



First Peoples Gallery:
Food Quest



YOU ARE HERE

KEY QUESTION

What are some food sources of coastal communities?

- Look at all of the different methods of fishing that you can see in the display.
What method would you choose to fish with?

Draw it

Name of method

Why did you choose it?

- Find a way that salmon were caught while travelling upstream. First Nations communities would make sure not to catch too many fish in one season. Why is this important?

- Continue on and look at the different foods that are collected and preserved.
- It is nearing winter on the coast, and time for you to think about what you want to store for food over the cold, wet season. Record four food resources that you would store for the winter.

- "There's a hole in my basket!" Look at the baskets carrying salmonberries and shellfish, and find differences between them. Why would it be smart to weave these two baskets differently?

FACTS

**STAR OF THE SEA
(BUT NOT TASTE BUDS)**
Find 5 sea stars in the underwater display. They are the only ocean dweller in the case that was not eaten by coastal communities. They taste bad no matter what you do with them!



FOOD FOR THOUGHT
Traditional Coastal First Nations diets were better than the diets of Europeans who came to explore and trade in the 18th century!