

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 Selanoffⁱ

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>
A 3: Acquire and pass on the traditions of their community through oral and written history.	A 12: 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	SS 2: 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.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. Selanoffⁱⁱ

SAFETY

As with any food, it is important to keep food safety in mind when preparing and eating traditional foods.

From 2009 to 2013, 23 cases of botulism were reported to the Alaska Division of Public Health, Section of Epidemiology; of these 22 were food-borne. All of these cases were associated with eating traditional Alaska Native foods. Foods identified as sources for these outbreaks include aged fish, fish heads, beaver tail, and seal and fish oil. This does not include the most recent and one of the largest outbreaks in 2014, which occurred in Southwest AK.



**KEEP CALM
AND
EAT
SEAL OIL**

What is Botulism?

BOTULISM is caused by ingestion of a toxin produced by the bacteria: *C. botulinum*. The disease is characterized by both neurological and gastrointestinal symptoms. Patients often have nausea or vomiting accompanied by difficulty swallowing, double vision, dry mouth, dizziness and poor balance.

Preventing Botulism in Seal Oil

It is important to cut all of the seal meat off of the blubber you are going to render. Pure fat is not a place where bacteria easily grow. After the fat has rendered, the oil should be boiled, poured into sterilized jars, and stored in containers that can be closed tightly. The oil should be kept in the freezer or refrigerator (Unger 2014).

Even with these precautions, food can look, smell, and taste perfectly normal, but still be contaminated.

If you suspect botulism in your oil, throw it out.

QYANNA

Special thank you to our seal hunters for continuing to teach the youth the proper protocols and ways to respect the seal after a hunt. To our elders, thank you for your continued support and guidance.

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HEALING FOODS

Harbor Seal Oil and Meat



TRADITION.

NUTRITION.

SAFETY.

Alaska Native Harbor Seal Commission

For more information, visit our website: www.haborsealcommission.org
or call us at (907) 345-0555. We are located at 207 E. Northern Lights Blvd, Ste. 208, Anchorage, Alaska 99503.

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.

*"Grash 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

- 5 lbs. seal meat
- 1 large yellow onion
- 3 lbs. potatoes
- 3 small turnips
- 1 head cabbage
- Petruski/wild parsley
- Salt & pepper

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.

NUTRITIONAL CONTENT

Raw Harbor Seal Meat

Nutrition Facts	
Serving size	3 oz. (85g)
Amount per serving	
Calories	220
Total Fat 15g	
Saturated Fat 4g	
Trans Fat 0.5g	
Cholesterol 50mg	
Sodium 40mg	
Total Carbohydrate 2g	
Dietary Fiber 0g	
Total Sugars 0g	
Includes 0g Added Sugars	
Protein 20g	
Vitamin D 25mcg	
Calcium 0mg	
Iron 14mg	
Potassium 210mg	
Vitamin A 871mcg	
*This % 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	
Fat 9 • Carbohydrate 4 • Protein 4	

Dried Harbor Seal Meat

Nutrition Facts	
Serving size	3 oz. (85g)
Amount per serving	
Calories	200
Total Fat 9g	
Saturated Fat 2g	
Trans Fat 0.5g	
Cholesterol 50mg	
Sodium 65mg	
Total Carbohydrate 3g	
Dietary Fiber 0g	
Total Sugars 0g	
Includes 0g Added Sugars	
Protein 25g	
Vitamin D 0mcg	
Calcium 5mg	
Iron 13mg	
Potassium 220mg	
*This % 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	
Fat 9 • Carbohydrate 4 • Protein 4	

Harbor Seal Blubber

Nutrition Facts	
Serving size	3 oz. (85g)
Amount per serving	
Calories	620
Total Fat 55g	
Saturated Fat 13g	
Trans Fat 0g	
Cholesterol 55mg	
Sodium 25mg	
Total Carbohydrate 7g	
Dietary Fiber 0g	
Total Sugars 0g	
Includes 0g Added Sugars	
Protein 1g	
Vitamin D 44mcg	
Calcium 0mg	
Iron 1mg	
Potassium 35mg	
*This % 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	
Fat 9 • Carbohydrate 4 • Protein 4	

Harbor Seal Oil

Nutrition Facts	
Serving size	1 tablespoon (14g)
Amount per serving	
Calories	120
Total Fat 14g	
Saturated Fat 2.5g	
Trans Fat 0g	
Cholesterol 10mg	
Sodium 0mg	
Total Carbohydrate 0g	
Dietary Fiber 0g	
Total Sugars 0g	
Includes 0g Added Sugars	
Protein 0g	
Vitamin D 9mcg	
Calcium 0mg	
Iron 0mg	
Potassium 0mg	
*This % 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	
Fat 9 • 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!



ⁱ 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.

ⁱⁱ 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.