Indigenize the Plate – Teacher Guide

Goals for the activity:

Students should leave the activity with an understanding of a nutritious plate. They will also leave with an understanding of indigenous diet and nutrition and how that plate has changed over time. Students will also learn some interesting facts about native foods in the area and how to create a balanced meal from modern health standards.

Time needed: 25-40minutes

Materials Needed:

a. Build the plate activity sheet with plate cutout and overview.
b. Western food cutout with facts and portion sizes.
c. First foods cutout with facts and portion sizes.
d. Reflection sheet with questions and final thoughts on what they learned.

Steps for the Activity:

1. Students will first familiarize themselves with the handouts of "build your plate" and what that process is like. They will learn what pairings create a balanced meal for their age group in 3rd grade.
2. As students learn about western foods, they will also incorporate the first foods handout into their plate and based of nutrition, they will compile indigenous meals in the same form as western foods.
3. Finally, Students will make hybrid plates between western foods and indigenous foods.

Process:

1. Pass out first foods outline and plate activity.
2. Give western foods to cut out and build the plate.
3. Give the first foods handout to be cut out and build the plate.
4. Assign worksheets for creating hybrid plates, encouraging students to try many hybrid options.
5. Reflection worksheet about what did they learn about historical diets for indigenous people as well as well as modern diets that incorporate both foods? Any additional foods they want to try?
6. Extension: Reflection on the foods they have eaten historically and how recipes are passed down.

Reflection:

What did the students learn about historical and modern diets compared to the diets they are more familiar with?

Food for thought: did this lesson help support the idea that native people historically had enough nutrition in their diet?