The Lewis and Clark Expedition, a Journey of Food Discovery: TOC with Show Me Standards

Introduction
The Lewis and Clark Expedition, A Journey of Food Discovery, A Curriculum for Grades K-6 was developed for the Family Nutrition Education Program to be used as a special focus/summer/supplemental curriculum. The four lessons include outlines, activities and related craft ideas and book and reference material items. When students embark on this journey of food discovery they will learn, like Lewis and Clark and the Corps of Discovery, that there is an exciting world of food to explore.

Lesson 1 – Launching the Discovery – May 1804
Lessons and Activities
- Shopping with Lewis
- Keeping Food Safe
Crafts and Activities
- Journals
- Canoe Paddles
Show Me Standards II. A. 1a.; II. B. 4a.

Lesson 2 – Animals and Wildlife: Food for the Corps
Lessons and Activities
- From the Plains and Prairies, High Country and Forests, to the Rivers and Ocean – Meat, Meat and more meat
Crafts and Activities
- Buffalo Hide Painting
- Tortilla Tepee
Show Me Standards II. B. 1b.; II. B. 3a.

Lesson 3 – Help from the Native Americans
Lessons and Activities
- Finding Food
Crafts and Activities
- Beans and Dried Corn Collage
- Bead Necklace
Show Me Standards II. B. 1b.; II. B. 3a.

Lesson 4 – Sacagawea and Edible Plants
Lessons and Activities
- Name that Plant
- Did Lewis and Clark Eat It?
Craft and Activity
- Pressing Plants
Show Me Standards II. B. 1b.