

NATIVE AMERICAN EDUCATION FOR ALL RESOURCES

Partnership of IllumiNative and the National Indian Education Association



ILLUMINATIVE



Grade Level

PK-2

Subject

**Social Studies
Art**

Lesson Title

**Fry Bread: A Native American
Family Tradition**

MATERIALS NEEDED

- ["Fry Bread: A Native American Story"](#) by Kevin Novble Maillard, Illustrated by Juana Martinez-Neal
- Several pieces of construction paper and/or printing paper
- Stapler
- Pencil
- Crayons, colored pencils, and/or markers

STEPS

This activity is for children to do with a person from the family or community, but it can also be done by the child alone.

Read ["Fry Bread: A Native American Story"](#) by Kevin Novble Maillard, Illustrated by Juana Martinez-Neal with your child.

Putting Your Book Together

1. Take a stack of printer paper and lay it on top of a single piece of construction paper.
2. Fold all of the pages in half taking the left side of the pages and folding them over to the right side (along a vertical axis) to make a booklet.
3. Staple the pages together along the crease, at the top of the booklet, in the middle of the booklet, and at the bottom of the booklet

Writing Your Traditional Food Story

1. Explain to your child that they are going to make their own book about a specific food or recipe that is meaningful to them—because it is part of their culture, a family tradition or some other meaning. They will think about all the aspects of that food, why it's meaningful to them, and then create a short book about their selected food.
2. Don't forget to encourage them to draw pictures!
3. When completed, have your child read their books aloud to you and/or family members.

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HELPFUL TIPS

Before reading the book

- Point out some of the cover art, and ask "What do you see on the cover of the book?"
- What do you think the book might be about?"
- What have you learned about Native American people from stories you have read or seen in school?

During the reading of the book

- Ask your child a few questions about the pictures in the book, such as "what is making the sound while the fry break cooks?"

After the book reading

- Point out the tribes listed on page 21, and ask, "what tribes have you heard of before?", and "what did you learn about those tribes?"
- Talk with your child about how frybread might be a part of everyday life and special occasions.
- What did you learn about fry bread from this book?
- Why do you think it is important to many Native American cultures?

After your child completes and reads aloud their own book

- Why is this food or recipe you are writing about important to your (our) family's history, culture, or traditions?

WANT TO LEARN MORE?

Families and Educators: This activity may open other talking points around the culture, traditions, and history of Native Americans, and potentially their own culture and identity as well.

- Consider how you can start a conversation about your own culture and identity by sharing your own story.

For additional resources on Native American cultures, consider these resources below:

- This [book provides ideas and activities](#) to young children for learning about Native Americans, including what to do, and what not to do.
- This resource shares [tools and strategies for honoring and learning about Native American heritage month](#).
- You can browse NMAI's Essential Understandings for [in-depth guides on various tribal histories](#).

Your child may even want to make their own fry bread. This guide provides a [recipe to make your own fry bread](#).

Activity Resource Links:

- Adapted by:
 - <https://sharemylesson.com/teaching-resource/fry-bread-native-american-family-tradition-book-discussion-guide>
 - http://www.cmnsacredlittleones.com/books/frybread/lesson_plan-frybread_man.pdf
- Fry Bread Recipe: https://www.123homeschool4me.com/native-americans-southwest-tribes_33/
- Honor Native American Heritage Month: <https://www.adl.org/education/resources/tools-and-strategies/native-american-heritage-month>
- NMAI's Native Knowledge 360 guides on tribal histories: <https://americanindian.si.edu/nk360/resources.cshmtl>
- Ideas and activities for children on Native Americans: <https://www.rebekahgienapp.com/native-americans-in-preschool-lessons/>
- "Fry Bread: A Native American Story": <https://us.macmillan.com/books/9781626727465>