

# TRADITIONAL ABORIGINAL FOOD

## Algonquians

Traditional diet	How the food is obtained
<b>Big game meat:</b> moose, bear, caribou, deer	Hunting
<b>Small game meat:</b> hare, beaver	Traps
<b>Fish:</b> salmon, trout, Arctic char	Fishing and fish traps
<b>Wild berries:</b> blueberries, cloudberry <sup>1</sup> , raspberries, strawberries	Gathering

## Iroquoians

Traditional diet	How the food is obtained
<b>Small game meat:</b> hare, beaver	Traps
<b>Fish:</b> salmon, trout, Arctic char	Fishing and fish traps
<b>Wild berries:</b> raspberries, strawberries	Gathering
Corn, beans, squash, sunflower seeds	Agriculture

## Inuit

Traditional diet	How the food is obtained
<b>Big game meat:</b> bear, caribou	Hunting
Muktuk (Inuit speciality made of whale skin and fat)	Hunting in an umiak
<b>Marine mammal meat:</b> seal, whale	Hunting in an umiak
<b>Fish :</b> Arctic char, salmon	Fishing

<sup>1</sup> Small reddish-orange fruit that looks like a blackberry. It grows in coniferous forests.

## Iroquoian farming: the three sisters

The Iroquoians invented a way of setting up their gardens so that the plants all helped each other to grow. This method was called the three sisters because three main plants were grown: corn, squash and beans.

To create a three-sisters garden, first you make mounds of earth. Then you plant corn kernels in the center and bean seeds beside them. The beans cling to the long corn stems as they grow. Squash seeds are planted at the base of the corn: their big leaves prevent the sun from drying out the ground and their thorns keep rodents away.



Photos : pixabay.com