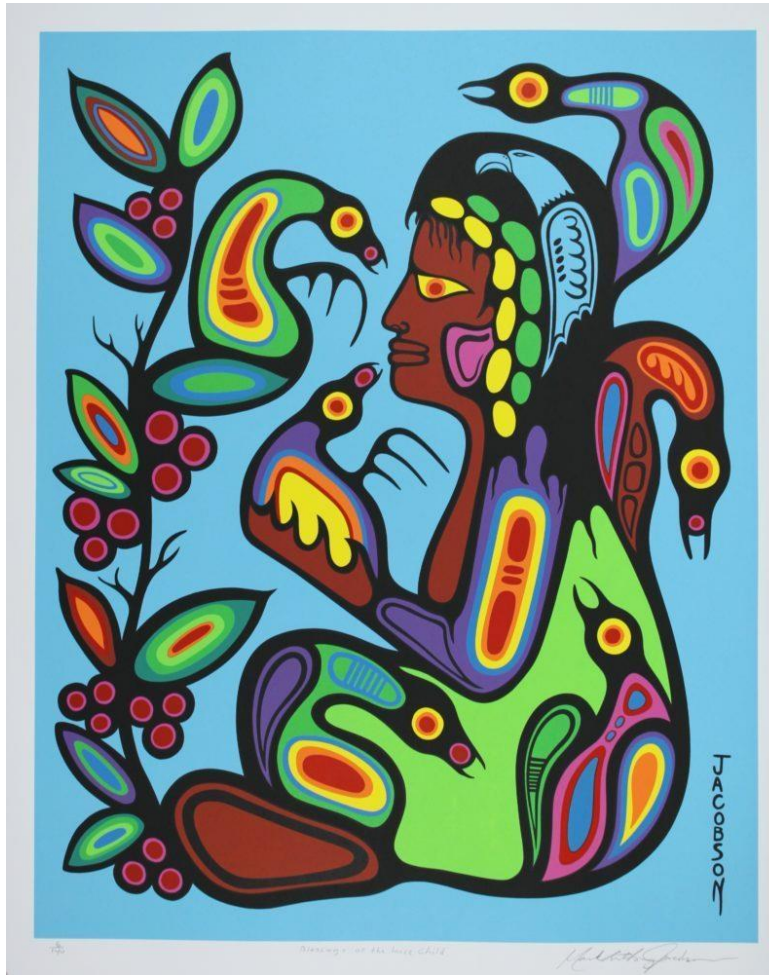
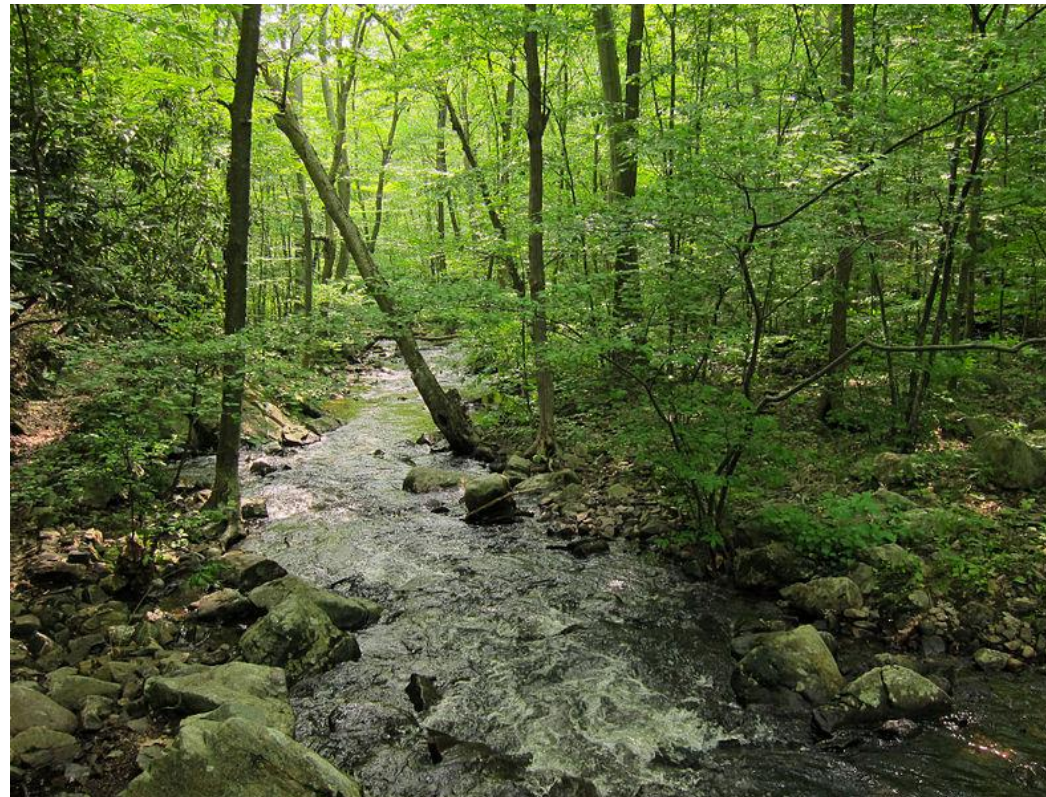
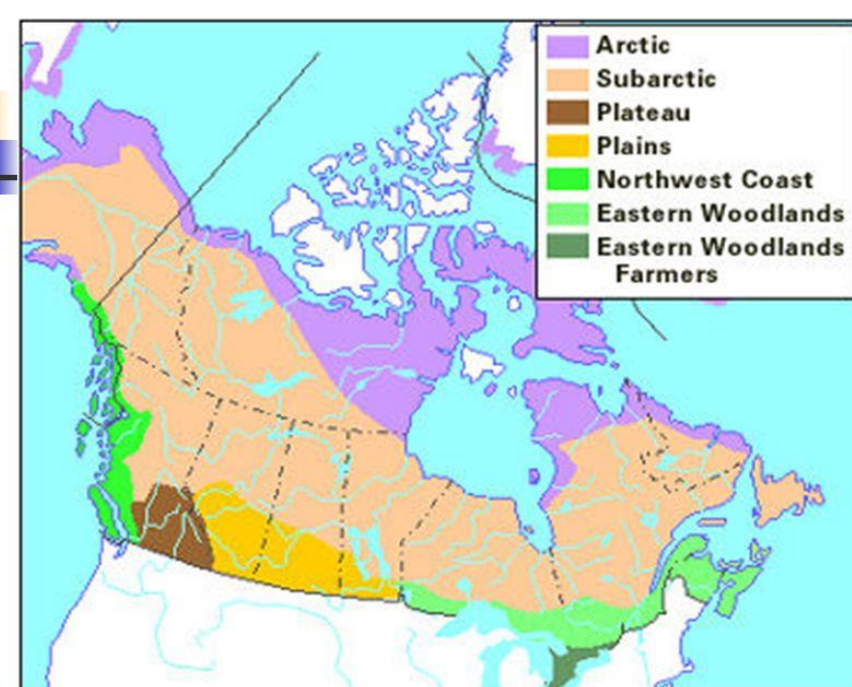


The People of the Eastern Woodlands



The Eastern Woodland People lived in Eastern Canada. They lived in a land of rivers, lakes and forests. Many trees in these forests were **deciduous** trees (trees that loose their leaves). The **birch** tree was used for many things such as homes, canoes and clothing.



All Eastern Woodland People were hunters. Many of them followed the animal **herds** for food. They built nets across streams to catch fish and they used bow and arrows, **spears** and **falling log traps** to kill larger animals such as deer, **moose**, **caribou** or bear. They also hunted smaller animals such as rabbit, beaver and **muskrat** for food. They **gathered** berries and nuts and wild rice from the forests and ponds. They also **snared** birds for food and gathered eggs to eat.

How are these hunters trying to sneak up on the deer?



The People of the Eastern Woodlands dried the fish they caught in the rivers and lakes. They dried and smoked the meat they ate. They would mix the dried fish and meat with dried berries to make pemmican so they would have food in the winter when it was harder to hunt animals for food.

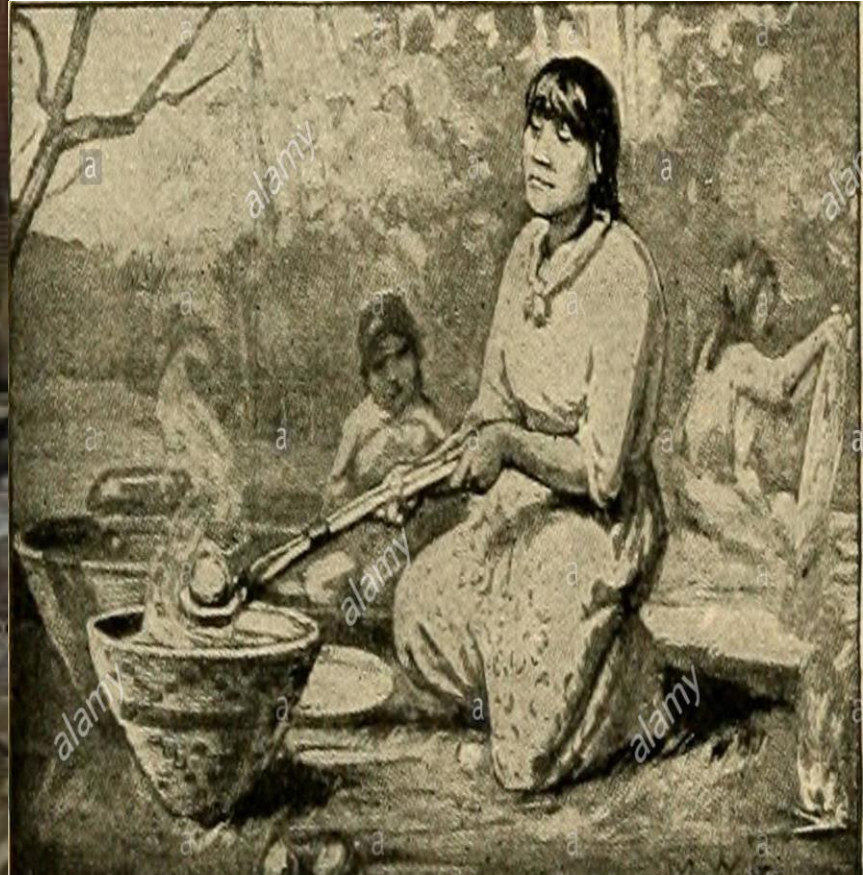


Pemmican: The world's first survival food.

People who lived in the forests of the Eastern Woodland moved around a lot, following the animal herds. They made homes that could be easily made with materials from the forest. These homes were called **wigwams**. Wigwams were made from a frame of wooden poles and then were covered with sheets of birch bark or branches from other trees.



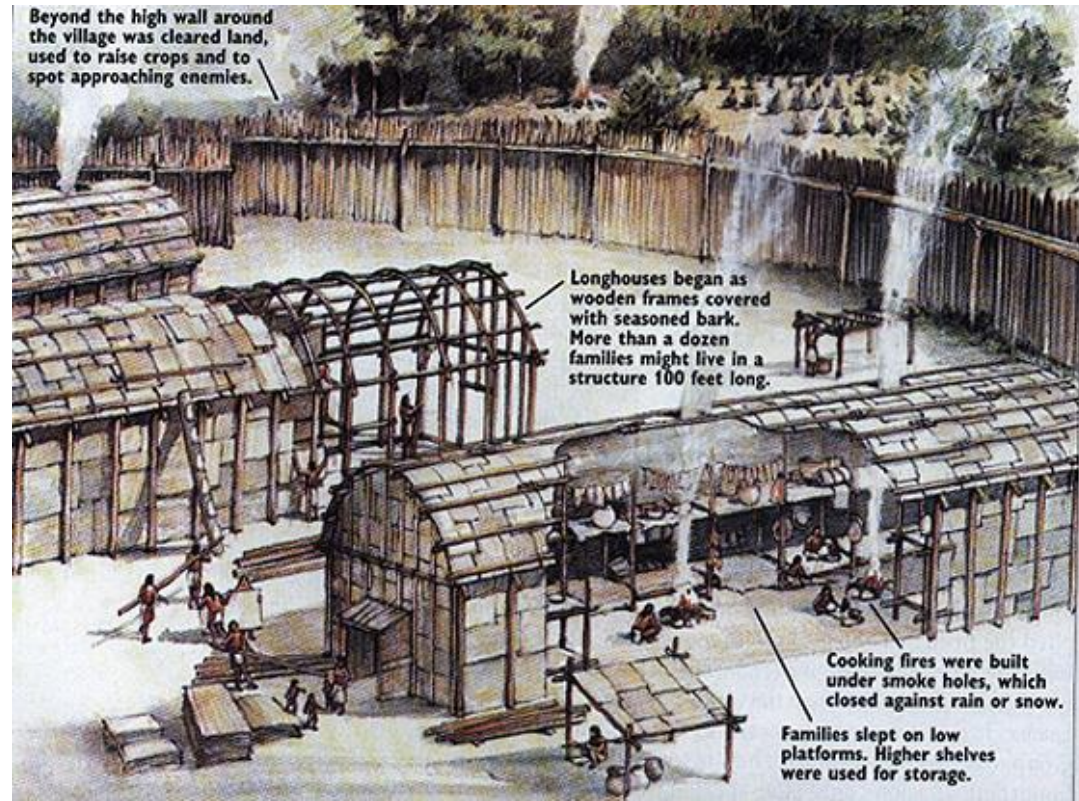
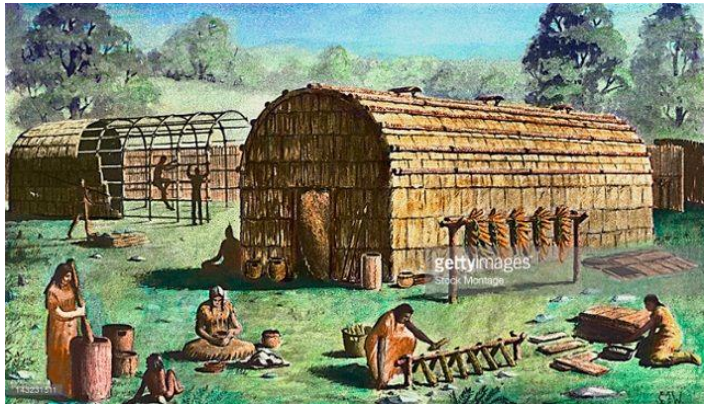
Inside the wigwam were **woven** mats to sit or sleep on. In the center there would be a **fire pit** and a hole in the roof to let smoke out. Boxes and baskets were made from **waterproof** birch bark. Stones were heated in the fire pit and then placed in birch bark baskets to heat water needed to cook food.



Some People of the Eastern Woodlands were farmers. They lived around the Great Lakes where **crops** grew well. They planted and **harvested** squash, beans and corn. These crops were called the “Three Sisters”. They also ate wild berries, **tubers**, barks, herbs and fish and meat from the animals they hunted. Maple syrup was made by Boiling **sap** from the maple tree. Maple syrup was used to sweeten foods.



The People of the Eastern Woodlands who were farmers did not have to move around as much looking for food. They built **permanent** homes called longhouses out of long tree poles and birch bark. These houses could hold all the **relatives** (grandparents, aunts, uncles, cousins) of one family. Each individual family would have their own **section** of the longhouse and their own fire pit to do their own cooking. When a family got bigger they would just add on to the longhouse. **Villages** were surrounded by a fence. A village could have up to 200 longhouses inside the fence.



The Eastern Woodlands is a land of lakes and rivers. The people used **canoes** made of sheets of birch bark sewn together. Birch bark canoes were light. They could be carried over the land around **rapids** in the rivers. Since the canoe was made from materials from the forest, it was easy to **repair**.

Transportation



Maliseet canoe



Toboggan



Bear paw snowshoes

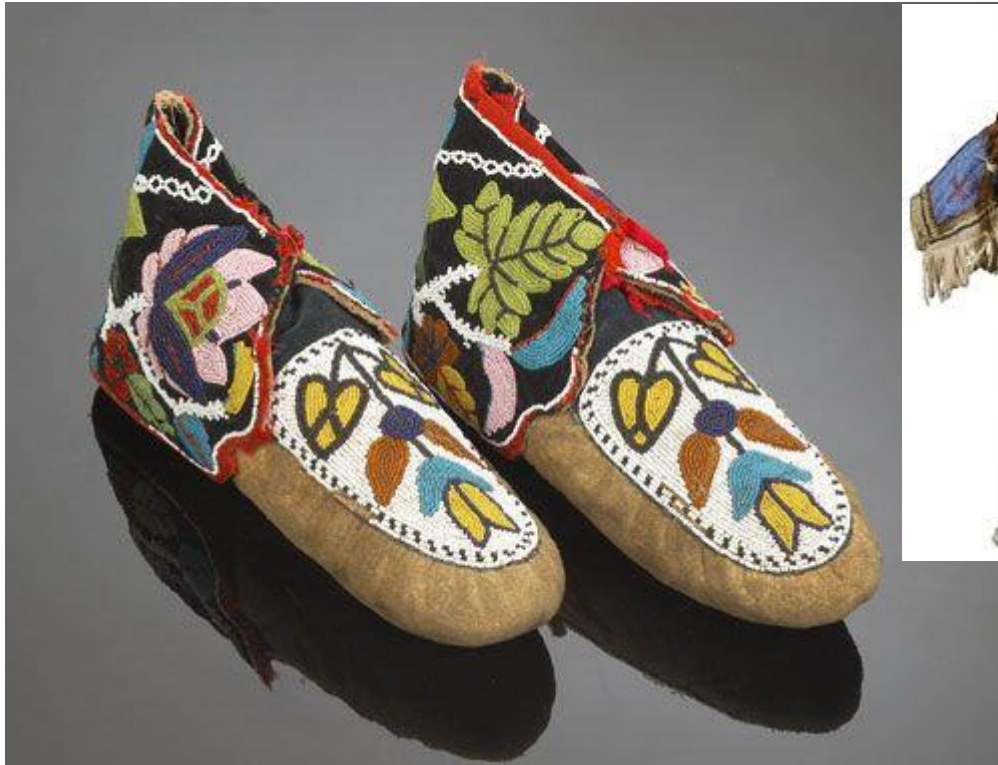


Narrow
Snowshoes



Snowshoes and **toboggans** were used in the winter to help the Eastern Woodland people walk and travel over the snow.

The Eastern Woodland People wore clothing made from **caribou**, **moose** and deer hide. Men and women wore **tunics**, **leggings** and **moccasins**. Rabbit, beaver and **muskrat** fur were used for winter clothing. Animal skins were washed, **soaked**, stretched and chewed to make them soft enough to be sewn together. Animal skins might be **dyed** red, yellow or blue from summer flowers. Porcupine quills and moose hair **embroidery** were used to **decorate** clothing.



Activity #1:

Fold your paper into 4 squares.

Label each square with one of the following headings:

Homes

Food

Tools and Transportation

Clothing

Use the power point to draw pictures or write words that show
What you learned about each topic under each heading.

Bonus Activity:

- Make some corn bread or bannock. Enjoy with jam or maple syrup.

Baking Bannock

Mmmm, Mmmm it tastes so good
Bannock baked like my mother could
Into my mouth and down to my tummy
Mmmm, Mmmm it tastes so yummy!

Recipe for Bannock

Mix together in large bowl:

5 cups flour

3 tbsp. baking powder

Pinch salt

1 tbsp. sugar (optional)

Beat together and add to dry ingredients:

$1\frac{3}{4}$ cups milk

$\frac{1}{4}$ - $\frac{1}{2}$ cup melted lard

1 egg

Knead well. Bake at 350° for 20 min.



Cornbread Muffins:

1. Preheat oven to 375 degrees.
2. Spray a standard muffin pan lightly with cooking spray or line your pan with paper liners.
3. In a large bowl mix:
 - 1 cup yellow cornmeal
 - 1 cup all purpose flour
 - ½ cup sugar
 - ½ tsp baking soda
 - ½ tsp salt
4. In another bowl whisk together:
 - 1 cup buttermilk
 - ½ cup butter, melted
 - 2 large eggs
 - ¼ cup honey
5. Add wet ingredients to dry ingredients. Stir until just mixed.
6. Divide cornbread mixture into your prepared pan.
7. Bake for 15 minutes, or until golden brown.
8. Try heating up some maple syrup and drizzle over cornbread before eating.