Foods 9	Make up foods Activity: Metis Bar	Bandali	
Name:	Block:	Date:	

Notes:

- Make sure your assignment is handed into me by the end of the day to be marked.
- The work must be done by hand, not on a computer.
- Additionally, if you are missing any other work it needs to be completed and handed in.

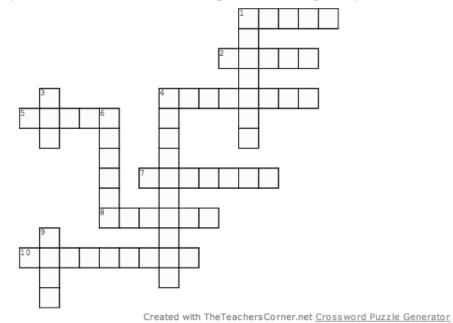
Assignment:

- 1. Complete the word search
- 2. Complete the cross word
- 3. Write out the Metis Bannock Recipe and answer the questions on the recipe.
- 4. Read the article provided and answer the questions related to the article.

# Part 1: Complete the Word Search

# **Traditional Practices**

Complete the crossword below using the clues to guide you



#### Across

1. American Buffalo are actually

2. How food was preserved during times of scarcity.

**4.** The combination of dried powdered meat, meat fat and berries is called?

5. How were salmon caught?

7. An ocean plant that is edible.

8. The best season to gather food.

**10.** An animal that would steal food. Also an X men character.

- <u>Down</u>
  - 1. A type of fruit gathered.
  - 3. Haudenosaunee moved after how many years?
  - 4. Plant used to settle an upset stomach.
  - 6. Trap that catches animals by their neck or leg.
  - 9. A yellow vegetable also called maize.

Traditional Practices

# Part 2: Complete the Cross Word

BERRIES	ROOTS	soup	ROASTED	SEAOTTERS	BUFFALO	HAUDENOSAUNEE																				
ALOEVERA	PEPPERMINT	MARIGOLD	MEDICINAL	FOOD	SUMMER	SNARE	Bows	SPEARS	PENCES	JERKY	WOLVERINES	TREES	CORN	BEANS	SQUASH	BISON	PEMMICAN	WEIRS	SALMON	SEAL	ocropus	SHELLFISH	WHALE	CRAB	SEAWEED	HERRING
												ш	×	Ŧ												
									Δ	٤	R	0	G	S	-	Q	S									
							Ъ	O.	N	N	0	0	۲	S	S	S	11	4	Ø							
					Р	z	-	⊻	¥	ш	Ŧ	J	Ø	*	ŝ	-	×	>	R	0	-					
				3	Ν	¥	0	Δ	υ	۵	Ц	Ц	N	۵	ш	٦	0	z	¢	0	υ	Σ				
			Э	N	Ц	11	<b>∠</b> ∠	11	Φ	х	11	0	Δ	×	х	-	S	ш	S	Z	ш	11	Ц			
			0	Ц	*	11	11	Э	В	z	S	0	F	*	J	0	ш	×	0	5	Э	×	Ц			
		ш	>	×	>	N	ŝ	S	z	×	¥	ш	3	7	Ŧ	¥	ш	Σ	Σ	Э	S	S	S	Ø		
		-	0	Ф	Ø	Г	0	11	Δ	Г	0	Р	-	R	*	٤	Ч	Ø	σ	-	ш	0	٤	_		
	3	ш	S	δ	S	∢	3	Δ	Δ	٩	ш	٤	٤	-	υ	¥	Z	S	11	¥	Ŧ	0	Ŧ	Δ	S	
	-	×	ш	S	0	z	S	Ŧ	ш	Ø	F	Σ	х	F	S	_	Δ	0	Ц	δ	G	0	*	ш	Ø	
	×	∢	*	ш	Э	Contraction of the second	S	S	F	ы	S	S	ш	-	*	¥	ш	11	ш	_	z	U	ы	z	>	
ш	z	4	3	-	٩	J	Ø	_	S	н	ш	N	S	-	7	N	H	Σ	z	_	٩	F		7	z	*
S	х	Ъ	ш	R	>	-	ш	11	*	>	z	-	σ	Ъ	F	Э	N	х	ш	G	٤	0	ш	ш	G	G
I	х	٤	ш	N	٩	Δ	×		0	х	_	ш	N	×	٤	>	-	N	7	Ŧ	G	٩	z	<	_	N
	Ø	N	Δ	ш	٩	ш	11	_	N	Ŧ	R				G	ш	S	Δ	×	ш	J	Ξ	0	¥	G	
																						M	N	7	N	
																								¥		
	ш					Y																			3	
						A																				
		0																						0		
						S																				
			ш			>																	ш			
				0		ш																RV.				
					Ш	>														2	п					
							F	F			s s							D	LL							
									9	A		N			CZ.	~	ш									

# Part 3: Write out the recipe below on a separate piece of paper

# Metis Bannock

PREP TIME: 15 mins TOTAL TIME: 40 mins SERVES: 4-6

#### About This Recipe

"We Metis love our bannock and this is my favourite recipe for it. It's great with soup, or just on its own with jam or honey."

#### Ingredients

- 3 cups all-purpose flour
- 2 tablespoons baking powder
- 1 tablespoon sugar
- $\circ$  1/2 teaspoon salt
- $\circ$  1/2 cup margarine
- 3/4-1 cup water\*\*\*
  - \*\*\*may not need all of this ingredient

#### Directions

- 1. Turn on oven to  $425^{\circ}F(220^{\circ}C)$
- 2. Mix flour, baking powder, sugar, and salt.
- 3. Work in the margarine using hands until you make a nice crumble.
- 4. Gradually mix in enough water to make soft **<u>but not sticky</u>**. Knead.
- 5. Shape into a ball, place on a greased baking sheet, then flatten into a circle about 1 inch thick.
- 6. Bake for 25 minutes or until lightly browned.

Questions (Please write out the questions and use full sentence answers):

- 1. What modifications can be made to this recipe?
- 2. Is this the only type of Bannock? Explain.
- 3. How can this recipe be made gluten free?
- 4. How can this recipe be made dairy free?

Source:

http://www.geniuskitchen.com/recipe/metis-bannock-175091

# Part 4: Read the Article below and Answer the questions

**Hunting** is the pursuit of animals for food, sport, or profit. People once widely depended on hunting to live. In many areas, hunting is now a sport—that is, something people do for pleasure or to prove their abilities.



This hunter is using a duck call to attract his prey

**Kinds of hunting** depend on the game being hunted, the location, and the methods used to catch the animal. Game can be divided between *big game* and *small game*. Big game includes such large animals as deer, elephants, and mountain goats. Small game includes rabbits, raccoons, squirrels, and many types of birds, such as quail. Hunters use weapons, traps, and domesticated animals to help them hunt. Modern sport hunters often use a rifle or shotgun. Many people also hunt with bows and arrows or crossbows. Some types of dogs, such as hounds, pointers, and setters, are bred especially for hunting. Horses have also been widely used by hunters to help chase down animals.

Sport hunting is meant to be challenging. Thus sport hunters discourage the use of any tool that makes killing animals too easy or that could kill many animals at once. Most people consider using a machine gun, or hunting from trains, planes, or automobiles, to be unsporting. Most sport hunters do not use traps or snares.

**<u>History</u>**. Early humans practiced *subsistence hunting*, hunting for food to survive. About 10,000 years ago, people began farming, which provided another source of food. But people in farming societies still hunted to protect their crops from wild animals. They also hunted animals for such materials as fur, hides, or ivory. The

Foods 9	Make up foods Activity: Metis Banı	nock	Bandali
Name:	Block:	Date:	

pharaohs of ancient Egypt hunted for sport, as did the rulers of ancient China, India, and Persia.

Other societies continued to rely on subsistence hunting, especially in areas where it was hard to grow crops or raise livestock. Some subsistence hunters still exist today, including people among the Inuit in the Arctic and the Hadza in Tanzania. In many societies, only men traditionally hunted. But in others, women hunted, too.

**Laws and conservation**. *Game laws* once made it illegal for anyone but the rich and powerful to hunt. Hunting parks or game reserves—areas where only powerful people were allowed to hunt—were created as early as 1100 B.C. in parts of Asia. Kings and nobles in Europe also set up many parks between the 1000's and 1500's, some of which still exist today. It was illegal for anyone else to hunt animals in these reserves. Illegal hunting is called *poaching*. From the early 1700's to the early 1800's, certain forms of poaching were punishable by death in England.

In the mid-1800's, people began to worry that some animals were being hunted to extinction. For example, hunters killed off an African zebra-like animal called the quagga. By the late 1900's, most nations had passed laws making it illegal to hunt endangered or threatened species. Poaching remains a problem, however. Such animals as the white rhinoceros in Africa remain in danger of extinction from overhunting.

#### **Contributor:**

• Angela D. Thompsell, Ph.D., Assistant Professor of History, The College at Brockport, State University of New York.

## Sources:

Thompsell, A. D. (2017). Hunting. In *World Book Advanced*. Retrieved from <u>https://www.worldbookonline.com/advanced/article?id=ar267480</u>

### **Questions (answer on separate paper):**

- 1. How has hunting changed from the past to present?
- 2. What two types of domestic animals are used in hunting?
- 3. What are the two types of game hunting?
- 4. Name three (3) types of animals that are classified a big game.
- 5. Name three (3) types of animals that are classified as small game.
- 6. In sport hunting name three (3) tools that are not permitted.
- 7. Why did early hunting eventually diminish and stop in most places?
- 8. In what locations does hunting still occur?
- 9. What is poaching?
- 10. What law was passed in the 1900's and why?