FOODS OF THE PIONEER FAMILY

By Lois Shelton

GRADE LEVEL: Elementary

Prepared in partial fulfillment of requirements for

FOODS OF THE PIONEER FAMILY

by Lois G. Shelton

for
Historic Southern Indiana Project
Dr. Darrell Bigham

INTRODUCTION

	The goals and pur	pose of this	lesson is to u	inderstand and	
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The difference in winter and summer meals varied greatly as fresh foods were never available in the winter except for meat. Children can see how the pioneer wife "made-do" with whatever was on hand. They should be able to understand that though pioneer life may sound exciting, it was a very harsh and difficult life. Everyone had to work and even small children had little time for play as all worked toward survival.

By doing this unit on "Pioneer foods", children should not only get the feel of monotony of eating beans park and corporate

for months on and has about a company of the

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with green herbs once again, and variety in meals. They need to understand the green foods also broke up diseases that made many sick from lack of Vitamin C which we now take for granted.

Children should not the assessment to the training .

Lesson Plans for Unit - Pioneer Foods

Objectives

- 1. The children of 4th and 5th grade levels learn about what Indiana Pioneers are in the 1800's.
- 2. Children learn the ancient tribes of Indians gave us many of our foods.
- 3. They compare the vast variety of food we have today with the sparse meals settlers sometimes endured for weeks.
- 4. Children find what foods came directly from Indiana as the pioneer wife improvised to find a healthy variety for her family.

Opening of Unit

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three meals and snacks.

- 2. Ask children where and how they got their food.
- 3. Begin research on Indiana pioneers and what they ate.

Developing Unit

- 1. Have children research any of the Indiana groups mentioned plus Indiana Indians to find what foods they ate. Library books, encyclopedias, etc.
- 2. Have children group and choose a food from recipes brought

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- B. Evaluate the unit.
 - 1. Activity or worksheets graded
 - 2. Discussion about what has been learned

Indiana History
Unit: Pioneer Foods
Foods from Indians

Name	

Worksheet l

Directions: Read the story, then answer the questions as directed.

A. If you go to the grocery store today, you are surrounded by an enormous choice of good foods. This is more true in America than anywhere else in the world. Let us go back to the late 1400's. In Europe, many diets consisted of bread, milk and cheese. Meat and eggs were had when available, but mostly for the rich. Only people living in warm climates could ever see fruits and few vegetables were eaten.

Many of the foods we eat today go back to foods the Indians taught first Spanish and later European explorers to eat. At the time Columbus came to the West Indies in 1492, many Central and South

OUTF: STOREST TOOMS

Activity 1

List all foods you eat in one full day and where they came from to you. Example: Breakfast: <u>Apple Cherrios</u>-bought packaged at grocery store, milk-bought in carton at grocery store.

Breakfast

- l.
- 2.
- 3.
- 4.
- 5.

Lunch

- 1.
- 2.
- 3.
- 4
- 5.
- 6.

2.

3.

Dinner (or supper)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Snack before bed

- l.
- 2.
- 3.

apple and tomatoes.

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Worksheet 2

Directions:	Read	the	story.	then	answer	the	questions	as	directed.
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created one of the most distinguished civilizations perhaps of all ancient peoples. They built beautiful and well planned cities. They built pyramids. They developed the most complex writing system found in the New World. They developed astronomy which max have been used to decide when to plant crops. They cultivated crops which they planted and kept free of weeds by chopping them. Some foods they introduced to the Spanish explorers were pine-

Worksheet 2 (con't)

Chocolate	or chocolatl was	served	to Corte	s by Montezuma,	. an Aztec
chief, in	1519. Chocolate	was tak	en back	to Spain where	it stayed until
1657 when	a Frenchman opene	ed a "Cho	ocolate	House".	

Choose the best answer:

1.	When	the	Spanish	explorers	arrived,	how	did	the	Aztec	Indians	treat
	them:	?									

	(d) Showed them how to eat the food them
	Some archeaologists think maize or corn has been cultivated for
	some
	(a) 50 years (b) 600 years (c) 6000 years (d) 1000 years
•	Although the Indians all over the Americas called maize, "maize",
	the Europeans thought of it as a food grain, so called it
	(a) beans (b) corn (c) Mayola (d) conola
•	The Aztec thought that ashes from burned ground-cover made good
	(a) food (b) fortiling (a)
	(a) food (b) fertilizer (c) decorations (d) portion
-	Most Europeans took a long, long time to accept the Aztec food,
	tomatoes, because they thought they were
	(a) poisonous (b) too pretty (c) sour (d) too hard to keep

Indiana History Unit: Pioneer Foods

Name	

Worksheet 3

Directions: Rea	l the	story,	then	answer	the	questions	as	directed.
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The Aztec Indians of Mexico helped the Spanish explorers to find

had cultivated corn for some 6000 years according to some archaeologists. Mexico is the probable source of maize and from there

it spread to South and Martha Maine.

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Name	
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1.	TheIndians ofgave us many tasty food
2.	Spanishfound them cultivating
	and using ashes for fertilizer.
3.	andmean the food grain that is
	so widely grown in Indiana today.
4.	A common food grown in Mexico was the pumpkin and
5.	An Aztec chief served to Spanish exploer Cortes who
	took cocoa beans back to Spain.
6.	were believed to be poisonous by European peopl
	and were not accepted for hundreds of years.
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Worksheet 4

Directions:	Read	the	story,	then	answer	the	questions	as	directed.
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Spanish explorers found the Incas raising sweet potatoes, white

and lima beans Peanuts stored in tare were also found as wall

as pottery with pictures of peanuts on it. Pictures would show

Unit: Pioneer Foods Foods Settlers Brought Name_____ Worksheet 5 Directions: Read the stories below, then choose one of the foods and research it. Write_a story about it in_your own words **1** ... _ Indochina around 3000 B.C. Columbus sold Ferdinand and Queen Isabella on the idea of sugar, oranges, and pineapple plantations in the New World. His reports are dominated by plants. He was America's first explorer as well as importer of plants. The oranges were to prevent scurvy on the return trip to Europe. Peach trees were among the first trees

Indi						
Unit	: P	ion	eer	Foods	Settlers	Brought

N	a	m	e	

Worksheet 6

Directions: Read the stories, then do as directed after the stories.

- A. When settlers could, they brought domesticated animals with them. These would include oxen or horse teams, a milk cow, pigs, ducks, geese and chickens. Sheep were kept mainly for wool, however, many settlers came with only their wagonload of basic covers, seed for corn, and a mimimum of clothing and furniture. They literally lived off the land until the first crop of corn and beans were gathered. Acorns were used for a substitute for flour, but many times they had only meat plus perhaps berries or herbs in season.
- B. As winter progressed, the usual meal included beans, cornbread and whatever meat was available. After the bears were gone, there was pork. Many families had a cow which provided milk and butter but this would not be available when the cow was "dry". As food preservation, they dried fruits and vegetables as well as making preserves with honey or maple sugar. A springhouse kept butter and milk. Where these were not available, cisterns or wells were

used by lowering the milk, butter and cheese down on a rope to hang in the coolness. Salting or pickling preserved meat and some vegetables, but finding salt was a big problem. Cider and cider vinegar were made for pickling after apple trees were established. Smoking and drying meat and fish was used but occasion-

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Indiana History
Unit: Pioneer Foods

Foods found in Indiana

Name

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	D <u>imenti</u> nne.	Pead the ctat	than follow directions below
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accomplished after building a lean-to. Corn was the base of pioneer agriculture. Corn grew easily in Indiana soil and Indiana climate. Often it was planted among trees and stumps. It quickly became the staple of every pioneer for family and animals.

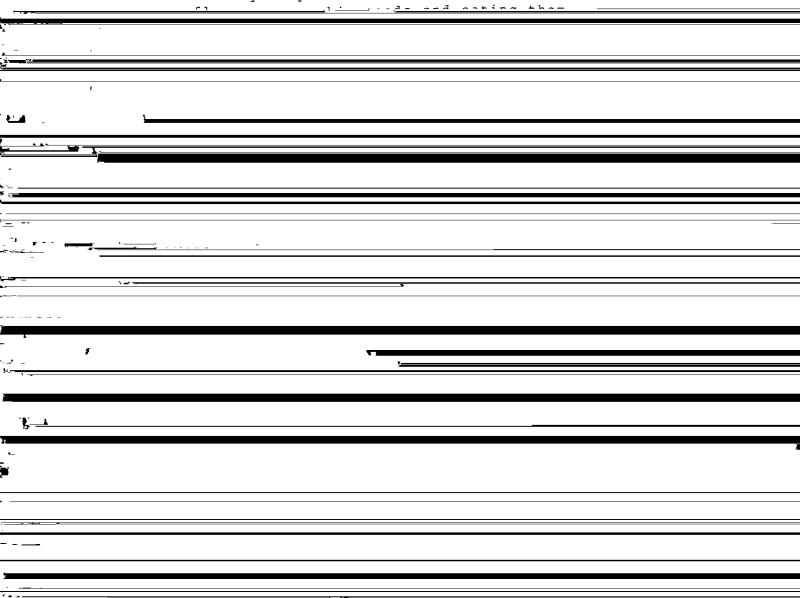
Pioneer women served green corn boiled on the cob. They pounded and grated corn into meal. The meal was used for Johnny cake and corn pone. Hominy was made by soaking in ash water to remove hull, then boiled, fried or made into cakes. It was also made into whiskey.

Indiana History Unit: Pioneer Foods Foods Found in Indiana Name____ Worksheet 8 Directions: Read the following stories, then do as directed. choose from the following suggestions as directed by your teacher. Note: The following projects are done with adult supervision. Activities are for whole class or extra credit. B. Potatoes Although potatoes came back to North America from Europe, they were not eaten until 1719 when Irish settlers planted and ate - bow - Der the 10001s then were commonly aware by the site. settlers

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Worksheet 8 (con't)

- D. Sunflowers, squash and pumpkin
 - A regular part of any garden was sunflower, squash, and pumpkin. The seeds of all three were used as nuts for snacks and in other foods. The seeds were dried and ground into a meal to be used as flour. Squash and pumpkins were also made into puddings, baked and eventually baked in pies in later years.
 - 1. With your parents or teacher's help, try baking sun-



Start with a Butternut squash, cut in half and remove seeds. Bake in microwave oven or crockpot until tender. Mix so pulp is soft, add maple syrup (or brown sugar), butter, raisins, and nuts. Eat while warm.

E. Berries and Fruit
Indiana grew an abundance of fruit. In the spring and summer,

Unit: Pioneer Foods

Foods Found In Indiana

Name	

Worksheet 9

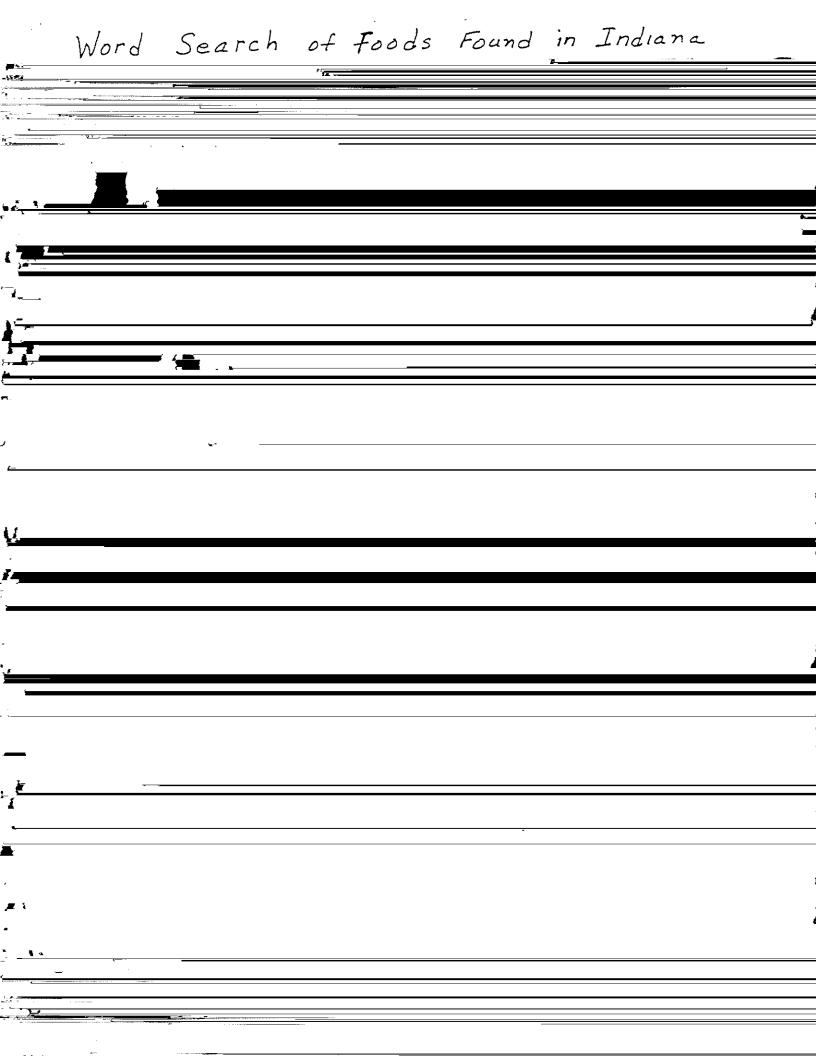
F. Nuts and Herbs

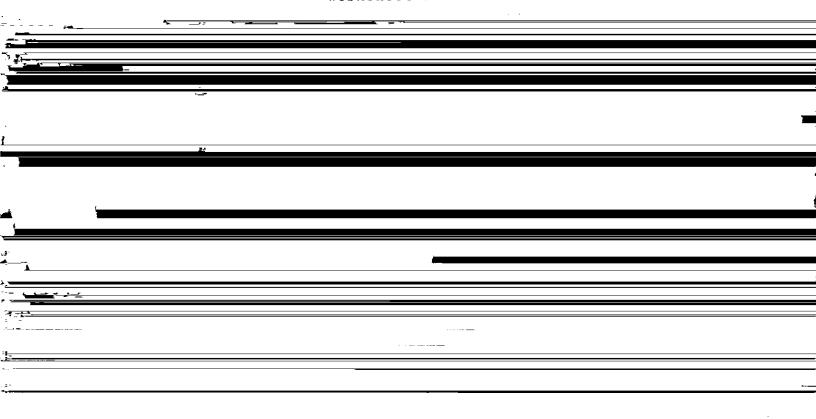
Nuts were important to the settler's diets. Walnuts, pecans, hickory nuts, butternuts, pinon or pine nuts, and acorns were used. They were eaten as a snack, put into candies and baked foods and ground into flour for breads. Sometimes the oil was extracted and used as a substitute for milk as the Indians did. Many herbs found in Indiana were new to the settlers. This was any plant that could be gathered and eaten and might be used as medicine as well. The newer word is vegetable which is from the Latin word vegetabilis and means life giving. Some of these included sweetflag, ginseng, sassafras for tea, sourgrass, pokeweek shoots, sourdock, wild naine wild turnine and hate Wild roce ware and

beauty	and	food.	. Maj	ple s	ugar	and	honey	vere	used	as	sweetners.
Green	stock	s of	corn	were	used	to	make	corn	syrup	or	molasses.

- 1. Have a parent identify a sassafras tree and dig roots to bring to class and boil for tea. (buy roots, if possible, or liquid tea at store)
- Gather and crack hickory nuts and make candy with them

		or eat as a snack.
	G.	Meat and Fish
		Many pioneers depended upon wild game and fish for some years
		until-ther could offered to not vine for north. Comotime the other
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corn
beans
leather britches
sunflowers
squash
pumpkin
wild grapes
buffalo
deer
elk

potatoes

bears rahhite

walnuts
pecans
butternuts
pinon
sassafras
spearmint
peppermint
maple sugar
ginseng
cattails
popcorn

quail
turkeys
grouse
squirrels
sweet potatoes
cranberries
blueberries
blackberries
raspberries
haw
paw paw

Answer Sheets

Worksheet 1

- Most Europeans ate bread, milk and cheese with some fruit according to climate and season.
- 2. Answers will vary.
- 3. The Incas, (1) cultivated plants, (2) installed irrigation systems (3) terraced hillsides and (4) rotated crops.

Worksheet 2

A. 1. T

5. F

2. F

6. T

3. T

7. T

- 4. T
- B. Answers will vary.

Worksheet 3

1. Aztec - Mexico

- 5. chocolate
- 2. explorers corn (or squash)
- tomatoes

- 3. Maize corn
- 4. squash

Worksheet 4

1. pinto

4. kidney

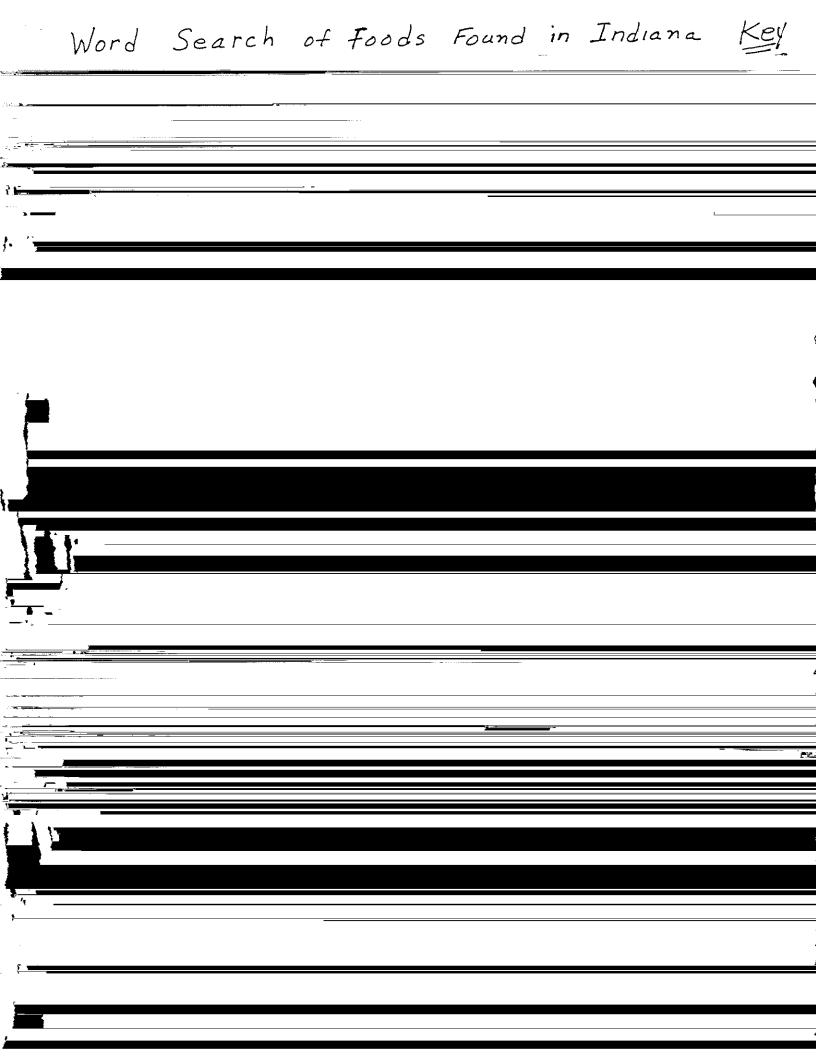
2. navy

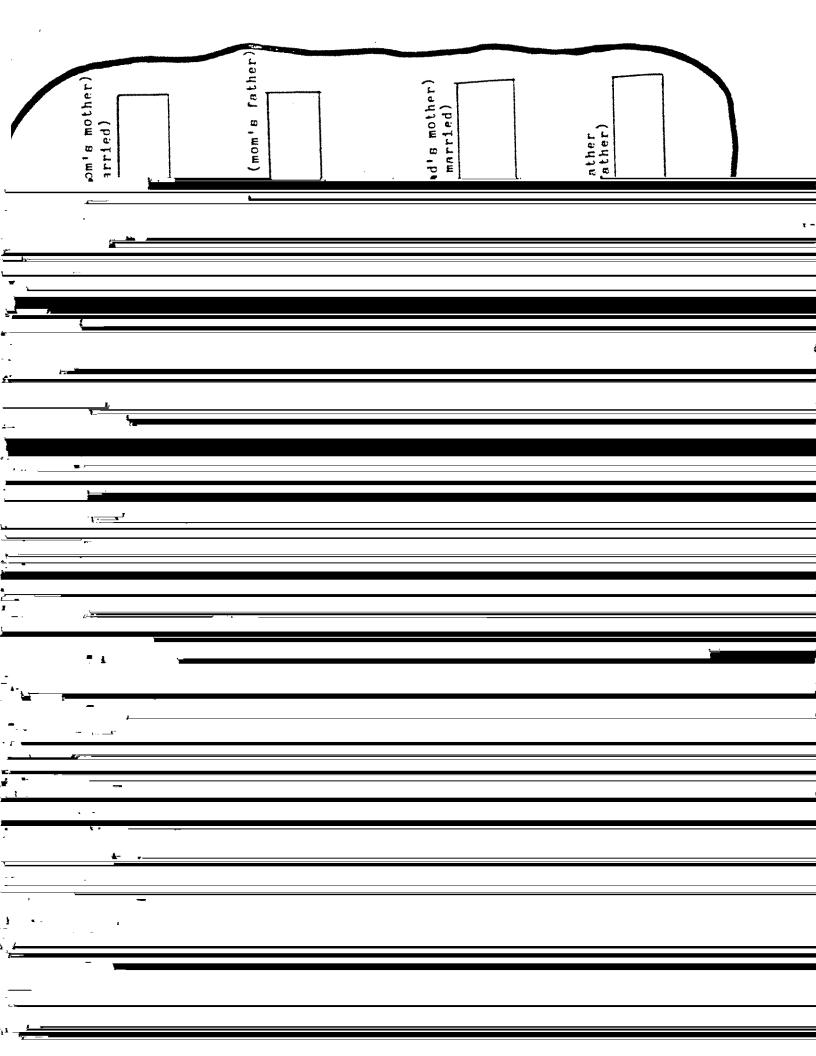
5. lima

- 3. black-eye
- 2. 1. Easy to grow
 - 2. Seeds light and easy to carry with them
 - 3. Could be eaten while green

a resident and and and and and

5. They were nutritious and filling





BIBLIOGRAPHY

Barnes, Bertha, <u>Rebecca Boone Cook Book</u>, Modern Litho-Print Co., Jefferson City, Mo., 1973

A well compiled book of recipes used by Rebecca Boone

Esterer, Arnulf F. and Louise A., Food, Riches of the Earth.

This book tells of the foods brought to be used as medicine by the colonists.

Hays, Wilma P. and R. Vernon, <u>Foods the Indians Gave Us.</u>
New York, N.Y., Ives Washburn, Inc., 1973

This is a fascinating book going way back to before Columbus. It tells of the research into the foods.

Joanne Landers Henry Log Cabin in the Way

Veale Suggestions

- 1. Make projects depicting life in pioneer days. (May be helped by family). optional)
- 2. Make foods corn bread, Johnny cake, persimmon pudding, etc. and eat in class.
- Make maps of Indiana showing three divisions or main rivers and towns.

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- electricity, go to "outhouse" and get drinks at the "well". Do lessons orally and chalkboard.
- 3. Have spelling bee.
- 4. Cook "Pioneer" dinner black beans, hominy, cornbread, raisins, sunflower seeds, and popcorn. Drink sassafras and mint tea.