**Food, Energy, and Seasonal Rounds**

**Overview:**

This lesson introduces the Native American tradition of seasonal rounds and discusses the important connection between land, food, nutrition, and energy for Native American people in Oregon. Many tribes migrated seasonally, based on the food sources that were available in each place at a given time. Tribes and smaller bands of Native people would often travel several hundred miles in a few weeks to get to the next food-gathering source in time.

These traditions varied depending on the ancestral territory of each tribe. For example, coastal tribes did not follow the exact same traditions or eat all the same foods as tribes who lived in the inland valleys, the Great Basin, or the Columbia Plateau. However, nearly all Native American tribes in Oregon followed some form of seasonal rounds.

The foods gathered and preserved through seasonal rounds not only provided families with nutrition and sustenance through the winter but also became one of the mainstays of intertribal trade. When white explorers and settlers came to the region, closely followed by fur traders and trappers, the preserved foods also became an important trade commodity with these groups—often keeping the newcomers alive. In some tribes in Oregon, women conducted most of the trade between villages and other Native communities and families, but men usually made trade arrangements with white explorers and settlers whether they traveled overland or came by ships on the coastal route. In this lesson, students will reflect on their own lives and the foods they eat throughout the year while also learning about the food traditions of Native American people in Oregon. This lesson will also help students understand the close connection that Native Americans in Oregon have with the land.

**Background for teachers:**

• Learn more about seasonal rounds and Native Americans in Oregon by visiting the following

website: [Camp Life & Seasonal Round](https://trailtribes.org/umatilla/camp-life-)

• Review Concept 9: Indian People and Respect for the Environment from the Indians in Oregon

[Today curriculum](https://www.oregon.gov/ode/stu-)

• Prepare set up for the Seasonal Rounds activity.

• Decide how to group students.

**Learning targets:**

• I can identify traditional foods that Native Americans in Oregon ate during each season.

• I can describe how Native Americans in Oregon used each season to prepare for the rest of the year.

• I can make meaningful connections about food that I eat in the context of learning about seasonal rounds for Indigenous communities and nations.

**Standards:**

Oregon Science Standards:

5-ESS3-1 Obtain and combine information about ways individual communities use science ideas to protect the Earth’s resources and environment.