

Name: _____

Canadian Heritage Assignment

Please go through the powerpoint on bowerfoods10.weebly.com. Look under Canadian Heritage.

1. What part of Canada did the Woodlands People reside?
2. What part of Canada did the Iroquois People reside?
3. Why did the Iroquois annually celebrate the arrival of strawberries?
4. The "3 Sisters" are a mountain range outside of Canmore. What are the "3 Sisters" named after? (3 marks)
5. Where did the Plains People live?
6. What does "nomadic" mean and why were the Plains people nomadic? (2 marks)
7. The Plains People used all of the Buffalo to help their people. What are 5 ways the Buffalo was used after its death? (5 marks)
8. Define Pemmican:

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9. Why do you think the Plains People ate a lot of Pemmican, give 2 reasons. (2 marks)

10. What was the number one source of protein for the Plateau People?

11. The Pacific Coast Peoples were NOT nomadic. Why do you think that is?

12. What are three things that have influenced Canada's cuisine today? (3 marks)

13. Read each slide on the cuisine of different sections of Canada. Go to → <https://www.foodnetwork.ca/canada-day/photos/must-try-canadian-foods-by-province/>
Or Google "Food Network Provinces" and click the first link. Click through each recipe for the different provinces. If you could make one of them, which one would you make and why? (2 marks)