



THE INSTITUTE FOR  
**AMERICAN INDIAN STUDIES**  
*museum & research center*

## Activity Ideas For *The Hartford Courant's* "News in Education" Articles

The Institute for American Indian Studies' Education Department has been writing articles for *the Hartford Courant's* "News in Education" website. The activities below go along with the articles, which are aligned with Common Core Standards and are intended for various reading levels. Please feel free to modify the activities to fit your situation. Questions or comments can be directed to [education@iaismuseum.org](mailto:education@iaismuseum.org). Thank you for the important role you play in our communities.

Link to Articles: <https://www.nieonline.com/courantnie/iais.cfm>

### **Article 2: "Eating with the Seasons"**

Suggested Reading Level: Grades 5 and 6

- *"Farm to Table?:"* Students might not have ever stopped to think about where the food they eat comes from, besides the grocery store or restaurant. Have students catalogue their meals for a day and try to trace where the food items come from.
  - Students should create an ingredient list for each meal. For example, let's say that the students are having a tuna fish sandwich, with carrots, chips and juice for lunch. Their ingredient list might include: bread, tuna fish, mayonnaise, and celeri, along with the potato chips, carrots, and juice.
  - You can have the students think in general terms, or be as specific as possible. For instance, in the above example, you could have them say that the bread was baked in a factory, tuna came from the sea, and the carrots grew on a farm, etc.
  - If you want them to be more specific, you could have them read any packaging to see where in the world the food item actually came from.
  - Have the students report back to the class and discuss what they learned. Did anything surprise them? Who thinks they had a food item or ingredient that came

from the furthest away? Who thinks they had a food item or ingredient that came from the closest location?

- You could turn this into a geography activity by having students locate the states and/or countries that their food items came from on a global map.
  - You could turn it into a math activity by having students create a graph of the most common ingredients they ate in a day or the most common locations that their food came from. This could be done either individually, or as a class project.
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- *“T’is the Season:”* The resources available to the Native inhabitants of the Eastern Woodlands would have varied widely based on the season. While we might be less directly affected by the change of seasons today, we certainly feel them in New England.
    - Have students write about, or draw, their favorite season and explain why it is their favorite. Have students list what food items can be harvested during that season.
    - Have students write about or explain their favorite seasonal food, such as strawberries, pumpkin pie, or corn on the cob. They could research where in the world that food item originally came from.