

Name: _____

Date: _____ Grade: _____



Food—American Indian Style



You are making progress! Answer the following questions. Circle the correct answers or fill in the blanks with words, letters or numbers as each question indicates. Check your answers from the Answer Key. Correct all errors, then complete your next goal.

1. Which food list below contains items are **NOT** traceable to American Indians?

- _____
- (a) corn, squash, pumpkin
- (b) beans, rice, peanuts
- (c) white potatoes, olives, wheat

2. Indians usually ate three meals per day. _____ (a) True or (b) False

3. **Resourceful** means: _____.

- (a) using something available
- (b) to happen
- (c) to do again

4. Indian cooking utensils were made of _____, _____
or _____.

5. Meat cooked over an open fire was first _____ on green sticks.

6. **Estuary** means: _____.

7. **Staple** foods were provisions held together with small pieces of metal. _____
(a) True or (b) False

8. Maple syrup was usually harvested by which members of Indian families? _____
(a) women (c) men and boys
(b) children (d) both a and b

9. What three primary vegetables did Indians farm? _____

10. What three types of foods did Indians make from corn? _____,
_____ and _____.

11. Depending on the tribe, _____ was either a family affair (as with tribes in the Southeast), or left for women and girls to do.

12. Some Indian tribes ate mostly plant food while others ate mostly meat. _____
(a) **Fact** (stated) or (b) **Inference**

13. In early America, millions of *bison* or _____ roamed the _____
_____, the flatland of the American Midwest.

Name: _____

Date: _____ Grade: _____

14. The Great Plains includes parts of Montana, North Dakota, South Dakota, Nebraska, Kansas, Oklahoma, Texas, New Mexico, Colorado and Wyoming. Arrange these states in alphabetical order:

- | | |
|-----------|-----------|
| (a) _____ | (f) _____ |
| (b) _____ | (g) _____ |
| (c) _____ | (h) _____ |
| (d) _____ | (i) _____ |
| (e) _____ | (j) _____ |

15. Refer to MAP 1. In which part of the United States are the Great Plains? _____
(a) North (c) East (e) Central (g) Southwest
(b) South (d) West (f) Northwest (h) Southeast

16. Indians *migrated* with the bison herds. _____ (a) True or (b) False

17. Indian tribes *collaborated* to help ensure a successful bison hunt. _____
(a) **Fact** (stated) or (b) **Inference** (implied)

18. Indians used *tapered* paths and fire circles to hunt antelope. _____
(a) True or (b) False

19. “The startled buffalo would...*plummet*...to their deaths.” By the **context**, you may presume that *plummet* means:

(a) to die of heart failure while stampeding
(b) to stumble and fall, allowing Indians to kill them
(c) to fall straight down a long distance

20. Bison meat was eaten and the hides were used for _____ as well as for covering _____ and _____. Bison bones were used for _____ and _____.

21. A *travois* was an instrument used for: _____
(a) cooking (b) hunting (c) transporting (d) communicating

22. The “buffalo chips” Indians used for fire building were: _____
(a) fried potatoes (b) small pieces of buffalo bones (c) dried bison manure pieces

23. *Pemmican* was made from _____, _____ and _____.

24. “Digger” was a(n): _____
(a) food (b) shovel (c) nickname (d) animal

25. On MAP 1, which Indian food is written across the states of Arizona and New Mexico?

26. Pine nuts and acorns were main food sources for Indians of California and the Southwest.
_____ (a) True or (b) False

Name: _____

Date: _____ Grade: _____

27. **Cause:** The most common drink of Indians was water. What was the **effect**? _____

28. **Review Question.** Mark the following statements “**T**” (for True) or “**F**” (for False) based upon your **conclusions** from this lesson on Native Americans:

_____ Indian cultures were more advanced than European or Asian cultures.

_____ Indians adapted natural resources to meet their needs.

_____ Europeans taught the Indians how to farm.

_____ Indians lived more in harmony with nature than “more advanced” European cultures.

_____ Indians prepared elaborate meals.

_____ Indians used their resources wisely.

29. The **main idea** of this vignette is: _____

(a) Indians ate only one meal a day

(b) Indian farming was a family affair

(c) Indian foods are part of our American heritage

30. Write the **Life Principle**: “ _____”

_____.”