

### Something to Try:

Possum Grape Drink

- Possum Grapes (Muscadine)
- Cornmeal
- Water

**To prepare:** Remove the grapes from the stems, wash, and stew them in water. Once the grapes are done, mash in the water. Let this sit until the seeds settle. Then strain out the seeds, but preserve the liquid. Put the juice back on the fire and bring to a boil. Add a little cornmeal to thicken the juice. Continue cooking until the meal is done. Remove from the fire and drink hot or cold. Sweeten, if desired.

Ulmer, Mary. and Samuel E. Beck, editors. *Cherokee Cooklore: To Make My Bread: Recipes, Herbs, Wild Foods, History, The Feast*. Cherokee, NC: Museum of Cherokee Indian, 1955.

### For Further Information:

- Duncan, Barbara, editor. *Living Stories of the Cherokee*. Chapel Hill, NC: University of NC Press, 1998
- Perdue, Theda. *The Cherokee*. NY: Chelsea House Publishers, 1989.

### North Carolina Standard Course of Study for Native American outreach program:

#### Kindergarten:

Social Studies: 1.03, 1.04, 1.05, 3.02, 4.01, 4.02, 5.05, 6.02, 6.03

#### First Grade:

Social Studies: 1.02, 1.03, 3.01, 3.02, 4.01, 4.02, 6.01

#### Second Grade:

Social Studies: 3.01, 3.02, 3.03, 4.02, 5.06, 6.01, 6.02

#### Third Grade:

Social Studies: 2.02, 2.03, 3.01, 3.03, 4.04, 5.01, 5.05, 7.01, 7.02

#### Fourth Grade:

Social Studies: 1.02, 1.03, 1.04, 2.01, 2.03, 2.04, 3.01, 3.02, 5.02, 5.03, 7.02

#### Fifth Grade:

Social Studies: 3.01, 3.03

#### Eight Grade:

Social Studies: 1.02, 9.02



Created by Kaylynn Washnock  
WCU, Department of History  
Masters in Public History 2012

# The Mountain Heritage Center presents



Mountain Heritage Center  
Western Carolina University  
Cullowhee, NC 28723  
(828) 227-7129 [www.wcu.edu/mhc](http://www.wcu.edu/mhc)



**Dear Educator:** In preparation for the *Native Americans in western North Carolina* program from the Mountain Heritage Center we have assembled this informational brochure. The pre-visit discussion introduces students to the topic of Native Americans in western North Carolina. Also included are post-visit activities that can be used as a follow-up lesson for student to reinforce major ideas and concepts. We look forward to working with you!

**Theme: Historically, Native Americans in western North Carolina utilized the natural environment to meet their needs and flourish.**

**Pre-Visit Discussion:**

- Brainstorm what the class thinks a group of people (or individuals) would need to survive in western North Carolina.
- What could people use in the natural environment to meet their needs?
- What type of work did the Native Americans do to meet these needs?

**Suggested Children’s Books:**

- Roop, Peter and Connie. *If You Lived With the Cherokee*. New York: Scholastic Inc, 1998.
- Bruchac, Joseph and Gayle Ross. *The Story of the Milky Way: A Cherokee Tale*. New York: Dial Books, 1995.

**Cherokee Language Activity:**

- Basket - WMG
- Cherokee - GWY
- Cullowhee - ᎠWᎠᎿ
- Deer - DᎠTᎠᎿRᎠ
- Family - ᎠᎵᎠᎿᎠ
- Hello - ᎠᎵᎠ
- Hunting - DhZᎠᎿᎠᎿᎠ
- Maize - ᎠM
- Pottery Vessel - iᎠ DᎠᎿᎠᎿᎠ
- Story - ᎠZᎠᎿᎠᎿᎠ
- Thank you - ᎠV
- Water - DᎠᎿ

D a	R e	T i	Ꭰ o	Ꭰ u	i v
S ga Ꭰ ka	F ge	Y gi	A go	J gu	E gv
Ꭰ ha	Ꭰ he	Ꭰ hi	F ho	Ꭰ hu	Ꭰ hv
W la	Ꭰ le	F li	G lo	M lu	Ꭰ lv
Ꭰ ma	Ꭰ me	H mi	Ꭰ mo	Ꭰ mu	
Ꭰ na Ꭰ hna	Ꭰ ne	Ꭰ ni	Z no	Ꭰ nu	Ꭰ nv
T qua	Ꭰ que	Ꭰ qui	Ꭰ quo	Ꭰ quu	Ꭰ quv
U sa Ꭰ s	Ꭰ se	Ꭰ si	Ꭰ so	Ꭰ su	R sv
L da W ta	S de Ꭰ te	J di J ti	V do	S du	Ꭰ dv
Ꭰ dla Ꭰ tla	L tle	C tli	Ꭰ tlo	Ꭰ tlu	P tlv
G tsa	Ꭰ tse	Ꭰ tsi	K tso	J tsu	C tsv
C wa	Ꭰ we	Ꭰ wi	Ꭰ wo	Ꭰ wu	Ꭰ wv
Ꭰ ya	Ꭰ ye	Ꭰ yi	Ꭰ yo	G yu	B yv

(Courtesy of Cherokee Nation, www.Cherokee.org)

**Directions:** Match the Cherokee symbol to that on the pronunciation chart. The letters next to each symbol is the English pronunciation.

**Native American Word Search**

o o g d t p o e f y c c a b r  
 m a i z e l e u y c h o e k w  
 v a l p l k r p c g u f q m s  
 d i j e o d l e s a n n y n k  
 t d h r h h a v p k t b r x d  
 c e e p z v b e y l i m a f p  
 v h k e o m u o h v n i c m w  
 c y e s r t o b i w g h h e t  
 t r a b a p t m d e o i f r c  
 f e l v m b q e o s s r s u a  
 d e e r s k i n r t v t r t f  
 d d t u n x j h o y h d i a i  
 s h j c n x x r r o x q n n t  
 b i t e m k y y n t s v v a r  
 g n i l l e t y r o t s p o a

(Created by Puzzlemaker, www.discoveryeducation.com.)

- arrowhead
- artifact
- basket
- Cherokee
- deerskin
- family
- fur
- hello
- history
- hunting
- maize
- nature
- pottery
- reed
- storytelling

**Post-Visit Discussion:**

- Ask your class to describe the life of historic Native Americans’ in western North Carolina.
- In what ways did the Native Americans of western North Carolina adapt or use the environment?
- Have a discussion comparing historic Native American and present day culture.