

LEARNING TO MAKE AKUTAQ

Objectives:

Children will know: Children will learn about traditional akutaq.

Children will do: Children will learn to make their own akutaq.

Essential Questions:

- What is akutaq?
- How do we make akutaq?

Standards:

L3. Listen to, enjoys, and actively participates in stories.
M3. Describes and compares measurable attributes.
M4. Counts orally, counts objects, and names numerals.
PSH3. Shows self-control.



Materials:

- **Medium sized bowls**
- **Plates**
- **Spoons**
- **Berries (Either from the store, donated from a child's family, or go berry picking)**
- **Crisco**
- **Vegetable Oil**
- **Granulated sugar**
- **Optional: Whitefish**

Center Setup:

- 1.) Set out picture of akutaq.
- 2.) Set out non-perishable akutaq ingredients.
- 3.) Hang essential questions in center where you can read them as children play.

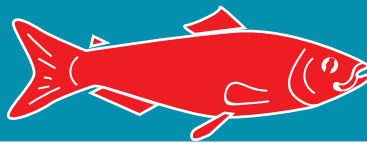
Alaska Native Values:

Share What you Have, Show Respect to Others, Have Patience

Promoting Culture Self Assessment:

- I display pictures, posters and other materials that reflect the cultures and ethnic backgrounds of children and families served in my early childhood program or setting.
- I encourage and provide opportunities and experiences for children that support Alaska Native culture.
- I provide opportunities for children to cook or sample a variety of Alaska Native foods.
- I encourage and invite parents and community members to volunteer and assist with Alaska Native language and cultural activities.

ACTIVITY



Engage

"Today we are going to learn about AKUTAQ." (pronounced AH-GOO-DUK) Show picture of akutaq. "Who has heard of akutaq? Who has tried akutaq before?" Does anyone know the other name for akutaq? It is also called "Eskimo Ice Cream." "Do you know what is used to make akutaq?" Explain, "The word akutaq means "mix them together" in Yupik. That is because we mix a bunch of ingredients together to make it. What does the word "ingredients" mean? Every family has a different recipe, and there are many ways to make akutaq with different ingredients. Let's try and make our own akutaq."

Explore:

Activity: 10 Minutes

Note: If you are able, bring a type of whitefish or ask a community member to donate some. Have this cooked and shredded in a bowl as an ingredient to use. If you have your own special akutaq recipe, feel free to use that as well.

Set out all the ingredients for the akutaq and give each student a bowl. Describe or discuss each ingredient. Demonstrate making the akutaq in your own bowl as students follow along in their own bowl.

Akutaq Recipe: $\frac{1}{4}$ cup Crisco, $\frac{1}{4}$ cup Sugar, 2 tablespoons Water, 1 cup berries, $\frac{1}{2}$ cup fish meat. Mix together Crisco and sugar quickly. Add water and continue to mix. Add berries. If fish is available, mix in last. Pass out plates and spoons to everyone. Have each child spoon some onto their plate to try it. Ask if they would like to add any other available ingredients, maybe more berries, more sugar, or more fish.

Explain that we have to allow the treat to set up in the freezer. Take their akutaq and put it in a freezer for an hour to firm up. While the akutaq is setting up, have children explore in the writing or dramatic play center. Once firm, have each student set out their akutaq with their name on it for everyone to try. Say "Tamarpeci nerluci," (pronounced TAHM-AR-PECH-EE NER-LUH-CHEE) which means "All of you eat!"

Explain:

"Did everyone enjoy eating their akutaq? Akutaq is a great tasty treat for us, but it was used a long time ago for survival. When people went out hunting, they brought along akutaq to keep them from being tired and hungry. Have you ever felt tired and hungry and then had some food to feel better? Akutaq gave hunters energy to hunt. Akutaq can also be made with moose meat and fat, caribou meat and fat, fish, and seal oil. Does your family make akutaq? How does your family make akutaq?" Have students share family stories. Encourage children to take their treats home to share with a family member.

EVALUATION

Emerging:

Student listens but does not participate.

Developing:

Student listens and participates but does not make akutaq,

Proficient:

Student listens, participates, makes akutaq, but does not share personal story.

Advanced:

Student listens, participates, makes akutaq, and shares personal story with the class.

