



# 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.