

# Current Foundations of American Indian Cuisine

## Research Project Procedure Sheet

### Your Next Steps:

#### Part I:

1. Choose ONE North Carolina state-recognized American Indian tribe and ONE topic from the list below to focus your research.

#### Present-day state-recognized North Carolina Tribes:

- Coharie Tribe
- Eastern Band of Cherokee Indians
- Haliwa-Saponi Tribe
- Lumbee Tribe of North Carolina
- Meherrin Nation
- Occaneechi Band of the Saponi Nation
- Sappony
- Waccamaw Siouan Tribe

#### Topics:

- Present day status of American Indian cuisine
- Food sovereignty
- Nutrition and healthy food access in American Indian tribal communities
- Equity and food distribution in American Indian tribal communities

#### Part 2: R&D Time

1. Research the American Indian tribe you have selected and your topic using resources provided by instructor, including the Ancient North Carolinians website (<https://ancientnc.web.unc.edu/teachers/resources/>) and other sources, including the [American Indians in NC and Ancient North Carolinians Resources](#) handout.

Your research should investigate and include the following:

- General background information on the American Indian tribe chosen, including demographic and geographical information. Include any migration patterns.
  - General background information on your chosen topic and why it is important.
  - Provide examples of typical foods eaten by the tribe selected and explain where these foods come from and their significance. Explain how this is related or connected to the topic selected.
  - Provide examples of any of the tribe's current foodways, food traditions and practices as related to the topic selected.
  - Include an image of the menu created for this assignment and images of the typical foods.
  - Explain if there are any items or objects used that are unique to the citizens of the American Indian tribe selected in food preparation or to sustain their food customs.
2. Submit your work-in-progress for feedback at any time. Project must be your authorship and not copied from another source.

### Part 3: Develop Your Written and Visual Report (can have audio too, optional)

1. Write a **research paper** reporting your findings.
  - A minimum of two (2) pages of research, double-spaced, typed, plus a cover page (stapled) in APA style.
  - Include a list of all of the specific articles or websites that you used to complete this presentation, including <https://ancientnc.web.unc.edu/> (APA Style).
  - Paper must be written in the narrative style of writing, double-spaced typed only, with a separate cover sheet (handwritten documents are not accepted).
  - **Vocabulary Requirement:** Identify interesting sentences or new words/tones (phonology) or concepts from your research. Could be related to nouns, verbs or definitions unknown to you prior to this course work, that may be in a Native language or is spoken or used in English.
2. Create a **Google slide deck** presenting on your research.
  - Prepare and deliver a presentation that has between 8 and 10 slides and is between 8-10 minutes long when presented.
  - Information and images on the slides should be from content provided in your written report and include the following:
    - General background information on the American Indian tribe chosen, including demographic and geographical information. Include any migration patterns.
    - General background information on your chosen topic and why it is important.
    - Provide examples of typical foods eaten by the tribe selected and explain where these foods come from and their significance. Explain how this is related or connected to the topic selected.
    - Provide examples of any of the tribe's current foodways, food traditions and practices as related to the topic selected.
    - Include an image of the menu created for this assignment and images of the typical foods.
    - Explain if there are any items or objects used that are unique to the citizens of the American Indian tribe selected in food preparation or to sustain their food customs.
3. Turn in written research paper at the same time you deliver your presentation in class (using your Google slide deck). Email slide deck to instructor on the same day for maximum credit.

### Part 4: Create a Sample Menu

1. Using resources provided by instructor, research foods, ingredients and recipes that are traditional to the American Indian tribe that you have selected for your search in Parts 1 and 2.
2. Use these recipes to create an *American Indian Cuisine menu* based on food eaten by historic Indigenous populations or present-day American Indians in North Carolina. The menu must include four unique courses for preparation in a college or university restaurant. The menu must be printed and handed in on the due date.

*This lesson plan was created by Mark Dowling of Coastal Carolina Community College as part of the 2021-2022 UNC World View Global Fellows Program. For more information about the program, please visit <http://worldview.unc.edu/>.*