

PALEO-INDIAN GROCERY LIST

Grade: K – 5

Goals/Objectives: By using the texts *Eastern Iowa Prehistory* (pp. 13-21) and *Western Iowa Prehistory* (pp. 15-23), available in many school-, public-, and AEA- libraries, and the information on the back of the IAM 2004 poster, determine the foods eaten, and the methods used to hunt and gather, by the Paleo-Indians. Students will have created their own Paleo-Indian grocery list and have some understanding of how the items on their list can be obtained.

Materials: Research materials. For teacher led discussion, chalk board. For student group discussion, paper and pencils.

Procedure: Ask students what kinds of foods they have at their meals and what kind of a grocery list they make to obtain the food. They should also be asked where they go to get that food. Then ask the students to prepare a grocery list and a list of where they would go to get the food if they lived in Paleo-Indian times.

- The teacher can keep track of class answers on the chalk board.
- Alternately, the class can be divided into smaller groups, given paper and pencils, and asked to come up with the grocery list. These should then be shared with the whole group later.

Guiding Discussion Questions

- What kinds of foods do you and your family eat?
- Imagine you were a Paleo-Indian, what would you eat? What would you not be able to eat that you can eat now? (*Students should be aware that meat, fruits, some vegetables, nuts would probably be available.*)
- What kinds of animals would be available for your meat and how would you hunt them? (*Students should think about both the large "megafauna" as well as the smaller animals such as rodents.*)
- What would be the advantages and disadvantages of hunting the large animals? (*Students should realize that they would need to kill much fewer large animals to feed a family or group, but it would be harder to kill a large animal and might take more hunters.*)
- How would they organize a hunt to kill one of the large animals like a mammoth or giant sloth?
- What kind of tools would they need? (*Students should be aware*

that not only would they need hunting tools but also tools to prepare the meat for cooking and eating.)

- Who might be working to obtain and prepare the food? *(Students should be encouraged to think of the contributions each member of the Paleo-Indian "community" might need to make with regard to their grocery list. Children could gather berries or crack nuts, for example.)*
- What other kinds of food other than meat would they add to their grocery list?
- What would be the advantages and disadvantages of these foods? *(Students should be encouraged to think about foods that are only available during certain seasons, that they would need to know where they grow, that they would need some kind of a container to collect them—remember, no pottery yet-- , they would need to know how or if they should cook the plants, etc.)*