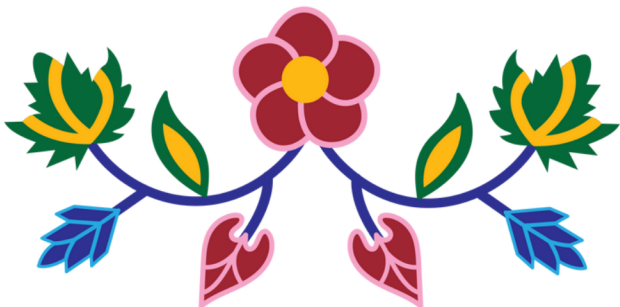


GIKINAWAABI

LESSON 14

LESSON: 13 MOONS INTRODUCTION

**ACTIVITY: FOOD FUELS OUR MIND
BODY AND SPIRIT**



MICHIGAN STATE
UNIVERSITY

LESSON 14

13 MOONS INTRODUCTION



TEACH THIS LESSON BEFORE LESSON 15

LESSON OBJECTIVE

The child will be exposed to the connection between food and well being. The family will be introduced to the concept of the traditional 13 moons.

MEDICINE WHEEL WISDOM

Food is medicine that fuels our mind, body and spirit. Food comes from our land; eating food from our land reminds us who we are and where we come from. Knowing who we are and where we come from keeps our spirit strong. Our spirit is represented by the Eastern direction in the medicine wheel.

FAMILY OUTCOMES: PICCOLO

- Attends to the child's actions
- Is physically close to the child
- Shows Enthusiasm for what the child is doing

CHILD BEHAVIOR OUTCOMES: LOLLIPOP

- The child attends to symbols on food labels
- The child attends to letters and words on written recipes and food labels
- The child attends to numbers on written recipes

HOME VISITOR LESSON OVERVIEW

Materials Needed:

- **Lesson**
 - The 13 Moons Life Cycle Sheet
 - Turtle Poster with text
 - Turtle Poster with illustrations
- **Activity**
 - Food fuels our mind, body, & spirit food sort
 - Home Visitor Preparation: cut out the food sorting pieces ahead of time

LESSON

1. Present the family with the 13 Moons Life cycle sheet. Ask if they are familiar with the 13 moons of the traditional Anishinaabe Calendar
 - You can use your phone or their phone to watch the Anishinaabe story of the great flood (QR code at the top of the paper) to understand why the turtles back is so symbolic.

LESSON 14

HEALTHY EATING



LESSON

2. Provide the turtle poster with text to the family and the turtle poster with illustrations to the child.
3. Look over the turtle posters and ask the child what moon do they think we are currently in. Explore their answer with them.
4. Ask them to think about the other moons. Have the child pick out their favorite moon. It could be when their birthday is, a favorite holiday etc.
5. Ask the family if they have any food related traditions that are important during this moon.
 - It does not have to be indigenous foods it could be a family recipe, berries in the summer etc.
 - Ask if it tends to change during the seasons or moons.
 - Ask how the family experiences these food related traditions?
 - What do they look like
 - How do they sound
 - What do they smell like
 - How do they make you feel

The home visitor may share their own food-related traditions as an example.



IT IS VERY IMPORTANT TO GIVE THE CHILD TIME TO RESPOND TO QUESTIONS AS THEY ARE LEARNING!

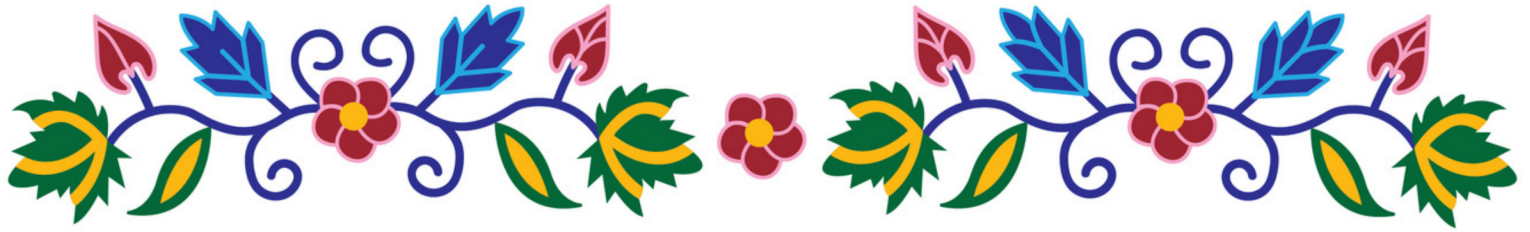
6. Ask the family if there are traditions around seasonal food that they would like to participate in but haven't yet.
 - This could be as simple as learning about indigenous foods, trying to incorporate them into everyday meals, or eating seasonally.
7. Encourage the Family to hang up the turtle poster somewhere in their home. It could be on the refrigerator or somewhere they think about and plan meals to try and incorporate seasonality. Or it could be in the child's bedroom.
 - Challenge the family to follow the turtle calendar throughout the year!

LESSON WRAP UP

- **Explain that at the next visit you will dive deeper in depth with traditional foods and seasonality**
- **Explain lesson 14 activity then leave it with the family**

LESSON 14 ACTIVITY

FOOD FEELS OUR MIND BODY & SPIRIT



FOOD SORTING

- Explain to the child that different colored foods are important and nourish our bodies in different ways.
- Show them the color sorting page and encourage them to sort out the different foods by their color and then by the type.
 - Encourage the child to think about the different foods with their different senses. How do they feel, smell, taste etc.
- Have the child draw any foods that they would like to sort in the blank boxes



GIKINAWAABI

LESSON 14

ADDITIONAL PAGES

- **13 MOONS LIFE CYCLE**
- **TURTLE POSTER TEXT ONLY**
- **TURTLE POSTER ILLUSTRATIONS**
- **FOOD FUELS OUR MIND BODY & SPIRIT**
- **FOOD SORT**



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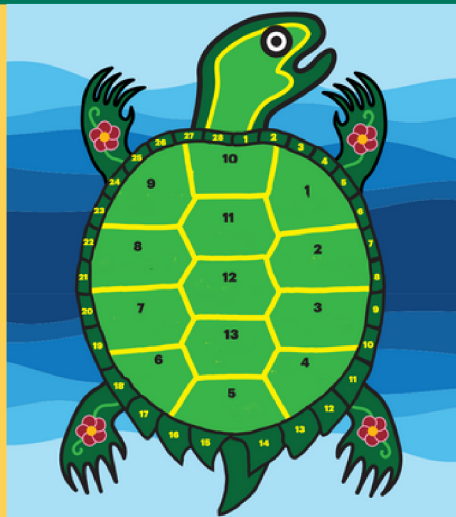


The 13 Moons Life Cycle



What are the 13 Moons?

In Anishinaabe culture, we are taught that a piece of mother earth was placed on the turtle's back after the great flood. Nanaboozhoo, our Anishinaabe trickster, saw that the back of turtle had thirteen sections. He compared these large sections of the turtle shell to the thirteen moon cycles of the year. Each year has 12 or 13 full moons. The Anishinaabe recognize a 13-moon calendar.



Turtle Shell Pattern

13 large scales represent the **13 moons** of the year.

28 small scales represent the **28 days** in each moon.

While the western calendar begins in January, the Anishinaabe new year starts in the spring when the snow begins to melt and the sap begins to run.

The 13 Moons and Nutrition

Each Anishinaabe moon honors a natural occurrence, sustenance or spiritual aspect that happens during that time.

Each moon gifts us with nourishment for our bodies.



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- 1. Bow and arrow
- 2. Fish
- 3. Full moon
- 4. Tree with bucket
- 5. Bear and cub
- 6. Leaves
- 7. Paw print
- 8. Sun
- 9. Basket of berries
- 10. Raspberries
- 11. Pine trees
- 12. Autumn leaves
- 13. Wheat
- 14. Fire
- 15. Basket of berries
- 16. Sun
- 17. Raspberries
- 18. Basket of berries
- 19. Wheat
- 20. Leaves
- 21. Bear and cub
- 22. Full moon
- 23. Tree with bucket
- 24. Fish
- 25. Bow and arrow
- 26. Pine trees
- 27. Autumn leaves
- 28. Wheat



FOOD FUELS OUR: MIND, BODY, & SPIRIT

Orange
Wabgonadé

KEEP OUR EYES STRONG

Yellow
Ozaawi

KEEP OUR IMMUNE SYSTEM STRONG

Blue
Gishgok nazo

KEEP OUR BRAIN STRONG

KEEP OUR HEART STRONG

Red
Msko

KEEP OUR BONES STRONG

Green
Skebgya



WHERE DO WE GET OUR FOOD FROM?

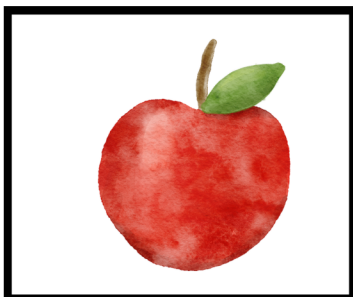
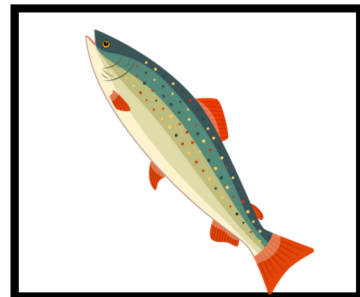
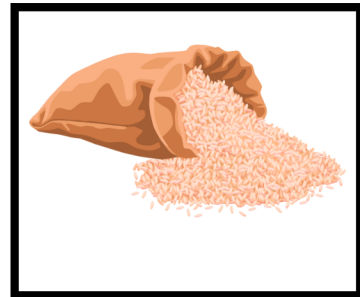
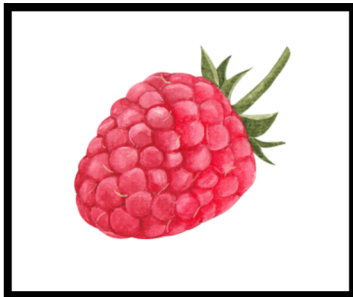
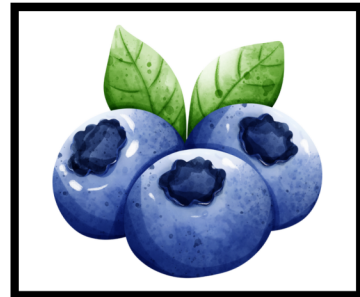
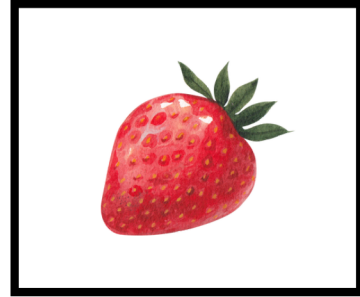
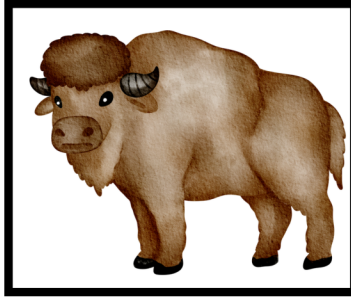
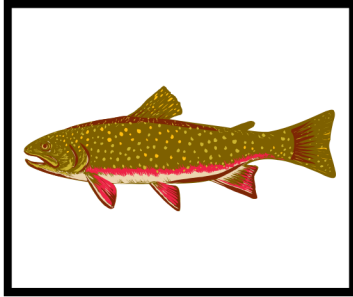
PLANTS

ANIMALS

FOOD CHOICES



CUT OUT FOODS TO SORT



CREATE YOUR OWN FOOD CHOICES



CUT OUT FOODS TO SORT
