

**TRADITIONAL FOODS AND RECIPES: SEASONAL GATHERING PREK-2(LESSON 1-2)**

**Elder Quote/Belief:** “Back then, we always had something to eat from the wild. Subsistence was a way of life. I remember there used to be a boat that traveled around to different villages. It was a kind of traveling store with all kinds of groceries and other things. But we got most of our food from the land and from the sea.”

Maggie Totemoff<sup>i</sup>.

**Grade Level: PreK-2**

**Overview:** “...food gathering was of some importance in Chugach economy, even though food procured in this way would only serve as a supplementary diet except in periods of actual dearth.” Birket-Smith, Kaj<sup>ii</sup>.

**Standards:**

<i>AK Cultural:</i>	<i>AK Science:</i>	<i>CRCC:</i>
<b>D4-</b> Gather oral and written history and provide and appropriate interpretation of its cultural meaning and significance.	<b>A 14a:</b> the interdependence between living things and their environments.	<b>SS3-</b> Students should be able to gather plants, berries and other edible foods

**Lesson Goal:** To learn about traditional seasonal gathering.

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

- Learn about seasonal gathering.
- Learn two Sugt’stun/Eyak words.
- Make a recipe booklet from collected information.

**Vocabulary Words:** Sugt’stun Dialects

English:	PWS:	Lower Cook Inlet:	Eyak:
Calendar		Cislaaq	
Month		Iraluq	
Gather them		Katurlluki	

**Materials/Resources Needed:**

**Books :**

- *Looking Back on Subsistence, Interviews with Elders of the Chugach Region*
- *Blueberry Shoe*, Ann Dixon and Evon Zerbetz

Elder/Recognized Expert

4 sheets of butcher paper (different colors)

Crayons/markers

Drawing paper/magazine

Construction paper (two apiece)

Hole puncher

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“  
*In summer, he  
(Peter Macha)  
would eat some  
greens from here,  
like goose tongues  
and fireweed. When  
they'd (fireweed)  
grow two inches  
long, they'd cut  
them and boil them  
with seal oil. My  
Mom used to tell me  
they were just as  
good (as  
vegetables).”*

*Juanita Melsheimer  
No.1 Alexandrovsk  
English Bay In Its  
Traditional Way*

“I Hope This Will Go On  
Forever Here In English Bay.”

JUANITA MELSHIMER



Magazines  
Yarn  
Glue

### **Teacher Preparation:**

- Review the Sugt'stun/Eyak words.
- If possible contact an Elder/Recognized Expert to come in to discuss how, when, why, and what seasonal resources were gathered.
- Tape the sheets of butcher paper on the wall, labeling each sheet: Winter, spring, summer and fall.
- Have magazines available for students.
- Display Seasonal Round banner.
- Review the books; *Looking Back on Subsistence* and *Blueberry Shoe*

### **Opening:**

Introduce Elder/Expert to the class. Introduce and show the Seasonal round banner. Questions to ask: Can you name foods that you gather during, i.e., spring, summer, fall and winter? List student's responses on the board and save.

### **Activities:**

#### **Class I:**

1. Review Sugt'stun/Eyak words.
2. Introduce the Seasonal Calendar
3. Have Elder/Recognized Expert share about seasonal gathering of foods.
4. Questions to ask students:
  - a. Can you name some foods you get in each season?  
Fall? Winter? Spring? Summer?
  - b. Which one of these foods is your favorite?
  - c. Where would you find this?
  - d. Do you gather anything from the sea or land?
  - e. What is it?
  - f. Can you share a favorite recipe?
5. Have students look through magazines, cut out pictures or draw their favorite foods and include some of the foods the Elder mentioned.
6. Ask them to place the pictures on the butcher paper under the correct season when they can obtain that food item.

**Class II:**

1. Read *Blueberry Shoe* to students.
2. Have students select two sheets of construction paper and use the hole puncher on the construction paper.
3. Ask students to use yarn to keep the booklet together and place their paper from Class I in their new booklet.
4. Have students share their booklets with one another.

**Assessment:**

Student correctly use the Sugt'stun/ Eyak dialect vocabulary words.

Student are able to explain about seasonal gathering.

Student compiled information used to create a recipe booklet.

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<sup>i</sup> "Just a Way of Life." *We Are the Land, We Are the Sea: Stories of Subsistence from the People of Chenega*. By John E. Smelcer and Morgen A. Young. Anchorage, AK: Chenega Heritage, 2007. 122. Print

<sup>ii</sup> "Food Gathering." *The Chugach Eskimo*. København: Nationalmuseets Publikationsfond, 1953. 42. Print.