

## MÉTIS CULTURE • FOOD

**Learning goal:** To develop awareness of traditional food of Métis peoples and its importance in present day through nutritional value and/or transmitting culture/heritage.

**Suggested timeline:** 2 x 75-minute periods

**Subjects:** Health & Physical Education, Family Studies (Parenting, Food & Culture, Food & Nutrition)

### Lesson opener

**See it: (15 min)**

What types of meals or dishes do you and your family eat at home on a regular basis? ...during special occasions? Create a mind map of student answers.

Identify the main ingredients in the above answers. Discuss why they use these food ingredients. Where did they come from?

**Advanced:** Compare answers above to what they know of their grandparents dietary intake. (\*Note: This discussion works best with junior and senior foods classes who have compared cross-generational eating habits.)

### Strategy/Lesson activity

**Feel it: (15 min)**

**Recipe sharing:** students working in a learning team, squad, food lab group, etc., share the recipe they selected from home, discussing its significance, memories attached to it, its value (nutritional, familial, etc., depending on the course), as well additional traditional Métis recipe and attached story. Draw comparisons/connections between their own memories and that of the recipe provided. This can be small-group or large-group discussion.

Watch the MNO Métis Traditional Healthy Eating Video, [youtube.com/watch?v=xuQkNIWXsLk](https://www.youtube.com/watch?v=xuQkNIWXsLk)

How does the harvesting of food help Métis people to feel in touch with the land? How does eating food that is fresh from the land, lake or air make you feel? How did knowledge handed down through the generations give many Métis people the ability to live off the land (e.g., hunting, fishing, trapping, and gathering)? Imagine being dispossessed of your land and having to move to a different area where you do not have adequate knowledge of that land. How would that impact your food supply? How would that make you feel?

**Know it: (30 min)**

**Learning Teams:** Students break out into assigned groups of 4. Students are given 2 resources to review/make notes/generate questions. Within the group of 4 pair up, take 10 minutes to review one resource, share and discuss with other pair in group for an additional 6 min. Learning team partners up with a second learning team to review and discuss each other's resources and make connections between them. Document information results on Smartboard/chart paper/etc.

How, and why, were traditional foods of Métis people different in different geographic areas (e.g., different parts of Ontario and Canada)? Traditionally, how did different fur trade roles impact the foods that were eaten by Métis (e.g., Métis voyageurs in canoe brigades eating pemmican vs. Métis with a role at a supply depot eating wild game)? Why was pemmican important? How did pemmican production impact the political and economic position of the Métis during the fur trade? Do Métis people today eat traditional Métis foods? Why or why not? Identify specific foods that are served for special Métis occasions today (e.g., Métis harvest celebrations). Why is it important to Métis people for

there to be a sustainable approach to harvesting? Why are Métis people vulnerable to environmental factors and competing uses of the land?

### Assessment

#### **Do It: (75 minutes)**

**Food Lab:** In small groups, select a recipe to prepare. (e.g., wild rice, bannock, 3 sister's soup, fish, deer, etc.)

**Option A:** Analyze & compare nutritional value of food as it relates to present-day requirements (Health & Phys. Ed, or senior foods)

**Option B:** Identify food preparation and kitchen skill techniques used in preparation of recipe (Junior or senior foods)

**Option C:** Select recipes that could be used with children/students as a snack option (HPC, HPW, HPD parenting courses)

### Extension

1. Plan a traditional Métis meal, evaluate the nutritional value, and propose ways to improve it, using information from Eating Well with Canada's food Guide: First Nations, Inuit and Métis. Is this food local and accessible? Did Métis people exercise more historically or today? How should eating habits change to adapt to today's lifestyles?
2. Class discussion about the Pemmican war. Listen to Rodney Brown's song, "Pemmican War."

### Suggested Resources:

MNO Métis Traditional Healthy Eating Video [youtube.com/watch?v=xuQkNIWXsLk](https://www.youtube.com/watch?v=xuQkNIWXsLk)

Métis Traditional Knowledge

[metisnation.ca/wp-content/uploads/2011/05/Metis-Traditional-Knowledge.pdf](https://metisnation.ca/wp-content/uploads/2011/05/Metis-Traditional-Knowledge.pdf)

Métis Food And Diet (Todd Paquin, Leah Dorion & Darren Prefontaine)

[metismuseum.ca/media/document.php/00746.Traditional%20M%C3%A9tis%20Food.pdf](https://metismuseum.ca/media/document.php/00746.Traditional%20M%C3%A9tis%20Food.pdf)

Traditional Métis Food and Diet: [virtualmuseum.ca/sgc-cms/expositions-exhibitions/batoche/docs/proof\\_en\\_metis\\_food\\_diet.pdf](https://virtualmuseum.ca/sgc-cms/expositions-exhibitions/batoche/docs/proof_en_metis_food_diet.pdf)

Metis Cookbook and Guide To Healthy Eating

[naho.ca/documents/metiscentre/english/Cookbook\\_SecondEdition.pdf](https://naho.ca/documents/metiscentre/english/Cookbook_SecondEdition.pdf)

Eating Well With Canada's Food Guide—First Nations, Inuit, Métis

[hc-sc.gc.ca/fn-an/pubs/fnim-pnim/index-eng.php](https://hc-sc.gc.ca/fn-an/pubs/fnim-pnim/index-eng.php)

Pemmican: [firstpeoplesofcanada.com/fp\\_metis/fp\\_metis3.html](https://firstpeoplesofcanada.com/fp_metis/fp_metis3.html)

Food (Louis Riel Institute): [louisrielinstitute.com/87-food.php](https://louisrielinstitute.com/87-food.php)

Métis Foods and Cuisine (40 books hand-picked by Lawrence J. Barkwell):

[scribd.com/collections/3094182/Metis-Foods-and-Cuisine](https://scribd.com/collections/3094182/Metis-Foods-and-Cuisine)

Pemmican War: [en.wiki2.org/wiki/Pemmican\\_War](https://en.wiki2.org/wiki/Pemmican_War)

Southern Ontario Métis Traditional Plant Use Study (MNO):

[metisnation.org/media/81616/so\\_on\\_tek\\_darlington\\_report.pdf](https://metisnation.org/media/81616/so_on_tek_darlington_report.pdf)

The Origins of Métis Nationalism and the Pemmican Wars, 1780–1821

[mhs.mb.ca/docs/forkssevenoaks/pemmicanward.shtml](https://mhs.mb.ca/docs/forkssevenoaks/pemmicanward.shtml)