



Traditional Foods Try-It

Level: Brownie

Requirements: Complete 4 of the following activities including activity number one

Foods are important to every culture. Everyone enjoys a good meal with family and friends. Learn more about traditional foods and activities with this Try-It.

1. **“Picking” Information** Some berries and plants are poisonous but many are tasty and healthy. Find out which berries and plants or greens are edible. Ask an elder or another member of the community that knows a lot about gathering foods to go outside and to help you learn the difference between poisonous and edible berries, plants, and greens. Make sure you can tell the difference between poisonous and edible foods by using your eyes and not your tummy!
2. **A Berry Special Bracelet** Read a book about a traditional food in your culture, a good example for Alaskan Girl Scouts is Berry Magic by Teri Sloat and Betty Huffmon. Now pick colors that match the colors of berries you pick and make a bracelet using pony beads. In Alaska you can make a pretty bracelet with a blue bead to represent blueberries, an orange bead for salmon berries, a red bead for cranberries and a pink bead for rose hips.
3. **Food is Special** Do you and your family have a special meal or food that is specific to your culture or heritage? That type of food is called a traditional food. Ask your family and friends questions about why this food is a traditional food and why it is important to them. Bring the information that you gather back to your next troop meeting and teach and learn about your traditional foods.
4. **A Circle is Round...** In Inupiaq culture, when women and girls finish picking berries they will sit down in a circle to eat a snack or lunch. By sitting in a circle they can all see if any danger is coming toward the group. Plan a trip with your troop or family to go berry picking. When you are done with your picking sit down for a snack or lunch and remember to sit in a circle. Keep your eyes open for animals, interesting views and other exciting sights. Then find someone in your community that cannot go out berry picking and give them your berries. Remember a Girl Scout is considerate and caring!
5. **Party-Time!** Most cultures have special meals they like to share with each other. Can you think of a special meal or feast in your culture? In Alaska we like to have potlucks and invite our friends, family and elders. Organize a potluck with your troop; have everyone bring a traditional food dish and make a pretty label for your dish. Include what the dish is, what culture it is from and why it is a traditional food. Have fun and don't eat too much.
6. **Map It** Adults and girls use maps for all sorts of reasons: some maps are for roads, some for places like the woods or tundra. Think of all the places that you and your family go to gather traditional foods. Some examples are berry patches, fishing holes and gardens. Draw a map of your favorite traditional food-gathering place. Remember to put an easy to recognize place on the map too, like your house or fish camp.