

Curricular Extension: Traditional Ways of Preserving Food**Overview:**

There are many methods of preservation to keep food from spoiling. Modern methods involve using electricity and scientific advances to preserve food. However, food preservation is an ancient practice that humans have been using as a means of survival for hundreds of years.

Ancient or traditional food preservation methods include things like sun drying, freezing on ice, fermenting, salting, smoking, and more.

Older grades may consider doing a deeper dive into learning about food preservation. Here are some ideas:

- 1. Have students research traditional methods of preserving food.**
 - What food preservation methods were used before electricity?
 - Which foods were commonly dried? Frozen? Smoked? Fermented? Etc.

- 2. Ask students to find out if their family preserves food today.**
 - Does anyone in their family preserve seasonal foods?
 - Which foods do they preserve?
 - Do they have a recipe they would like to share?

- 3. Research different indigenous cultures around the world and their traditional food preservation methods.**
 - How does climate influence traditional preservation methods?

- 4. Invite an Elder from the community who has knowledge on how to preserve local foods or historical knowledge of traditional preservation methods.**