EFP12 Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Bannock Presentation Reflection

The History of Bannock

*“The Aboriginal staff of life, Bannock, is common to the diet of virtually all North America’s first peoples. The European version of bannock originated in Scotland and was made traditionally of oatmeal. The bannock of Aboriginal people was made of corn and nut meal, and flour made from ground plant bulbs. There were many regional variations of bannock that included different types of flour, and the addition of dried or fresh fruit. Traditionally, First Nation groups cooked their bannock by various methods. Some rolled the dough in sand then pit-cooked it. When it was done, they brushed the sand off and ate the bread. Some groups baked the bannock in clay or rock ovens. Other groups wrapped the dough around a green, hardwood stick and toasted it over an open fire. Pioneers may have introduced leavened breads to the Aboriginal people. The use of leavened breads spread and adapted from there. Pioneers also introduced cast-iron frying pans that made cooking bannock quicker and easier. Today, bannock is most often deep-fried, pan-fried and oven-baked. Bannock is one of the most popular and widespread native foods served at pow wows, Indian cowboy rodeos, festivals, and family gatherings.”*

**Please answer the questions below in paragraph form**

* What did you take away from the experience?
* What was something new that you learned that was valuable or thought provoking?
* How do having First Nations speakers and cultural experiences in our school contribute to the reconciliation process?
* Can you make any connections to something else you know or have learned about?