

Native Foods on Your Table

Week 19 • Thursday • How Their World Feeds Yours

Reading Time

Get ready for a surprise: much of the food YOU eat was first grown by Native Americans!

Do you like popcorn? Corn was first grown by Native farmers thousands of years ago — and yes, they made popcorn too! French fries and mashed potatoes? Potatoes were first farmed by Native peoples in South America. Chocolate, tomatoes, peanuts, pumpkins, blueberries, and maple syrup — all first foods of the Americas!

Native peoples also taught early settlers HOW to grow and cook these foods, helping them survive. So the next time you eat popcorn or pumpkin pie, remember: you're tasting thousands of years of Native farming wisdom.

Reading Questions

1. Name three foods first grown by Native Americans.

2. Who invented popcorn?

3. How did Native peoples help early settlers survive?

Kitchen Detective

With a grown-up, look through your kitchen. Check off every Native American first-food you find!

First food	Found it? ✓
Corn (or popcorn, corn chips, cornbread)	
Potatoes (or fries, chips)	
Tomatoes (or ketchup, pizza sauce)	
Chocolate	
Peanuts (or peanut butter)	
Pumpkin, squash, or beans	
Maple syrup or blueberries	

Think About It

1. How many first-foods did you find? Which one surprised you most?

2. What would your favorite meals be like WITHOUT these foods?

True or False

Write T for true or F for false in each circle.

- ☐ Corn was first grown by Native farmers.
- ☐ Popcorn is a brand-new invention.
- ☐ Potatoes came first from the Americas.
- ☐ Chocolate is a Native American first food.
- ☐ Native peoples taught settlers how to grow these foods.
- ☐ Pizza sauce is made from a Native first food.

Draw a Thank-You Feast

Draw a table filled with Native American first foods you love — popcorn, chocolate, pumpkin pie, and more!

Review

I learned...	Circle one
Foods first grown by Native Americans	YES / NOT YET
How these foods reached my table	YES / NOT YET
How Native farmers helped settlers	YES / NOT YET