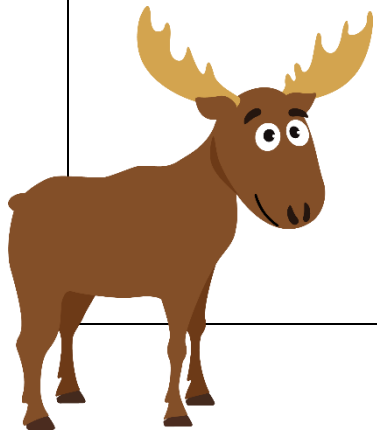


Name \_\_\_\_\_

## Abenaki Stories

Story Name	Nature Lessons	Morality Lessons
<p><b>Gluskabe Changes Maple Syrup</b></p>	<p>What about nature is explained in the story? What does the story say the natural world can teach us?</p>	<p>What does the story teach us about how to behave?</p>



## Abenaki Stories

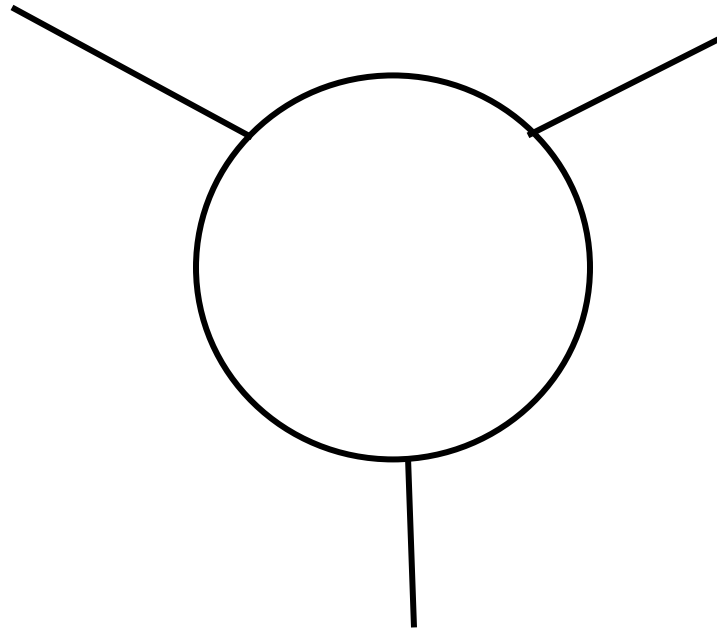
Story Name	Nature Lessons	Morality Lessons
	<p>What about nature is explained in the story? What does the story say the natural world can teach us?</p>	<p>What does the story teach us about how to behave?</p>
<p><b>Gluskabe Changes Maple Syrup</b></p>	<p>It explains why maple syrup is watery and runs in the spring. Maple syrup used to flow all the time, thick and sweet from the maple trees. When the people were irresponsible and lazy, Gluskabe changed the syrup by pouring water into the trees. This made the syrup into sap which was a lot waterier. He also changed it from running all the time to just running in the spring.</p>	<p>The people were not doing the work that needed to be done and were lying under the trees just drinking maple syrup. To teach them to work harder and be responsible, Gluskabe changed the maple syrup so that the people would have to work hard to get it.</p> <p>It teaches us that working hard and meeting your responsibilities is important. If you take a privilege for granted, you may lose it.</p>

Name \_\_\_\_\_

## Your Favorite Meal

A mind map helps you organize what you know about a topic.

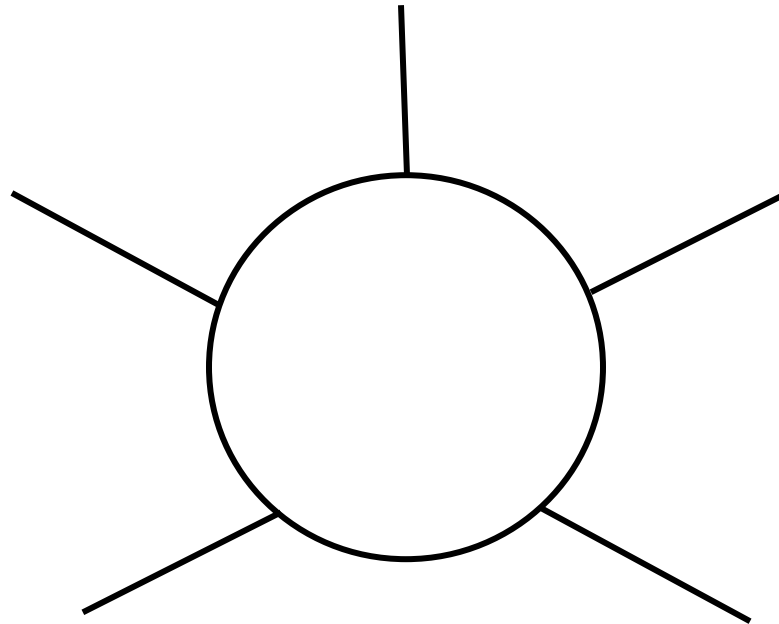
1. In the center circle, write a single word or draw a picture that represents your favorite meal.
2. At the end of each branch, write a word that comes to mind when you think of that meal.
3. Add as many branches as you need with more words.
4. Look at your branches. Can you make connections between them? Can you branch off of your branches with more details?



Name \_\_\_\_\_

## Connection Chart

Thinking about a favorite meal sparks connections to so many elements of our lives. At the end of each spoke, write a word that describes one of the themes that came up during the Meal Mind Map activity.



Name \_\_\_\_\_

## Abenaki Recipe Selection

When the Abenaki of the Woodland period made these meals, they would not have used a written recipe. The list and amount of ingredients and the steps for preparation were passed down orally, from generation to generation. Choose one of these recipes to be the focus of your project.

Three Sisters Stew	Turkey Soup
<ul style="list-style-type: none"> <li>• 1 cup wild or brown rice</li> <li>• 3 cups soup stock, chicken or vegetable</li> <li>• 2 cups beans (pinto, red kidney, black, white, pink, or any other type)</li> <li>• 2 cups corn kernels—fresh</li> <li>• 2 cups squash, cut into 1" cubes</li> <li>• ¼ cup sunflower oil (or butter)</li> <li>• salt to taste</li> </ul> <p>Heat the stock in a large pot. Add salt and bring to a boil. Add rice, stir, cover and reduce heat to allow rice to steam. In about 20 to 30 minutes when rice has absorbed most of the stock, add in beans, corn, and squash and stir. Cover and continue to heat for 20 to 30 minutes. When rice is fully cooked, add oil. Stir before serving.</p> <p>Adapted from <i>AIn8bak News</i>, Volume 2003, Issue 3, p. 9.</p>	<ul style="list-style-type: none"> <li>• 2 quarts water</li> <li>• 2 – 3 pounds of leftover turkey bones, meat, and skin</li> <li>• 1 cup wild rice</li> <li>• 2 cups corn, sweet kernels, fresh or frozen</li> <li>• 2 onions, chopped</li> <li>• 2 green onions, chopped</li> <li>• 4 carrots, large, skin on, sliced</li> <li>• Salt and pepper to taste</li> </ul> <p>Use a large pot. Break up the turkey parts and add to water in the pot. Bring to a boil, reduce heat, and cook for about 1 hour to soften turkey parts. When all the meat has left the bones, remove bones, skin, and other undesired parts.</p> <p>Add wild rice and cook for about 30 minutes. Add more water to keep volume of soup up. Add sliced carrots and chopped onion, and cook 15 minutes. Add corn and chopped green onion and cook 15 minutes. Soup is ready when rice and carrots are tender. Add salt and pepper to taste.</p> <p>Adapted from <i>AIn8bak News</i>, Volume 2004, Issue 4, p. 6.</p>

Lesson 2.5: Summative Project: An Abenaki Recipe

<h3>Cranberries and Nuts</h3>	<h3>Strawberry Preserves</h3>
<ul style="list-style-type: none"><li>• 1 cup dried cranberries</li><li>• 1 cup walnuts</li><li>• 1 cup hazelnuts</li><li>• ½ cup maple syrup</li><li>• 1 teaspoon ground allspice</li><li>• ½ cup cranberry juice</li><li>• 1 teaspoon butter</li></ul> <p>Mix maple syrup and cranberry juice in a pot on medium heat. Stir in allspice. Heat until mixture thickens. Remove the mixture from the heat and let cool for two minutes. Stir in butter. Wait a few minutes and then stir in the cranberries, walnuts, and hazelnuts. Pour mixture onto a flat, non-stick surface. Before it hardens, separate into bite-size pieces.</p> <p>Adapted from <i>Aln8bak News</i>, Volume 2004, Issue 1, pp. 5–6.</p>	<ul style="list-style-type: none"><li>• 1 quart fresh strawberries</li><li>• 2 cups sugar or other sweetener like honey or maple syrup</li></ul> <p>Wash and clean strawberries, removing hulls. Cover the bottom of a pot with a layer of strawberries. Sprinkle some sugar or drizzle some honey/syrup over the strawberries. Repeat making layers of berries and sweetener until they are all used. Let sit uncovered for 30 minutes. Then place on heat and bring to a boil. Reduce heat and simmer for 15 minutes. Pour mixture into a clear container with a tight lid. Place outside in the sun for two days, bringing in at night. When mixture is as thick as you wish, it is ready to eat.</p> <p>Adapted from <i>Aln8bak News</i>, Volume 2006, Issue 2, pp. 11–12.</p>

Lesson 2.5: Summative Project: An Abenaki Recipe

<h3>Fried Trout</h3>	<h3>Fiddleheads and Leeks</h3>
<ul style="list-style-type: none"><li>• 6 Lake Trout, River Trout, or Speckled trout, about ½ pound each, cleaned</li><li>• 3 eggs</li><li>• 2 cups cornmeal</li><li>• ½ teaspoon salt</li><li>• ½ teaspoon pepper</li><li>• ½ cup corn, sunflower, or other cooking oil</li></ul> <p>Beat the eggs in a large bowl. In another bowl, mix cornmeal, salt, and pepper. Wash, clean, and dry each trout. Dip trout in eggs and then in cornmeal mix. Heat oil in a heavy pan until hot. Fry fish in hot oil for about five minutes on each side.</p> <p>Adapted from <i>Aln8bak News</i>, Volume 2003, Issue 2, pp. 6-7.</p>	<ul style="list-style-type: none"><li>• 2 cups fiddlehead ferns</li><li>• 2 small leeks</li><li>• 1 clove garlic</li><li>• salt and pepper to taste</li></ul> <p>Carefully rinse fiddleheads in cold water, trim away any brown ends or fuzz. Trim roots from the leeks and wash cold water. Peel and slice garlic clove. Put fiddleheads, leeks, and garlic clove in a pan with a small amount of water. Steam until tender. Drain and season with salt and pepper.</p> <p>Adapted from <i>Aln8bak News</i>, Volume 2008, Issue 1, p. 11.</p>

Lesson 2.5: Summative Project: An Abenaki Recipe

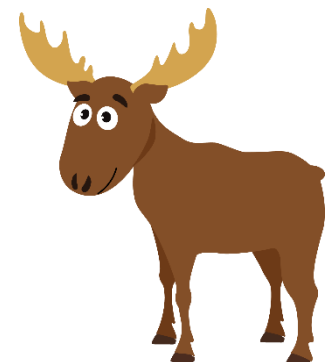
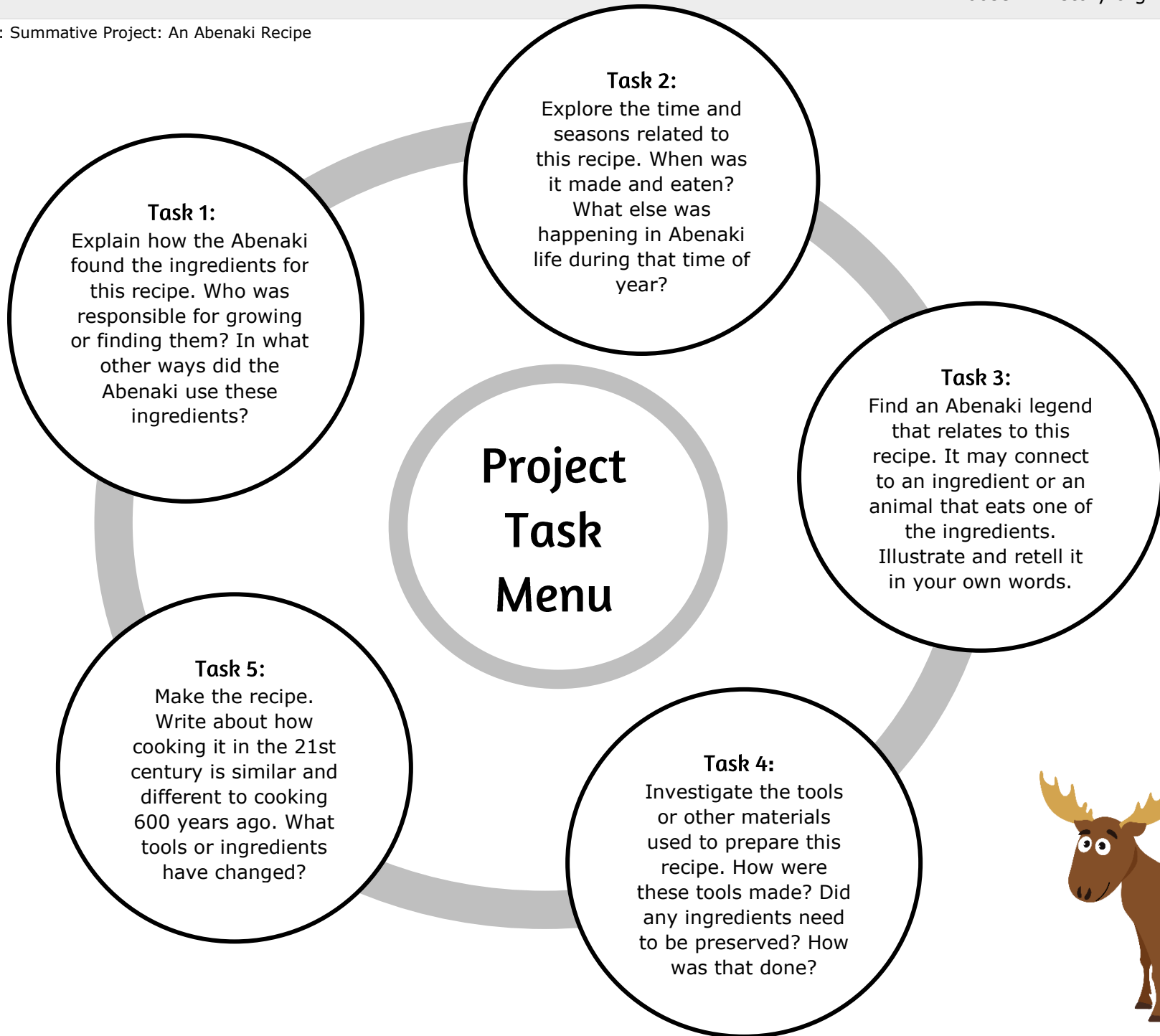
Name \_\_\_\_\_

### An Abenaki Recipe Project Rubric

	<b>Above Standard (4)</b>	<b>At Standard (3)</b>	<b>Approaching Standard (2)</b>	<b>Below Standard (1)</b>	<b>Self</b>	<b>Teacher</b>
<b>Completeness</b>	More than required tasks are completed. Meets project guidelines. Contains detailed information.	Required tasks are completed. Meets project guidelines; includes some detailed information.	Fewer than required tasks are completed. Mostly meets project guidelines.	Does not respond appropriately and/or does not meet project guidelines.		
<b>Creativity</b>	Presentation creatively expresses information. Uses a variety of sources to complete tasks.	Presentation expresses the information. Uses sources to aid entries.	Product expresses information but needs more creativity. Uses few sources to aid entries.	Product does not show much creativity. Does not use sources effectively.		
<b>Correctness</b>	All information is correct with extra details. Notes and sources are thoroughly documented.	Information is correct but does not include extra material. Source material is documented.	Information is only mostly correct and does not include extra material. Source material is partially documented.	Information is mostly incorrect and sources are not documented.		
<b>Appropriate Communication</b>	All information is clear, easy to understand, organized and all spelling/grammar is correct.	Information is mostly clear, understandable, and spelling/grammar is correct.	Information is not very clear and is only partially accurate. Some spelling/grammar errors.	Information is not understandable and not very accurate. Many spelling/grammar errors.		
<b>Effort and Time</b>	Effort is obvious. Project is completed on time.	Effort is present. Project is completed on time.	Some effort is present, but more is needed. Project might be late.	The product does not show significant effort. Project is late.		
<b>Comments:</b>					<b>Total of 20:</b>	



Lesson 2.5: Summative Project: An Abenaki Recipe





Name \_\_\_\_\_

### An Abenaki Recipe Project: My Plan

<b>My project's format will be:</b>		<b>I choose these tasks:</b>		
<b>My project must include:</b>				
<b>I will need these materials to create my project:</b>				
<b><u>First, I will:</u></b>	<b><u>Second, I will:</u></b>	<b><u>Third, I will:</u></b>	<b><u>Fourth, I will:</u></b>	<b><u>Fifth, I will:</u></b>



Name \_\_\_\_\_

## An Abenaki Recipe Project: Sources & Information

Task:	
Source Used	Information Gathered