

First Nation Restaurant Menu Project 2024

One mainstay of Native cultures is harvesting the “seasonal round,” that is harvesting plants and animals at specific times of the year. In this project, you will make a restaurant menu marketing a full-course meal that a person from your tribe might make. These meals may be either traditional or modern. They do, however, have to use some of the plants or animals harvested by your Native American tribe. This project begins with you researching and creating a diagram for the seasonal round of your Wisconsin First Nation tribe.

Steps for Success

Phase 1 - Research and Create a Seasonal Round

1. Research the seasonal round for your tribe. What did they harvest during Winter, Spring, Summer, and Fall? Take notes.
2. Create a markup of your page in your notebook.
3. Make a “Seasonal Round” page in your book. Consider using a circular pattern. Consider explaining the division of labor between men and women. Look at models from [a past student](#) and the teacher for inspiration.



Website Resources (Bookmark those relevant to you)

General Resources

[I Love Native Food Cookbook](#) - Cookbook from modern Native chiefs!

[Recipes from Turtle Island](#)

Menominee Resources

[Menominee: Harvest the Moons](#) Password: Menominee - Access each pdf by month to learn about resources and recipes.

Ho-Chunk Resources

[Ho-Chunk Traditional Foods Recipe Book](#) - Modern Recipes with great interviews at the beginning that you can use!

Read the “Ways of the Elders” 8 - 11 for an oral history from Ho-Chunk elder Viola Lapointe.

Oneida Resources

[Eating the Seasons](#) - Oneida Nation Resource

[Oneida Cookbook](#)

Potawatomi Resources

[3 Potawatomi Recipes Using Traditional Ingredients](#)

[Potawatomi Native Foods](#) - Writeup of the Seasonal Harvests of Potawatami

Ojibwe Resources

[Ojibwe Lifeways](#)

[Traditional Seasonal Round of the Ojibwe](#)

[Medicine Wheel Recipe Book](#)

Phase 2 - Create your Menu

1. Research modern or traditional Native recipes that use **one or more** important foods to your tribe. You may search for and use modern cookbooks created by Native peoples.
2. Research the effective techniques to create a menu that is pleasing to the eye and directs your customer to items you would like to purchase.
3. Complete the menu planning sheet (below).
4. Create a markup of your menu in your notebook and complete the planning sheet.
5. Each menu item should include at least one picture of a natural resource your tribe harvested during their seasonal round.



Student Project Checklist - Your Menu Should Include:

- A creative and culturally appropriate restaurant name
- An artistically attractive menu that uses color, fonts, and pictures to present information to the customer
 - Appealing descriptions of each menu item.
- In the description, there should be one sentence explaining your First Nation's connection with the food source. This could be how and when it was harvested, or how they thought about the food source.
 - 1 or more appetizers
 - 1 or more soup offerings
 - 1 or more entrees (main courses)
 - 1 or more Desserts
- 2 hand-drawn images of each menu item. 1 of the menu item, and 1 of the food source your tribe harvested used in the food or drink.

Restaurant Menu Planning Sheet

Please complete this Menu planning sheet either digitally or in your notebook.

1. What will my restaurant name be? How does this name connect with my tribe? Is my restaurant name culturally respectful and appropriate?

	<p>Food Description</p> <ul style="list-style-type: none">● Describe the dish in a way that is sensory appealing to the customer.● What important Native foods are in this dish?● Where and when did Native peoples harvest this resource? Why is this food important to my First Nation?● What pictures am I going to draw?
Appetizer (1)	
Soups (1)	
Entrees (Main Dishes) (1)	
Desserts (1)	

Student Choice (Not Required)	
Student Choice (Not Required)	

Design Questions to Answer:

1. Does the menu go beyond simply naming the food item? What kind of names and descriptions are used?
2. What different fonts and sizes best fits the menu? What size should certain elements be?
3. What colors belong on the menu? How do the colors relate to the other elements of the menu?

First Nation Restaurant Menu Rubric

	Exemplary (4)	Proficient (3)	Developing (2)	Emerging (1)
<p>First Nation Seasonal Round <i>SS.BH1.4 Describe how a person's understanding, perceptions, and behaviors are affected by relationships and environments</i></p>	<p>Student's seasonal round research goes beyond food. The student understands how the seasonal round influences their First Nation's culture and identity.</p>	<p>Student researches and identifies plants and animals that their First Nation harvests in each of the 4 seasons.</p>	<p>Student identifies plants and animals for all of the four seasons, however, not all of the seasons are fully researched or understood.</p>	<p>Student displays little to no understanding of the resources harvested each season by their First Nation.</p>
<p>First Nation Recipe Choices <i>SS.HIS 3.4 Connect past events, people, and ideas to the present, use different perspectives to draw conclusions, and suggest current implications.</i></p>	<p>Student makes new connections between their tribe's seasonal round and the items on their menu.</p> <p>Student menu goes beyond the requirements of the project.</p> <p>Student displays a new understanding of the connection between human culture and their food.</p>	<p>Student includes First Nation recipes either traditional or modern that include at least one food that was in their tribe's seasonal round.</p> <p>Student includes recipes and descriptions for all the required menu items.</p>	<p>Student includes all of the required menu items. Some descriptions may be vague.</p> <p>Not all recipes are Native recipes.</p> <p>Student may forget to connect one menu item to an important food in their tribe's seasonal round.</p>	<p>Student does not include all required menu items.</p> <p>Student does not link menu items to their tribe's seasonal round.</p> <p>Student uses little to no First Nation recipes.</p>
<p>Menu Design <i>Art 3-5 -Make - Utilize more complex media to express an idea and expand knowledge of tools and techniques, with attention to craftsmanship.</i></p>	<p>Student uses elements of design to create an artistic menu that uniquely helps the reader understand menu items in a creative or new way.</p>	<p>Student uses images, font size, color, and description to make an appealing menu that guides the reader to understand and order the food entries.</p>	<p>Student uses some but not all of the elements of design to create their menu.</p>	<p>Student uses few elements of design in the creation of their menu.</p> <p>The menu is sloppy. Food descriptions are difficult to understand.</p>

Student Reflection:

Teacher Comments: