



HUNTERES AND GATHERERS – FIRST NATIONS TRADITIONAL FOOD USE

Teachers Guide

OVERVIEW

Both the Squamish and the Lil'wat Nations are caretakers of the land, and their culture is a reflection of it. Our families came into the Whistler area during warmer months to prepare food for the long winters. In this specialty tour, students will learn how the communities of Squamish and Lil'wat people were sustained by hunting, fishing and gathering, using food as medicine for preventative care.

Join us on our Hunters & Gatherers – First Nations Traditional Food Use Tour, to explore the importance of knowing your territory and living in harmony with your environment. Learn how the values and beliefs of local First Nations cultures affect the development of products, services and processes for food collection and trade. Students will learn about local fishing practices, hunting techniques, and gathering and foraging methods. Discussion will center on the diversity of food harvested from the land, which has sustained the first peoples from time immemorial.

Our Cultural Ambassadors welcome school groups of all ages for guided tours, where students will learn about the traditions and rich history of the Squamish and Lil'wat peoples and how they have inhabited the Sea to Sky corridor in British Columbia from ancient times to modern day. Tours are delivered by Cultural Ambassadors who share their own stories and first-hand cultural experiences. Throughout the tour, your group will view and experience artifacts and stories to give an overview of the traditional way of life of the both the Squamish and Lil'wat Nations who share this land.

YOUR EXPERIENCE WILL INCLUDE

Please allow 1 hour for this tour experience, and arrive 15 minutes prior to scheduled visit time to allow for coat check and washroom break.

- Welcome Song
- Spectacular 15 Minute Movie
- Guided Exhibition Tour – 'Hunters & Gatherers – First Nations Traditional Food Use'
- Museum Visit and Interpretive Forest Walk, depending on seasonal availability.

EXTEND YOUR VISIT

- Further discover the museum with your class chaperones, as a self-guided option following your tour experience.
- A self-guided tour of our 'Outdoor Forest Walk' with your class chaperones, depending on seasonal availability.



- Let us know if we can provide colour sheets and a scavenger hunt as additional activities, guided by your chaperones.
- A visit to our amazing Café and Gallery & Gift shop is also a must!
- View our craft activity list and book additional craft activities for your visit!
- Let us know if your group wishes to order a pre-booked lunch from our Thunderbird Café, or enjoy their own packed lunches and require a location, we can provide space for dining.

SCHOOL RATES

Admission Rates	Retail
Student – Kindergarten – Grade 4	\$5
Post-Secondary Student	\$13.50

1. Admission rates are in Canadian funds and are subject to 5% GST
2. All Teachers and Chaperones have complimentary admission
3. Squamish & Lil'wat Nation Members enjoy free admission

Curriculum Overview

This specialized tour will include discussion of the following topics:

- Compare fishing practices and the differences between techniques of Coastal Salish Nations that fish the ocean, and Interior Salish Nations that fish lakes and rivers.
- Learn about the specialized role of the hunter and their status in their communities.
- Understand the medicinal and nutritional advantages of plants.
- Discover interesting cooking methods from basket and bentwood box cooking, to pit cooking.
- Learn about the variety of methods First Nations people preserved food for winter consumption such as curing, wind drying and smoking foods.
- Listen to how First Nations people are connected to their surrounding environment and animals through spiritual beliefs. Learn about a protocol ceremony that honours our natural resources and encourages sustainability

BIG IDEA

The Squamish and Lil'wat Nations lived in harmony with the animals, land and resources. Their survival and prosperity depended on their knowledge of their territory and sharing amongst one another.



PRIOR KNOWLEDGE

In order to understand this lesson students will need to know, or have prior knowledge of, or will need to review the following;

- Whistler is in the Traditional Territory of two separate and distinct First Nations Communities
- Their culture is a reflection of the land, it adapts to its environment

CURRICULUM COMPETENCIES

Gather information on two local First Nations communities; understand their location and how each community adapted to their environment

- Compare and contrast hunting and gathering techniques of Coast Salish and Interior Salish Communities
- Generate ideas and recipes
- Identify how land, natural resources and culture influence the traditional food of the two nations

CONTENT

Learn the diverse characteristics of the Squamish and Lil'wat Nation see how they are interconnected through travel and trade.

- Social factors that affected the food choices of the Squamish and Lil'wat Peoples
- Seasonal harvesting and environmental factors
- Compare and contrast the hunting and gathering practices of the past and present
- Discuss food preservation and cooking techniques

CORE COMPETENCIES

Communication – Acquire and interpret information

Creative Thinking – Novelty and Value, I can build upon other people ideas/ recipes

Social Responsibility - Valuing Diversity

Critical Thinking – Analyze and understand how individuals can use this information today

FIRST PEOPLES PRINCIPLES OF LEARNING

Important lessons are found in this program, which are based in First Nations teachings.

- Learning recognizes the role of indigenous knowledge
- Learning is embedded in memory, history and story

POSSIBLE EXTENTIONS

Using their notes taken during their visit to the Squamish Lil'wat Cultural Centre students do the following activities;

- Prepare an essay on the following
 - Investigate the nutritional value of traditional foods found in the Whistler area
 - Compare and contrast the Coast Salish (Squamish) and Interior Salish (Lil'wat) ways of hunting and gathering



- Join a group discussion on
 - Critique the dishes sampled
 - How can this information be useful when exploring our local wilderness
- Interactive activity
 - Design a recipe influenced by your knowledge of First Nations cooking. Prepare a food dish from local harvested ingredients

RESOURCES

Modern Native Feasts – George, Andrew Jr.
Cooking (Native/North America)
ISBN 978-1-551152-507-5

A Feast for All Seasons - George, Andrew Jr. and Gairns, Robert
Cooking (Native/North America)
ISBN 978-1-551152-368-2