

# Foraging In Minnesota



Grades: 6-12

Subject: Social Studies

**Essential Question:** How do cultural traditions and relationships with the land shape the way communities use natural resources while caring for their environment?



## Before Viewing:

Introduce students to the concept of foraging (gathering wild plants and food from the environment).

Ask students: How do you get your food, and how often do you think about where it comes from?

## During Viewing:

Have students watch the video and listen carefully to answer the following comprehension questions:

- 1) What type of food is Candace discussing at the beginning of the video?
- 2) What does Candace say to do with invasive plants?
- 3) Why are people becoming more interested in food medicine?
- 4) What health condition can an Indigenous diet help address?
- 5) What can staghorn sumac help with?
- 6) To Candace, what is foraging about?
- 7) What activities does she do with the public at Doubting Thomas Farms?
- 8) How does one prepare to go foraging?

## After Viewing:

Activity -have students research a local or regional example of a place where people interact with the land to gain food (community gardens, farmers markets, fishing, and hunting are some examples). Their research should touch on the following questions:

- Who is involved in this practice?
- What cultural or historical traditions are connected to it?
- How does it benefit the community or environment?
- How is knowledge passed to younger generations?

