**Background Information / Rationale:** The Potlatch is a traditional ceremony held by the various First Nations of the Pacific Northwest Coast. In the past, a family hosted a Potlatch to boast about or confirm their wealth to other individuals in their clan, village, or nation. At a Potlatch ceremony the hosts would invite guests to the family’s home. Entertainment and a feast would be provided. The main purpose of the Potlatch was the re-distribution / reciprocity, and sometimes destruction, of wealth.

**Instructions:** In this assignment, the NAC2O class will be having a Pot(luck)latch feast. Although the Potlatch is a ceremony of the First Nations of the Pacific Northwest Coast, the Pot(luck)latch feast will be representative of all of Canada’s Aboriginal cultural groups.

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| **Criteria** | **Checklist** |
| 1. Decide on a specific Aboriginal cultural group that you would like to represent at the Pot(luck)latch.  |  |
| 2. Find a **RECIPE** that contains a list of ingredients and preparation instuctions. **PRINT TWO (2) COPIES; one for the teacher and one for yourself.** Consider that fact that the Aboriginal peoples in Canada had extensive trade networks. |  |
| 3. Prepare the recipe over the weekend. Prepare enough of the food item so that each member of the class (25 students) can sample it. You can drop it off at the main office on Monday or Tuesday mornings. |  |
| 4. Present the following to the class:* Name of your recipe
* A brief description of your recipe (i.e. key ingredients),
* What cultural group it is from (i.e. Iroquois – part of the Woodlands People),
* The importance/significance of the food item that you have prepared,
* Seasonal appropriateness (when would they eat this?)
* And any nutritional/medicinal information (i.e. Pemmican is made with dried buffalo meat – a main staple for the Plains people and a good source of protein).

**GIVE A COPY OF YOUR PRESENTATION TO THE TEACHER FOR EVALUATION**  |  |

**SUGGESTIONS:**

**Corn Bread**

**Bannock (sooo many different ways!)**

**Three Sisters Soup**

**Indian Taco – Ojibwa Style**

**Strawberry Drink**

**Corn Chowder (for Green Corn Celebration)**

**Mohawk Corn Soup**

**Wigwam Croquettes**

**Ojawashkwawegad (Wild Green Salad)**

**Algonquin Wild Nut Soup (Paganens)**

**Spicy Meat Pies (Ojibway)**

**Saskatoon Pemmican**

**Woodland Wild Rice Side Dish**

**MISS HETU WILL BE PROVIDING A TRADITIONAL SLOW COOKER WILD MEAT STEW**

**& GOOSE PEPPERETTES**