

# Food

Incredibly I did not know the First Nation's eat blood from the Bison. The Creative Hunters eat lots of Animals to survive so everyone can eat. Food is very important so the Peaceful groups can get food of their kids can survive to help their family and for their babies to grow and help their sick ones that's why need food to survive! The wise storytellers can not eat raw meat because the Colourful beaders can get poisoned and die that's why the Brave believers have to cook it. The First Nation's eat Bisons, Bears, coyotes, Fishes, Wolves that's how the peaceful groups can eat to survive and help. The people help and cook the raw meat. It's important to eat because everyone can die do everything to survive and live. You can't survive without food in 2 or 3 days that's why we need to eat food! We can not eat rotten food we can get very sick and probably die so we need to eat fresh food. But everyone dies without food. Food is important for our babies, toddlers, old people so the babies can grow into toddlers and toddlers can grow into kids and kids grow into teens and teens grow into adults.

By May

It is interesting to note that first nations food is hard to find. They fished using traps, nets, hooks, line and spears. This is important for them to eat and survive. They survive by hunting Buffalo. This was their main food source and they shared the food with friends and family. They gathered berries, herbs and wild plants to cook and share. Another food source from the buffalo was called pemmican. The woman dried the meat and grounded it into powder and mixed it with melted fat and berries. Most often parts of plants were used for medicines food or other useful goods. The first nations people had different ways of cooking their food. The buffalo stomach was used for cooking pots and water buckets. They melted the fat from the buffalo to make pemmican. Pemmican was healthy and could last for many years. It was packed into food bags which was from the buffalo bladder and stored there. Often times if they had extra meat they would preserve it. The thin meat would be dried in the hot sun on the bushes and wooden racks. This meat was called jerky. The jerky was important for those who were traveling a lot. The jerky would keep for many months.

By Merrick

Experts agree that you should learn what First Nations use to cook with.

Historically First Nations killed the animals then ate a little bit then saved the rest and preserved it because they wanted to save the meat for next winter so they don't starve and they will still have meat for the village.

Would you believe dried meat is called jerky? Jerky was pounded into crumbs and then preserved because Nations wanted to save the meat for next winter. Experts agree that jerky could last up for many months because it was all dried up and frozen.

There are many reasons that adventurers eat all of the meaty parts of the buffalo because they didn't want to waste any of the meat of the buffalo. Nations eat mostly buffalo because they use a good trap of catching the buffalo and they know how to use it well.

By Titin