

TRADITIONAL FOODS AND RECIPES: NAME THAT DISH PREK-2(LESSONS 3-4)

Elder Quote/Belief: “[W]e’re all well schooled in the way of living... If you got some meat or some fish or something like that...you shared with the whole village.”-Natalie Simeonoff¹

Grade Level: Pre K-2

Overview: Traditional foods are common to most families whether it is spaghetti, steaks, sea lion flippers, moose head anything that has been in your family and eaten on special occasion, a dish that has been in the family from one generation to the next.

Standards:

AK Cultural:	AK Science:	CRCC:
D4 Gather oral and written history and provide an appropriate interpretation of its cultural meaning and significance.	F3 Develop an understanding of the importance recording and validation cultural knowledge	SS7 Students should know the value and importance of sharing subsistence with Elders and community

Lesson Goal: To identify a family traditional dish.

Lesson Objective(s): Students will:

- Interview a family Elder about a traditional dish.
- Get a simple recipe to share with the class.
- Learn two Sugt’stun/ Eyak words

Vocabulary Words: Sugt’stun Dialects

English:	PWS:	Lower Cook Inlet:	Eyak:
Foods		Neqet	Giyah (food)
Traditional		Sugt’at	

Materials/Resources Needed:

- Invite Elder/Recognized Expert
- Book:** *Traditional Food Guide*, ANTHC. (2008)
- Website:** <http://www.eyakpeople.com/dictionary>
- Construction Paper (color choices picked by students)
- Hole puncher
- Letter to parents introducing activity (attached)
- Yarn
- Writing paper/drawing paper
- Crayons/markers

Teacher Preparation:

- Invite an Elder/Recognized Expert to introduce and invite to class
- Ask the Elder/Recognized Expert to talk about a traditional food they have and why it is their favorite dish
- Bring in a traditional dish that has been in your family, to share with students
- Prepare a discussion with students; who created the dish, what is in the dish, who makes your favorite dish, and when it is made
- Prepare students that they will go home, ask a family member about a traditional dish that has been prepared and served for whatever occasion (a dish that has been passed down from one generation to the next) and tell them have fun with this.
- Prepare a letter to inform parents of class activity and review questions with their child and make copies for each student.
- Remind students to have parents sign the letter to bring back with their interviews.

Opening:

Traditional foods are a family tradition that have been passed down from one generation to the next, creates an opportunity to share stories of who made the dish, how it was prepared, when it was made like holidays, celebrations, and the time of year. I will be asking you to bring in a dish that has been in your family for generations and share with fellow classmates. We will discuss how the recipe had become your family traditional recipe, who made it and how do you make it.



Photo by Nancy Yeaton

Agutak, made with mashed potatoes, oil/seal oil, fermented fish eggs and berries added, i.e. blueberries, crowberries or berries you favor. This dish was once made with just seal oil and berries that were stored in a seal poke, this mixture would be taken out, placed in a container and whipped by using hands that was a “Traditional dish,” made by the ancestors of the Chugach Region.

Activities: What is your favorite dish?

Class I:

1. Review Sugt'stun words with class.
2. Introduce Elder/Recognized Expert.
3. Share and introduce your favorite traditional dish with the classroom.
4. Have students practice with one another using the suggested questions:
 - Students practice with one another and present questions to interview an Elder about their favorite traditional foods, by asking each other:
 - A. What is your favorite food?
 - B. What are the ingredients?
 - C. Who cooks this dish?
5. Document responses on the board/butcher paper
6. Handout the Letter to Parents to each student.
7. Remind students when they get home they will interview a family member about their favorite traditional food.

Class II:

1. Have students share their experience of interviewing a family member, Elder or Recognized Expert about a traditional dish.
2. Let students select construction paper and yarn, hole punch the construction paper, writing paper/drawing paper (several sheets) and decorate the cover page with their favorite foods.
3. Students can illustrate their favorite dish and apply the correct Sugt'stun/ Eyak vocabulary to the illustration, add this page to their recipe booklet.
4. Students can keep adding completed activities in the following activities for Pre K-2, to their recipe booklet.

Assessment:

1. Student successfully interviewed a family member about a traditional recipe.
2. Student shared a traditional recipe in class.
3. Student learned two Sugt'stun/Eyak vocabulary words.

¹ *Kodiak Eisland Elder 1991, "Children's' Blubber Hooks" Looking Both Ways: Heritage and Identity of the Alutiiq People.* Fairbanks, AK: U of Alaska, 2001. 161

LETTER TO PARENTS

Cut here and paste onto school letterhead before making copies

Dear Parents,

Our class is starting a new unit, **Traditional Foods and Recipes**. We will be sharing about traditional foods that have been in your family.

We will start by having a discussion in class with an Elder/Recognized Expert and me, sharing a dish that has been in my family for generations.

At home you can add to your child's understanding and interest by asking your child what he or she discovered in the classroom about traditional foods. You can spend time talking about a favorite dish that you prepare for the family, if it is a dish that has been a generational pass down, share the recipe for your child to share with the class.

I have asked students to interview an Elder/Recognized expert, a family member to ask the following questions about their traditional/favorite dish:

1. What is your favorite food?
2. What are the ingredients?
3. Who cooks this for you?

Please assist your child as she/he gathers information/pictures or a short video clip to share with students.

If you have any questions please call or feel free to visit us in the classroom.

Sincerely,

Teacher