Traditional\\_Food\\_Fact\\_Sheets.pdf](http://www.fnha.ca/Documents/Traditional_Food_Fact_Sheets.pdf)  
<http://www.adfg.alaska.gov/index.cfm?adfg=hunting.eating>

**Books:**

*Qaqamiiġux*  
*ANTHC Traditional Food Guide FOR THE NATIVE PEOPLE*

**Teacher Preparation:**

**Class I**

- Contact Elder/Recognized Expert from within community, invite him/her to the classroom and share about traditional foods.
- Before the Elder or Recognized Expert arrives, please review with all of the students, ways to show respect for the Elder during their visit
- Ask guest if willing to share a favorite recipe with the class.
- Review questions with Elder/Recognized Expert
- Review Sugt'stun vocabulary words
- Review websites
- Make sure there are enough computers/iPad's for each student
- Have paper plates and eating utensils for the next class

**Class II**

- Create an area for traditional foods to be placed
- Allow time for students to sample traditional foods.
- Use the 'Healing Foods,' as an example of nutritional facts to document the nutritional value of their favorite store-bought and traditional foods, whether it is a type of oil, meat, fish, plant or berries.
- Have students share a favorite recipe to add to their power point presentation
- Display the nutritional charts students created
- Make a Venn diagram on whiteboard
- Discuss the similarities of favorite and traditional foods
- Place all their documents into their recipe booklet and onto PowerPoint presentation.

**Opening:** Do you know the nutritional value of the food you eat? Do you think the food we eat today is nutritionally better than traditional foods our ancestors ate? Let us delve into the traditional food versus the food we like today and compare which has more nutrients.

## **Activities:**

### **Class I**

1. Review Sugt'stun or Eyak words with students or have Elder/Recognized Expert review with the class.
2. Introduce Elder/Recognized Expert to the classroom.
3. Instruct students to take notes as you ask the suggested questions;
  - What kind of traditional foods have you eaten?
    - How was it prepared?
  - Did you eat plants?
    - What kind and how were they prepared?
    - How about berries, what kind and how were they prepared?
  - Where did you get all your traditional foods from?
    - How did you get to those areas?
  - Do you still gather traditional foods
4. Give an opportunity for the students to ask any questions they have for the Elder/Recognized Expert.
5. Have students place their notes in their booklets.
6. Explain to the students for the next class's assignment they are to go home gather some of their favorite traditional foods to bring to the next class and bring a recipe of their favorite dish.
7. Inform students there will be a potluck and to please bring in their favorite traditional food to share with each other during the next class.

### **Class II**

1. Select an area where students can place their traditional foods
2. Allow time for sampling the various dishes brought in to the class.
3. Let students know they will be given time to research about nutritional facts of the traditional foods from their home/community and some of those the Elder/Recognized Expert shared from the previous class.
4. Have students create a nutritional chart such as the one from the 'Healing Foods,' with their information they found about their favorite foods and the traditional foods.
5. After completing this have students insert their favorite recipe and their nutritional chart into their booklets.

### **Class III**

1. Display Venn diagram on whiteboard and have students draw this diagram on lined paper.
2. Have students place traditional foods on one side and their favorite foods on the other side.
3. Talk about some of the similarities of these foods and insert them into the overlapping center of the diagram. Do several together as a class and have the students work on the rest individually or help one another.
4. Have students place their Venn diagram on their PowerPoint to share as part of their presentation.
5. Give students an opportunity to present their PowerPoints to the class.

**Assessment:**

- Student will correctly pronounce six vocabulary words in Sugt'stun or Eyak.
- Student created a nutritional chart of favorite and traditional foods.
- Student was able to categorize and analyze favorite and traditional foods with a Venn diagram.



“After you shoot a seal you cut it up and clean out the rib cage. You ate the liver, the heart, the kidneys, the intestines. The best part was the breast. You would take the kidney, the liver, and the breast, and everyone would take every bit, trim the skin, cook it, put it on the boiler.”  
-A. Selanoff<sup>ii</sup>



## SEAL OIL & MEAT

Seal is a traditional staple food of the Alaska Native Peoples. It is a reliable food which can be harvested year round. All parts of the seal are utilized for different purposes.



The practices of hunting and preserving these foods continues the passage of culture from one generation to the next. These practices aid in keeping the Alaska Native Peoples fit and active.

*"I-rash out of the water... when you kill a seal  
...then you throw it in a pot on a beach... That's the  
best time to eat it." ~ Moses Dirks, Atka*

## RECIPE Boiled Seal with Vegetables

### Ingredients

1. Place seal meat in a 2-3 gal. pot. Fill 3/4 of the way full and bring to a boil.
2. Chop onions; add to boiling pot.
3. Bring to a simmer.
4. In last 30 minutes; add vegetables, salt and pepper to taste.
5. Serve over rice.

(Recipe adopted from George Kudrin, 2008).

# NUTRITIONAL CONTENT

## Raw Harbor Seal Meat

**Nutrition Facts**  
Serving size 3 oz. (85g)  
Amount per serving  
**Calories 220**  
% Daily Value\*

Total Fat	15g	19%
Saturated Fat	4g	20%
Trans Fat	0.5g	
Cholesterol	50mg	17%
Sodium	40mg	2%
Total Carbohydrate	2g	1%
Dietary Fiber	0g	0%
Total Sugars	0g	
Includes 0g Added Sugars		0%
<b>Protein</b>	<b>20g</b>	
Vitamin D	25mcg	100%
Calcium	0mg	0%
Iron	14mg	80%
Potassium	210mg	4%
Vitamin A	871mcg	70%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.  
Calories per gram: Protein 4 • Carbohydrate 4 • Protein 4

## Dried Harbor Seal Meat

**Nutrition Facts**  
Serving size 3 oz. (85g)  
Amount per serving  
**Calories 200**  
% Daily Value\*

Total Fat	8g	10%
Saturated Fat	2g	10%
Trans Fat	0.5g	
Cholesterol	50mg	17%
Sodium	65mg	3%
Total Carbohydrate	3g	1%
Dietary Fiber	0g	0%
Total Sugars	0g	
Includes 0g Added Sugars		0%
<b>Protein</b>	<b>25g</b>	
Vitamin D	0mcg	0%
Calcium	5mg	0%
Iron	13mg	70%
Potassium	220mg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.  
Calories per gram: Protein 4 • Carbohydrate 4 • Protein 4

## Harbor Seal Blubber

**Nutrition Facts**  
Serving size 3 oz. (85g)  
Amount per serving  
**Calories 620**  
% Daily Value\*

Total Fat	65g	83%
Saturated Fat	13g	65%
Trans Fat	0g	
Cholesterol	65mg	18%
Sodium	26mg	1%
Total Carbohydrate	7g	3%
Dietary Fiber	0g	0%
Total Sugars	0g	
Includes 0g Added Sugars		0%
<b>Protein</b>	<b>1g</b>	
Vitamin D	44mcg	220%
Calcium	0mg	0%
Iron	1mg	6%
Potassium	35mg	0%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.  
Calories per gram: Protein 4 • Carbohydrate 4 • Protein 4

## Harbor Seal Oil

**Nutrition Facts**  
Serving size 1 tablespoon (14g)  
Amount per serving  
**Calories 120**  
% Daily Value\*

Total Fat	14g	18%
Saturated Fat	2.5g	13%
Trans Fat	0g	
Cholesterol	10mg	3%
Sodium	0mg	0%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Total Sugars	0g	
Includes 0g Added Sugars		0%
<b>Protein</b>	<b>0g</b>	
Vitamin D	9mcg	45%
Calcium	0mg	0%
Iron	0mg	0%
Potassium	0mg	0%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.  
Calories per gram: Protein 4 • Carbohydrate 4 • Protein 4

## THE BENEFITS

Seal meat is an excellent source of iron. In fact, 3 oz of harbor seal meat has 14mg of iron, which is 80% of the Daily Value. You would have to eat 25 oz of beef pot roast, 68 chicken nuggets, or 57 oz of canned luncheon meat (pork/ham) to get the same amount of iron!

Iron carries oxygen from the lungs throughout the body. Plus it is part of several enzymes that help digest our food. Many parts of our bodies are affected if we don't consume enough.

In addition, seal meat is a good source of protein, Vitamins A and D, and minerals. Plus it is low in sodium!

Seal oil is rich in omega-3 fatty acids, which may decrease diabetes, hypertension, cardiovascular diseases, arthritis, and autoimmune diseases. An added bonus is that omega-3 fatty acids may improve mental health.

While the amount of omega-3 fatty acid is unknown for harbor seals, one tablespoon of bearded seal oil has 4000mg of omega-3 fatty acids and spotted seals have almost half as much! Butter, margarine, vegetable (corn) oil, vegetable shortening, and canola oil don't even compare to seal oil!



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<sup>i</sup> Selanoff, Paul Timmy. (2007). The Old Ways. In *We are the land, we are the sea: stories of subsistence from the people of Chenega* (pp. 106). Anchorage, AK: Chenega Heritage, INC.

<sup>ii</sup> Selanoff, A. (2007). A Lesson Learned. In *We are the land, we are the sea: stories of subsistence from the people of Chenega* (pp. 94). Anchorage, AK: Chenega Heritage, INC.