

LESSON: Health Memory Game

GRADE: K

OBJECTIVES:

History Literacy

- **21.K-2.HL.5 Demonstrate behaviors that foster healthy, active lifestyles for individuals and the benefit of society.**
 - Achieve and maintain health enhancing level of physical activity.
 - Practice fitness skills.
 - Practice basic health enhancing physical behaviors.
 - Practice preventive health behaviors.
 - Identify stress and stress relievers.
 - Identify risk behaviors and practice healthy choices.
 - Identify healthy foods.
 - Identify behaviors that contribute to total wellness for individuals, families and communities.

MATERIALS & RESOURCES:

- 32 cards from cardstock- about 4 or 5 inches square.
- 8 of the each of the following:
 - Pictures of healthy foods representative of the original people of this land and healthy food today. (squash, pumpkins, grains, fish, lean meat, corn, berries, greens, beans and others)
 - Pictures of less healthy foods- likely modern foods such as candy, some fast foods, processed foods,
 - Pictures of a diverse historical range of children and adults playing and working. Biking, walking, games, chores, building homes, making tools, etc.
 - Pictures representative of a more sedentary life- likely modern lifestyle activities such as TV, video games, computer, riding in cars, etc.

PRESENTATION:

Archeologists get clues as to what people ate by digging and finding artifacts. Food traditions from long ago are passed on through families. But traditions and diets change. Many, many years ago, meals consisted of vegetables, fruits, lean meat, fish, nuts and grain. Today there are lots of foods containing way more fat, sugar, salt and chemicals. Often these less healthy foods are less expensive, easier to access, and more appealing due to advertising. We can try to eat more like the people who lived here long, long ago.

People were much more active in previous generations. The first people of the land hunted, grew food, made their own homes, clothes, tools. They walked and ran to wherever they were going. They played games and went traveling. People used ate less calories and used more of those calories because they were active.

What can we learn from the lifestyles of people who lived long ago? What can we learn from the first people of this land. They felt there was much to be learned by mimicking nature. Would you like to try?

DIRECTIONS:

1. Have the kids help cut the pictures out, if needed, and paste to cardstock squares. Make sure to make equal number of the four categories:
 - More Healthy Food cards
 - Less Healthy Food cards
 - More Active Lifestyle cards
 - Less Active Lifestyle cards
2. As the class is working with the pictures, help the kids identify the foods that are more healthy and not so healthy. Help them identify the action pictures that represent a more active lifestyle and the ones that are less active. When the kids grasp the concept of which foods and activities contribute to health, go on to the game.

Game directions:

3. It's a version of Memory Game. Turn the 32 cards facedown, randomly on the floor. There are 4 matches in each category. (Option- use 2 matches from each category instead of 4 to make game easier)
4. Have the kids divide into teams of two and explain they will help each other in the game. The two players of each team work together turn over more matches than the teams.

5. Taking turns, teams turn up two cards face up. If the cards match, that team gets to keep the match. If cards don't match, return the two cards facedown. Keep the cards in their original spot so players can memorize the location. The next team gets to go.
6. As the turns advance, kids should be watching so they can remember the location of cards.
7. What makes a match:
 - Turn up two More Healthy Food cards.
 - Turn up two More Active Lifestyle cards
 - Turn up two Less Healthy Food cards
 - Turn up two Less Active Lifestyle cards
8. When you are done playing the game lead a discussion and try some of these other activities:
 - When you go to the supermarket, farmer's market, or corner store, do you see any of the foods that were part of long ago diets? Vegetables, grains, meats, fish, berries...
 - Is there a food from the list of traditional Native foods you would like to try? Here is a website with recipes from the Plains region: [Native Technology and Art Recipes](http://www.nativetech.org/recipes/index.php) - <http://www.nativetech.org/recipes/index.php>
 - What is your favorite game, toy or activity? Here is a website with Native games from past and present. [Native American Technology and Art](http://www.nativetech.org/games/index.php) - <http://www.nativetech.org/games/index.php>
 - Would you like to hear a contemporary Indian woman talk about her memory of playing games as a child? <http://www.uwlax.edu/mvac/Knowledge/MP3/DorothyGames.MP3>
AND here is a page from the same website describing Native American games played by the Ioway and other nearby tribes. <http://www.uwlax.edu/mvac/Knowledge/NAGames.htm#Games>
 - Do you go outside when you want to play? First People watched animals very closely because they learned much about life and how to be healthy. Can you run like a deer, sing like a bird, or swim like a fish? What do deer and birds and fish eat?

TIME:**90 min. – more depending on how many of the activities are completed**

Native American Facts for Kids

http://www.bigorrin.org/ioway_kids.htm

One of the most common questions that we get is "What did American Indians eat?" Of course, the answer to this question varies from tribe to tribe-- as you might be able to guess, Athabaskan Indians in Alaska had a very different diet from Brazilian tribes in the Amazon rainforest! Some Native American tribes were also much more agricultural, staying in one place year-round and farming the land, while other tribes were semi-nomadic, moving frequently from place to place as they hunted and gathered food for their families. This also affected what kinds of food they ate.

Here is a general overview of some of the American Indian food sources and food gathering techniques the people developed over the years to fit these needs.

The Ioways were farming people. Ioway women worked together to raise crops of corn, beans, squash, pumpkins, and sunflowers. Men hunted deer and small game, fished in lakes and rivers, and took part in seasonal buffalo hunts. The Ioways weren't migratory people, so they didn't hunt buffalo as often as other Plains Indian tribes, but buffalo meat was still an important part of their diet because they acquired it in trade from other tribes.

The Europeans introduced new plants and animals that didn't exist in the Americas originally, such as bananas, wheat, sheep, and cows. Some Native American farming tribes, such as the Navajos or the Mexican Indian tribes, began to raise these new crops and farm animals in addition to corn and other traditional crops. Many people in those tribes are still farmers today, and they have been raising some of these "new" foods for centuries now!

Other tribes were forced to change their traditional lifestyles a lot after Europeans took over. Since Europeans killed most of the buffalo, tribes that used to follow the buffalo herds had to find new ways of living. Today, some tribes raise buffalo on ranches. Many forests and jungles have been cleared, which makes it harder to earn a living by hunting. In rural areas of Canada, Alaska, and South America, some Native Americans and Inuit (Eskimos) still make their living by hunting and trapping, but this is becoming rarer. And of course, one of the biggest changes was Indian tribes being forced to move to reservations far from their original homelands. In many cases, these tribes had to give up their old ways of life in new location because the environment was different and the land was not suitable for their traditional agriculture.

Some traditional American Indian foods and recipes are still enjoyed by Native American people today. However, except for a few remote rainforest tribes, Native American people also eat modern food, just like their non-native neighbors do.

What are some Native American recipes I could make for school?

This is harder than it sounds. Most traditional Native American recipes from North America included fresh meat or fish, which isn't easy to share with your class. Here is a good recipe for wild rice and cranberries, a dish of the Northeast Woodland tribes. Here is a general American Indian recipe for corn cakes and another for blueberry wojapi, which is a kind of Sioux fruit pudding. They taste good together! You could also make tamales, which are a popular Mexican food of Aztec origin, or fry-bread, which is a contemporary Native American treat that you can commonly find at powwows. (Wojapi tastes great on frybread, too.)

If those things are all too complicated, you can make a nice salad out of traditional Native American ingredients, like succotash or a bean salad or a native fruit salad.