

2-4

# Connecting Food, Culture, Identity, and Histories

In Task 2-3, the team began analyzing the survey results to learn more about how some people think about food and nutrition in the community. However, survey results alone may not always provide all the information a person might need to understand why people think in different ways. The underlying reasons that influence someone's thoughts and decisions may be connected to aspects of local culture, identity, and history.

When defining any food-based issue, it is important to understand the relationship a community has with food, culture, identities, and histories in that place. In this task, the team will research and explore connections between food, culture, identity, and histories within the Native Nations of the Pacific Northwest. The team will use this analysis in preparation to then conduct research on possible connections within your local research site in Task 2-5.

## Objective



In this task, the team will be focusing on the following question from the question map in Task 1-10: **What are the connections between culture, identities, histories, and food in a community?**

1. Go to <https://americanindian.si.edu/nk360/pnw-history-culture/> for the teacher and student instructions to complete the Native Knowledge 360° Why Do the Foods We Eat Matter activity 1, **Food Is More Than Just What You Eat.**



2. After completing the activity, discuss:
- How can foods be more than just what we eat?
  - How can foods be used to express culture?
  - How can foods be used to form both individual and collective identity, for example on your research team?



### AT THE SMITHSONIAN

This activity about Native American food and culture can be found here:  
<https://americanindian.si.edu/nk360/pnw-history-culture/>



2-4

3. Go to <https://americanindian.si.edu/nk360/pnw-history-culture/> for the teacher and student instructions to complete to complete the Native Knowledge 360° activity **Why Do the Foods We Eat Matter activity 2, Why Is Salmon Important to Native People and Nations?**



#### AT THE SMITHSONIAN

This activity about Native American food and culture can be found here:  
<https://americanindian.si.edu/nk360/pnw-history-culture/>

4. After completing the activity, discuss:
- What might happen to people, cultures, and communities if the foods that define them cease to exist?
  - What are some possible foods that may help define culture, identities, or histories of people in your community?
  - How can understanding connections between food, culture, identities, and histories be useful when thinking about the problem question,  
**How do we ensure good nutrition for all?**



If you want to learn more about transforming teaching and learning about Native Americans please visit: <https://americanindian.si.edu/nk360>

Hooray! You completed Task 2-4. Check it off the task list. *Go to Task 2-5!*

