



Moose Harvest: Moose Feast

SEASON: Fall



SYNOPSIS

Wāpastim shows us how to cook the traditional moose parts that have been harvested for a ceremonial feast fire offering. He then makes bannock and tells us about its origins and how it was adopted as a traditional food within Cree culture. Finally, we see the finished food products and Wāpastim describes the fire offering ceremony.

THEMES

comparison of cow, elk, and moose tongue; cooking measurements; spiritual practices; ceremony, revitalization of traditions

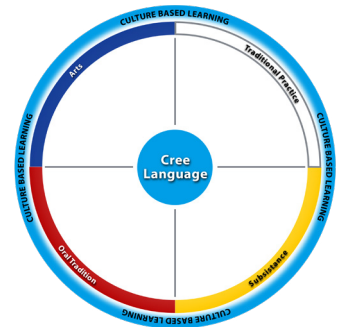
LEGENDS/STORIES

-  [How Moose Came to Be](#)
-  [Why Moose Looks the Way He Does \(Told in Cree\)](#)

VIDEOS IN THIS SERIES

- [Feast Preparation \(16:28\)](#)
- [Making Bannock \(11:01\)](#)
- [Feast Fire Offering \(Large Intestine\) \(11:04\)](#)

PRE-PLANNING TEMPLATE



CREE TERMS

Feast Preparation

tānisi - hello

Wāpastim - White Horse

nīsīkāson - my name is

mōsokot - moose nose

mōswa misteh - moose heart

mōswa miteyaniy - moose tongue

This guide was developed by the Alberta Professional Learning Consortium and funded partially by Alberta Education to support implementation. It is freely provided in support of improved teaching and learning under the following Creative Commons license.



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mōswa apotan - edible innards of a moose
 micimapoy - soup
 mostos - cow
 moswatakisi - large intestine
 winastakay - tripe
 mōswa - moose
 omaw - tripe
 Nēhiyawak - Cree people
 pahkwesikan - bannock

Making Bannock

tānisi - hello
 Wāpastim - White Horse
 nīsikāson - my name is
 ēkōsi maka - that's all

Feast Fire Offering

tānisi - hello
 Wāpastim - White Horse
 nīsikāson - my name is
 cistēmaw - tobacco
 mosom iskotēw - grandfather fire
 kahkiyaw wahkomakanak - all relatives
 kahkiyaw ahcahk - all spirits
 kinanaskomitinawah kahkiyaw - thank you all of you
 ay-hay - thank you

EXAMPLES OF GRADE AND CURRICULUM CONNECTIONS

Making Bannock Video

Grade 2 Math: Measurement

Learning Outcome: Students communicate length using units.

- Length can be measured with nonstandard units or standard units.

Grade 5 Math: Number

5N6 Students add and subtract fractions with common denominators.



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EXAMPLES OF GRADE AND CURRICULUM CONNECTIONS

Moose Feast Series

Grade 2 Social Studies (Pilot): Time and Place

Learning Outcome: Students explore the foundational heritage of First Nations, Francophone, and Métis communities.

- Heritage is culture and traditions that are passed down through generations.

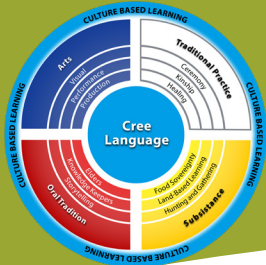
Junior High: Environmental and Outdoor Education

High School CTS Courses

Several CTS courses connect with this content, such as:

Foods

- FOD1060: Canadian Heritage Foods
- FOD2100: Basic Meat Cookery



Pre-Planning with the 4 Foundations of Cree Ways of Knowing and Being

