



<b>Social Studies</b>		<b>Health</b>		<b>Arts</b>		<b>Phys. Ed</b>	
<u>Activities</u>	<u>Resources</u>	<u>Activities</u>	<u>Resources</u>	<u>Activities</u>	<u>Resources</u>	<u>Activities</u>	<u>Resources</u>
<p>Teacher information www.agriculture.gov.sk.ca Wild rice is normally grown in bays and shallow areas. Using the map of Lac Ile a ala Crosse. Found on icsd.ca Students identify areas used for wild rice (Rosser Bay, Magloire Bay, Beaver River, Canoe River)</p> <p>Students listen to elder talk about harvesting rice long ago. Or read information at <a href="http://www.sicc.sk.ca/saskindian">http://www.sicc.sk.ca/saskindian</a> for May 1989 Students write notes and illustrate each step of wild rice harvesting long ago Wild rice was originally harvested in canoes; Using a paddle, the thin stems were bent over into the canoe; A stick or flail was used to swat the plant. This made the grain fall into the bottom of the boat. Then the grain was spread out in the sun to dry ( or dried over a fire ). The outer coat of the seed was removed by threshing or hand rubbing.</p> <p>CELS; CRITICAL AND CREATIVE THINKING</p>	<p>Elder icsd112.ca <a href="http://www.sicc.sk.ca/saskindian">http://www.sicc.sk.ca/saskindian</a> www.agriculture.gov.sk.ca</p>	<p><b>Nutrition value</b> When wild rice is uncooked it contains more than 12 percent of protein. Wild rice contains more vitamin B-3, than brown rice and is a very good source of other B vitamins, such as calcium and potassium. It is also a good source of fiber and is high in carbohydrates</p> <p>More information can be found at <a href="http://healthrecipes.com/wild_rice.htm">healthrecipes.com/wild_rice.htm</a></p> <p>Teacher pops wild rice while students watch this is done in a process similar to popping popcorn using a pot with oil <a href="http://www.wildrice.mb.ca/recipes.html">www.wildrice.mb.ca/recipes.html</a></p> <p>In addition students could try common wild rice dishes such as wild rice casserole or wild rice salad. Have students ask parents how or when they have eaten wild rice. Share with class. If possible organize a wild rice feast. Students should write a journal entry about the taste of wild rice and explain why it is a good nutritional choice.</p> <p><b>CELS: CRITICAL AND CREATIVE THINKING INDEPENDENT LEARNING</b></p>	<p><a href="http://healthrecipes.com/wild_rice.htm">healthrecipes.com/wild_rice.htm</a> <a href="http://www.wildrice.mb.ca/recipes.html">www.wildrice.mb.ca/recipes.html</a></p>	<p>Students share oral tradition, stories they know about wild rice.</p> <p>Students collect long grass that has seeds on nature walk to represent wild rice in their multimedia picture.</p> <p>Students use water colours to paint a lake scene. Glue on grass to represent wild rice. Items such as trees,boats, harvest, people can be cut from classroom scraps of various art papers.</p> <p>CELS: CRITICAL AND CREATIVE THINKING</p>		<p>Students go on nature walk to scout for natural grasses.</p> <p>Students pretend they are harvesters moving their bags of wild rice. Students use bean bags to represent the bags of rice viewed at <a href="http://wildlakerice.com">wildlakerice.com</a></p> <p>Have students work in teams to transport 50 bags of rice from lake to harvester to processing plant.</p> <p>After feasting on wild rice dance to celebrate the harvest.</p> <p>Jig to imitate the process of breaking the husks off seeds. Use music from <b>Drops of Brandy GDI</b></p> <p>CELS: PERSONAL AND SOCIAL VALUES AND SKILLS</p>	<p><a href="http://wildlakerice.com">wildlakerice.com</a> <b>Drops of Brandy GDI</b></p>