

## Ever Active Academy Episode 3.7 Food & Culture Educator Guide

**Summary:** In this episode we go on a journey of food, culture, and connection. This journey is inspired by a conversation with our friend Teena Starlight who passed on traditional knowledge and a few stories that provide some insight into the deep connection between food and Indigenous culture.

### Learning Outcomes

Healthy Eating: K5.1, 15.1, 25.1, 35.1, 45.1, 55.1, 65.1

Healthy Relationships: K6.1, 16.1, 26.1, 56.1, 66.1

### Preparation & Considerations

- Display or make copies of the **visual guide** for this episode for students to follow along with and to support auditory learning with visual cues.
- Suitable for listening in small or large spaces. There are no movement cues in this episode and more of a focus on storytelling.
- You can use the podcast script below for students who require a print copy
- Remember that traditions can vary in each community and that traditional knowledge shared in this episode is specific to Teena's culture and experiences.
- This episode is 9:14 in length. If you choose to take a break during the episode or to divide listening into 2 parts, we recommend pausing the podcast at 4:45.

### Key Vocabulary

- Land
- Nourishment
- Traditional territory
- Traditional foods
- Nutrients
- Stories
- Connections
- Gratitude
- Interconnected
- Relationships
- Community

### Extension Ideas

- Physical Education and Wellness Student Journal:
  - Pages: HE5, HE9, HR3, HR4
- Write a Letter To The Land with your class to express your shared gratitude for the land you learn and play on.
- Offer protocol and invite a local Elder or Knowledge Keeper into your class to share traditional knowledge about food and culture.

- Invite students to share about a food or traditional dish from their culture.

## **Food & Culture Script**

Hello, friends! I'm PE Brady, and I'm so happy you're here with me today.

I want to begin by thanking our friend Teena Starlight for her time and generosity in sharing the traditional knowledge passed on to her. Teena is from the Tsuut'ina Nation. It is important that we honour the Elders, Knowledge Keepers, friends, and family members that shared their stories and their wisdom, and acknowledge the land that connects and nurtures the people who contributed to this conversation.

Let us take a moment to acknowledge the traditional territories of the peoples of Treaty 7, which include the Blackfoot Confederacy (comprised of the Siksika, the Piikani, and the Kainai First Nations), the Tsuut'ina First Nation, and the Stoney Nakoda (including Chiniki, Bearspaw, and Goodstoney First Nations). Treaty 7 is also home to the Métis Nation of Alberta (Districts 5 and 6).

Take a moment to pause and think about what traditional territory you are living, learning, and playing on today. What connects you to the land you call home?

We're about to go on a journey—a journey of food, culture, and connection. I am honoured to pass on some knowledge that Teena shared with me during a conversation about food and culture. Teena has taught me a lot about the deep connection between food and Indigenous culture, and today, I get to share that with you!

Did you know that traditionally, when you welcome someone into your home, you offer them food and drink? This is a way of showing kindness and care. Maybe their journey has been long, or maybe they just need a place to rest before continuing on. In many Indigenous cultures, taking care of one another means ensuring that everyone has nourishment. Food is more than just something we eat—it's a way to connect, to share, and to show respect for the land and each other.

Let's talk about some traditional foods that have been eaten for generations by Indigenous peoples. These include elk, moose, deer, and buffalo. These animals provide more than just food; they also offer important nutrients that keep us strong. When we eat their meat, the nutrients they gathered from the plants they ate are passed on to us. That means we are not just eating food—we are receiving energy from the land itself.

There are also special foods made from these animals, like bone broths, which are full of nutrients that help keep us healthy. Indigenous cultures also use herbs and teas to support well-being and prevent sickness. These foods help strengthen our immune systems, so our bodies can fight off illness before we even get sick.

And we can't forget about one of the most special traditional foods—Saskatoon berries!

Have you ever tasted a Saskatoon berry? They are small, round, and sweet. Did you know that there are special teachings about how to pick them? Indigenous teachings tell us that when we harvest food from the land, we must be mindful and respectful. We don't take too much—we pick only what we need, leaving enough for others, including birds, insects, and animals that also rely on the berries.

Saskatoon berries even have their own song! This song is sung to honor the berries and show gratitude for the nourishment they provide. These berries are also an important part of ceremonies, connecting people to tradition and culture through food. Isn't it amazing how one small berry can hold so much meaning?

When we take from the land, it's important to give back. This idea is called reciprocity. In Indigenous teachings, there are special protocols, or respectful ways, to harvest and hunt. Everything in nature is connected, and when we take something—whether it's berries, herbs, or meat—we must also think about what we can offer in return.

For example, some people leave a small gift, like a pinch of tobacco or a simple thank-you, when they gather food from the land. This is a way of showing respect and ensuring that nature continues to provide for future generations.

The same practice applies to hunting. Indigenous hunters only take what they need, and they use every part of the animal—nothing goes to waste. This way, they honor the life of the animal and its role in feeding the community.

Food is more than just something we put on our plates—it's something we prepare with love and intention. When you cook or prepare food, it's important to be in a good state of mind. Have you ever noticed that food tastes better when someone makes it with love and care?

Indigenous teachings remind us that food is meant to nourish not just our bodies but also our hearts and minds. Think about a time when a smell reminded you of home or a favorite meal brought back a happy memory. That's because food connects us to our past, our culture, and the people we love. It's a way of sharing stories and experiences with others.

And just as important as preparing food with care is making sure we don't waste it. Indigenous cultures have long valued the idea of using everything and sharing with others. If there is extra food, it can be shared with family, friends, or even returned to the land in a respectful way.

Every food has a story. Learning where our food comes from and who helped bring it to us helps us appreciate it even more. We can be curious about the food stories people in our community can share and learn to appreciate all the people, plants, and animals that play a part in bringing food to our tables.

Food connects us—to the land, to culture, and to each other. When we eat, we are connected to the people who prepared the food, and the earth that provided it. This teaches us gratitude and appreciation.

Everything is interconnected—our physical health, our emotions, our minds, and even our spirits. When we eat good food, we feel strong and happy. When we share food with others, we build relationships and community.

Developing a healthy relationship with food means remembering that food is not just fuel—it's a way to celebrate, to connect, and to show gratitude.

Food is a powerful and meaningful part of our lives. I hope that next time you sit down to eat, you take a moment to think about where your food came from and the many hands and hearts that helped bring it to you.

And maybe, just maybe, you'll even share a food story with someone else.

Thank you for joining me on this journey today! I'm PE Brady, and I can't wait to explore more with you next time. Until then, take care, be kind, and enjoy the food that nourishes you.

Bye for now!

***Special thank you to Dr. Teena Starlight who generously shared her cultural perspective and teachings with us for this episode - Sīyísgáàs!***

***Thank you to Brady Newton, an educator based in Alberta, for narrating the Ever Active Academy podcast! Sound effects for this episode were sourced using Epidemic Sounds.***

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Do you have feedback or questions? Please contact us by emailing [resources@everactive.org](mailto:resources@everactive.org).

**Thank you!**