

# CANADIAN HERITAGE

**Foods 10**

# STARTING WITH CANADA'S ORIGINAL PEOPLES



# WOODLANDS PEOPLE

- Lived in what is now known as Eastern Canada
- Included the Beothuk, Micmac, Maliseet, Montagnais, Naskapi, Ojibway, Algonquin and Cree.
- Experts at hunting, trapping and fishing.
- Used the waterways for travelling and for fresh fish



# IROQUOIAN TRIBES

- Lived primarily in southern Ontario
- They grew 15 types of corn and 60 varieties of beans
- Primarily vegetarian
- They would mix food to create complete proteins: nuts fruits and vegetables



# CELEBRATION OF THANKS

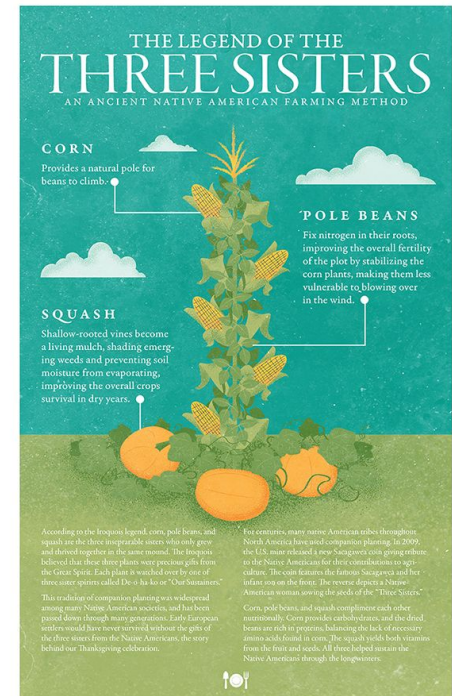
Annual celebration on the arrival of strawberries

Arrival of strawberries meant that other berries were growing, winter was over and there would be fruit!



# THE THREE SISTERS

- Name of the mountains outside of Canmore that you have driven by!
- Named the Three Sisters in reference to the Iroquois legend
- The Three Sister legend is that corn, beans and squash were a gift from the Sky-Woman.
- After her death, these vegetables grew from her side helping to survive her people. It also was believed that these three crops needed to be grown together to survive



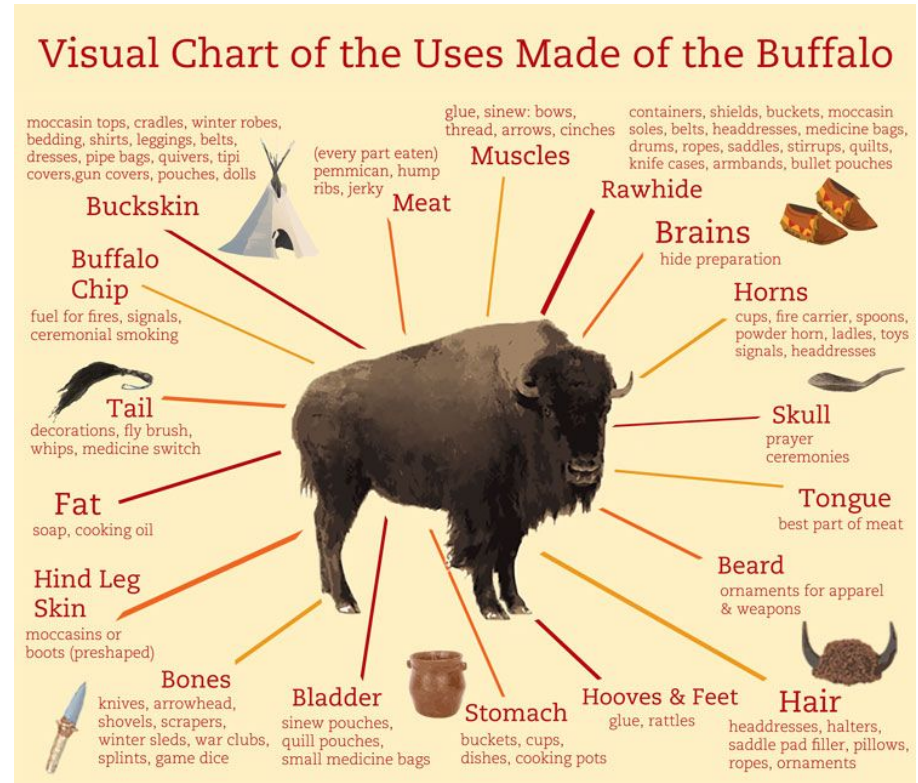
# THE PLAINS PEOPLE

- 8 different tribes - Blackfoot, Blood, Peigan, Gros Venture and the Plains Cree
- All lived east of the Rockies in Central and Southern Alberta





- The Plains People were nomadic - meaning they moved around, following the herds of Buffalo
- They travelled with their teepees hunting the buffaloes across the plains
- The entire Buffalo was used to help this tribe survive





- **Pemmican** - a mixture of powdered dried meat, fat and sometimes berries - highly nutritious and yet lightweight
  
- **Bannock** - flat, round bread - originally made from oat, rye or barley meal.



# THE PLATEAU PEOPLE

- Made up of the Salish (Lillooet, Thompson, Shuswap, Okanogan), the Kootenays, the Chilcotin, the Carrier, and the Tahl̓tan
- A few of those names should be familiar to you as they are names of places in BC!



# THE PLATEAU PEOPLE

- They relied heavily on salmon in their diet
- They smoked, dried and stored salmon underground so that it would keep.
- Also ate Pemmican with the berries from their area



# PACIFIC COAST PEOPLES

- Made up of the Haida, the Tsimshian, the Nootka, the Salish, the Bella Coola, and Kwakiutl
- Plentiful supplies at their doorstep, so they were NOT nomadic
- Development permanent settlements
- Excellent fishers - excelling at the use of nets, harpoons, and trolling



# TRADITIONS OF THE ABORIGINAL PEOPLES OF CANADA

- It was believed that all food should be shared - certain tribes would plant enough food for a neighboring tribe in case their crops failed
- the spirit of hospitality is central to their culture
- **Pow Wow** - large social gathering that usually included dancing and singing
- **Potlatch** - a ceremonial feast



# CANADA TODAY - WHAT HAS INFLUENCED CANADA'S CUISINE?

- We are a young country whose culture and foods have been developed by the **original people** of Canada and **early settlers** and where they settled
- **Natural Resources** - Canada is a vast area and the local natural resources have helped determine what certain areas cuisine



# ATLANTIC CANADA

- Natural Resources - obviously the ocean! Fish and seafood!
- Lobster is famous out east - you can even buy live lobsters at the airport to bring home!
- PEI - is famous for its potatoes because of the Irish that settled in that area





# QUEBEC

- Obviously strong connections to France
- French cuisine is common
- Tourtiere - a pie made with ground pork is famous here
- Cabanes au sucre “sugar shacks” - owners or farmers set up mini rustic restaurants each spring



# ONTARIO

- Most heavily populated province
- Diverse - settlers came from all around
- Toronto - is one of the most ethnically diverse cities in the entire world.



# PRAIRIE PROVINCES

- We are known for golden wheat fields and cattle ranching
- Chuck Wagon - literally a kitchen on wheels - used to feed workers during cattle drives
- Ukrainian communities have brought their culture to the prairie provinces which brings the common love for perogies



# BRITISH COLUMBIA

- Salmon is still so important because it so common
- All seafood and fish
- Chinese immigrants were brought to Canada to help build the railroad and their culture has continued here
- Fruit! - Interior BC can grow so many different types of fruit

