



Build Competencies in **agriculture** HISTORIES

project

AGRICULTURE

7

Sharing **knowledge** and **practices**



MAKE IT PERSONAL

How can food traditions help you understand the histories of your family or other families?

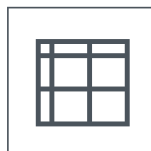


SEARCH AND INVESTIGATE

Revitalizing Traditional Food

With a partner, small group or as a class, select at least **two** of the sources from this handout, on the website or that are provided by your teacher. Read, listen and/or view to find examples of traditional food knowledge and practices.

Collect your examples in a **Retrieval Chart** organized like the example below. Use the chart headings or develop your own ideas. Then, reflect on your learning with the questions that follow.



	Examples of traditional foods	Examples of traditional food production practices	Connections to the present
Source 1			
Source 2			



Use **HOW IS FOOD PRODUCTION SHAPED BY TRADITIONAL KNOWLEDGE?** for these learning tasks. Use the Learning Source and the information for this guiding question in the **agriculture** HISTORIES carousel on **www.projectagriculture.ca**. Check out these weblinks for additional information.

Explore the information in the article **amiskwaciy-waskahikan (Edmonton) History from the Edmonton & Area Land Trust**. Find this article at www.ealt.ca/indigenous-connections-blog-list/amiskwaciy-wskahikan-edmonton-history.

Find information about indigenous food and culture in **Revitalizing Indigenous Culture, One Meal at a Time** from Destination Indigenous at <https://destinationindigenous.ca/cuisine/food-culture/>.

Use the **Nitsitapiisinni Stories and Spaces: Exploring Kainai Plants and Cultures - Plant Index**, found at <https://galileo.org/kainai/plant-index/>, to identify and research the food uses of traditional plants.

Watch the trailer for the film, **Red Chef Revival**, found at <https://redchefrevival.com/>.

Find more on the next page.

What evidence of traditional Indigenous food systems can you identify from the Learning Source and these other sources?

What other types of sources can build understandings of traditional foods? For example, do you think food recipes or food preparation practices can be considered primary sources? How?

In what ways can traditional food knowledge and practices build connections between people?



Use **HOW IS FOOD PRODUCTION SHAPED BY TRADITIONAL KNOWLEDGE?** for these learning tasks. Check out these weblinks for additional information.

Look in these sources to identify more information about connections between the past and current preparation and use of traditional foods.

The First Nations Health Authority in British Columbia provides a set of facts sheets on traditional food and its nutrition value, traditional harvesting methods and history of use. Get the First Nations Traditional Foods Fact Sheets at www.fnha.ca/Documents/Traditional_Food_Fact_Sheets.pdf.

Find the Gifts from our Relations: Indigenous Original Foods guide to several traditional foods, preparation methods, uses and history from the National Indigenous Diabetes Association at http://nada.ca/wp-content/uploads/2020/06/NIDA_TRADITIONAL_FOODS_GUIDE.pdf.