

Food and the Three Sisters

Week 19 • Tuesday • Growing, Hunting, and Gathering

Reading Time

How did Native nations get their food? Three main ways: growing, hunting, and gathering.

Many nations were expert farmers. Their most famous crops were the **Three Sisters**: corn, beans, and squash, planted together in one mound! The corn grew tall, the beans climbed the corn like a ladder, and the big squash leaves shaded the ground to keep it moist. The three plants helped each other grow — brilliant!

Nations also hunted deer and buffalo, fished rivers and seas, and **gathered** wild foods like berries, nuts, and wild rice. Nothing was wasted, and people gave thanks for every meal.

Reading Questions

1. What are the Three Sisters?

2. How did the three plants help each other?

3. What does 'gathering' mean?

4. Name two wild foods people gathered.

Vocabulary Grid

Write what each word means in your own words.

Three Sisters

crop

gather

hunt

squash

wild rice

Fill in the Blanks

corn

beans

squash

ladder

shade

thanks

1. The tall sister was _____.

2. The _____ climbed the corn like a ladder.

3. Big _____ leaves kept the ground moist.

4. The beans used the corn as a _____.

5. Squash leaves gave _____ to the soil.

6. People gave _____ for every meal.

True or False

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

- ☐ The Three Sisters are corn, beans, and squash.
- ☐ The three plants hurt each other's growth.
- ☐ Some nations gathered wild rice and berries.
- ☐ Food was often wasted.
- ☐ Beans climbed the corn stalks.
- ☐ Nations got food by growing, hunting, and gathering.

Draw the Three Sisters

Draw a Three Sisters mound: tall corn in the middle, beans winding up the stalk, and wide squash leaves all around the bottom.

Review

I learned...	Circle one
What the Three Sisters are	YES / NOT YET
How the plants help each other	YES / NOT YET
The three ways nations got food	YES / NOT YET