

## Native Americans Traditional Native American Food

How much do we really know about traditional Native American food? From stories about the Pilgrims, we know that Native Americans in Massachusetts grew corn. Corn, often called maize, was a **staple**<sup>1</sup> for many Native Americans. They ate it every day. However, corn wasn't the only thing that Native Americans grew.

Many Native Americans also grew beans, squash, or potatoes. Others **cultivated**<sup>2</sup> peanuts, chili peppers, cotton and cacao. Cacao is the plant that chocolate is made from. The ancient Aztecs drank hot chocolate. However, they didn't put sugar in it. Their hot chocolate was bitter and spicy!

Meat was also important to the Native American **diet**<sup>3</sup>. Many different animals were hunted or raised for meat. Among them were guinea pigs, turkeys, and deer. Plains Indians migrated with the bison. This meant that they moved wherever the bison moved. They hunted the bison for food.

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<sup>1</sup> **staple:** something you eat every day

<sup>2</sup> **cultivated:** grew as a crop

<sup>3</sup> **diet:** the food people eat day in and day out

Name: \_\_\_\_\_ Date: \_\_\_\_\_

1. According to the passage, what does **migrated** mean?
  - a. moved around
  - b. lived with
  - c. watched over
  - d. lived among and took care of
  
2. Which of these foods was not grown by Native Americans?
  - a. corn
  - b. chili peppers
  - c. squash
  - d. wheat
  
3. Why did the Plains Indians follow the bison?
  - a. They lived among the bison.
  - b. They hunted the bison.
  - c. The bison led them to food.
  - d. They wanted to watch over the bison.
  
4. Which of these statements does the passage support?
  - a. Native Americans didn't grow very many crops.
  - b. Native Americans grew many things that Americans still eat today.
  - c. Native Americans in Massachusetts grew peas and corn.
  - d. Meat wasn't an important part of the traditional Native American diet.
  
5. Based on the passage, it is likely that corn
  - a. was the only thing Native Americans ate
  - b. was only found in the wild
  - c. was important to the Native Americans
  - d. was only used by the Pilgrims

6. How was the hot chocolate the Aztecs drank different from the hot chocolate we often drink today?

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7. Based on the passage, did all Native Americans eat the same things? Why or why not?

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8. The question below is an incomplete sentence. Choose the word that best completes the sentence.

Corn was a staple for many Native Americans, \_\_\_\_\_ it wasn't the only thing they grew.

- a. and
- b. after
- c. so
- d. but

9. Answer the following questions based on the sentence below.

Native Americans raised or hunted many different animals so they could include meat in their varied diet.

Who? Native Americans

(did) What? \_\_\_\_\_

Why? \_\_\_\_\_

10. **Vocabulary Word:** staple: something you eat every day

Use the vocabulary word in a sentence: \_\_\_\_\_

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**Teacher Guide and Answers**

**Passage Reading Level:** Lexile 660

**Featured Text Structure:** Descriptive – the writer explains, defines or illustrates a concept or topic

**Passage Summary:** This passage describes different traditional Native American food, including how different tribes planted vegetables and hunted for animals.

1. According to the passage, what does **migrated** mean?
  - a. **moved around**
  - b. lived with
  - c. watched over
  - d. lived among and took care of
  
2. Which of these foods was not grown by Native Americans?
  - a. corn
  - b. chili peppers
  - c. squash
  - d. **wheat**
  
3. Why did the Plains Indians follow the bison?
  - a. They lived among the bison.
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4. Which of these statements does the passage support?
  - a. Native Americans didn't grow very many crops.
  - b. **Native Americans grew many things that Americans still eat today.**
  - c. Native Americans in Massachusetts grew peas and corn.
  - d. Meat wasn't an important part of the traditional Native American diet.
  
5. Based on the passage, it is likely that corn
  - a. was the only thing Native Americans ate
  - b. was only found in the wild
  - c. **was important to the Native Americans**
  - d. was only used by the Pilgrims

6. How was the hot chocolate the Aztecs drank different from the hot chocolate we drink today?

**Suggested answer:** The Aztecs drank their hot chocolate bitter and spicy but today people drink it sweet.

7. Based on the passage, did all Native Americans eat the same things? Why or why not?

**Suggested answer:** No they did not all eat the same thing because Native Americans lived in different places that had different kinds of food available. Some grew vegetables, others hunted, and others raised animals for meat.

8. The question below is an incomplete sentence. Choose the word that best completes the sentence.

Corn was a staple for many Native Americans, \_\_\_\_\_ it wasn't the only thing they grew.

- a. and
- b. after
- c. so
- d. but**

9. Answer the following questions based on the sentence below.

Native Americans raised or hunted many different animals so they could include meat in their varied diet.

Who? Native Americans

(did) What? **raised or hunted**

Why? **so they could include meat in their varied diet.**

10. **Vocabulary Word:** staple: something you eat every day

Use the vocabulary word in a sentence: answers may vary.