



iGrow readers  
**Target Age**  
1st to 3rd Grade

# The Return of the Buffaloes

## **About the book:**

*The Return of the Buffaloes*  
by Paul Goble

Publisher: Random House  
ISBN#: 0-394-87217-7

## **Nutrition Objectives**

- Describe ways to safely store protein foods.
- Explain why some people have a lack of food.

## **Physical Education Objectives**

- Demonstrate locomotor skills while participating in the activity.

## Activities

- Nutrition Activity #1: Protein Power
- Nutrition Activity #2: Jazzy Jerky
- Physical Activity #1: Follow the Buffalo Leader
- Physical Activity #2: Hoop to Hoop
- Oceti Sakowin Activity: Lakota Parfleche Design

## Parent Newsletter

- Protein Power

## Oceti Sakowin Standard

- Identify the interrelationships of people, places, and the environment.
- Identify characteristics of Oceti Sakowin culture.
- Identify a product produced in a tribal community.

## Intent of Lesson

Discuss the fact that some children are hungry at times because they lack money to buy food. Help children identify sources of lean protein to keep their bodies strong and able to move. Describe traditional ways of keeping food for long periods of time.

## Previewing (5 minutes)

Discuss the need for regular meals to provide the nutrients our bodies need constantly. Questions to ask:

### **Q: What does being hungry feel like?**

A: Stomach growls and gurgles, stomach hurts, head may ache, feel tired.

### **Q: Why might a child not get enough food ?**

A: No money to buy food, does not know how to prepare food, too far to go to the store, illness.

## Active Reading: (10 minutes)

*The Return of the Buffaloes* by Paul Goble.

## Summarizing (5 minutes)

Discuss the book.

### **Q: What did the Lakota do to get their buffalo back?**

A: Went hunting, made ceremonies and danced, searched to the hills, searched in the cave, made gifts for the grandmother.

### **Q: What did they eat to stop being hungry?**

A: Buffalo stew and dried buffalo meat (jerky) stored in their parfleche.

### **Q: How should we store meat and milk products to keep them safe to eat?**

A: In a refrigerator that is cooled.

### **Q: How should we store boxes, jars, and cans of food?**

A: In a dry storage bin or cupboard.



**20-30 minutes**

**Equipment:**

- Empty packages: canned or dried beans, egg carton, milk carton, meat wrapper (washed well), bread bag, jar of peanut butter.
- 2 baskets or small boxes, one each labeled: "cupboard" "refrigerator"
- Food model cards (National Dairy Council, 200 cards, 1-800-42608271) after Food Model Cards
- Deck of cards

## Protein Power

**Directions:**

**Q: What are some good sources of protein for a child's body?**

A: Lean meat and wild game, eggs, low fat milk, beans, legumes, nuts, whole grains.

1. View the display of protein food packages (canned or dried beans, egg carton, milk carton, meat wrapper, bread wrapper, jar of peanut butter). Discuss how the package protects the food, keeping it safe for us to eat.
2. Place the baskets/boxes labeled "cupboard" and "refrigerator" near the empty food packages. Have students take turns placing a food package in the basket where the protein food should be safely stored.
3. Look at the size of the palm of your hand or a deck of cards. One serving of protein is that size and we need two servings daily.
4. Choose food model cards that contain protein that you like. Notice the size that is one serving.
5. Discuss that protein is for muscle and growth.



**1 hour (additional for drying)**

**Equipment:**

- Jerky recipe and ingredients (beef, buffalo, or venison meat)
- Measuring and cooking utensils, containers, saucepan, cutting board
- Drying tray, oven rack, dehydrator

**Adult supervision is needed with heating appliances to prepare recipe.**

**Before allowing children to taste foods, ask parents about possible allergies or food sensitivities.**

## Jazzy Jerky

**Directions:**

1. Discuss how the Lakota stored food. (dried, frozen)
2. Through history jerky was made by the use of sun, wind, and smoke from fires as a way to preserve the meat and keep it safe to eat. American Indians mixed berries and fat with the pounded dried meat to make papa or wasna (pemmican.)
3. Prepare jerky using beef or buffalo. (If you are not able to do cooking, then provide samples of jerky to taste.)

**Preparing to make jerky:**

1. Wash hands with soap.
2. Clean all surfaces with 1 Tablespoon chlorine bleach in 1 gallon of water. Allow to air dry.

## Jazzy Jerky, continued

### Adult Preparation:

- Pre-freeze meat to be made into jerky so it will be easier to slice.
  - Cut partially thawed meat into long slices no more than 1/4 inch thick. Remove visible fat.
1. Prepare 2-3 cups of marinade in a large sauce pan. (May be packaged meat marinade with vinegar and oil added.)
  2. Bring the marinade to a full boil over medium heat. Add a few meat strips, making sure they are covered. Reheat to a full boil.
  3. Remove pan from range. Using tongs, remove strips from hot marinade (work quickly to prevent overcooking) and place in single, non-overlapping layers on drying racks.
  4. Repeat steps 2 and 3 by reheating marinade, adding strips, returning to a boil, removing strips until all the meat has been pre-cooked. Add more marinade if needed.
  5. Dry at 140 degrees in a dehydrator, oven, or smoker. Test for doneness by letting a piece cool. When cool, it should crack but not break when bent. There should not be any moist or underdone spots.
  6. Refrigerate the jerky overnight in plastic freezer bags, then check again for doneness. If necessary, dry further. Taste the jerky.



### Q: Why would this be safe to eat if kept in a rawhide parfleche?

A: Cooked before drying, no moisture to allow bacteria to grow

### Q: How should we store jerky if we make it at home?

A: Sealed container, may also be frozen.

Source: Oregon State University



**20-30 minutes**

**Connection:**

The buffalo ran out of the cave, across rivers, onto the prairie, and around the tipis. Students can follow the leader in a race across their own obstacle course.

**Equipment:**

- Cones or empty containers—coffee cans, oatmeal, ice cream
- Arches
- Benches
- Polyspots/tape
- Hoops
- Desks
- Tables

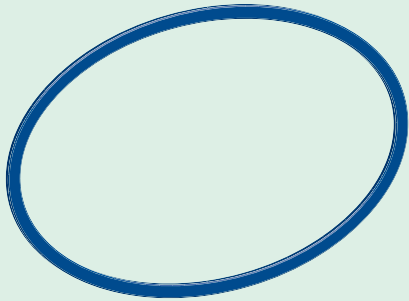
**Safety Concerns:**

Students will need to be able to move safely in personal and general space.

## Follow the Buffalo Leader

**Activity Guide:**

1. Place arches, cones, dots, benches, hoops and other obstacles around the area. (In a small space use desks, tables, spots on the floor, soft balls.) Have students line up single file. The first person is the leader and will move around the space with huge lumbering steps (like a buffalo) as the others follow.
2. Suggest that sometimes they can come out of the cave by crawling under an obstacle, moving around large rocks (i.e. bench), running around a tipi (i.e. hoop), stepping in a pond (i.e. polyspot), sidestepping carefully along a cliff (i.e. cones), etc.
3. In a large space, change locomotor movements occasionally by having students run, skip, twirl, etc.



**10-15 minutes**

**Connection:**

The circle is an American Indian symbol that represents the cycle of life. The hoop in this activity shows children that being active is a part of a complete life. Children should be active everyday.

**Equipment:**

- One hoop per student or circle marked on the floor
- Music

**Safety Concerns:**

Students will need to be able to move safely in personal and general space.

## Hoop to Hoop

**Activity Guide:**

**State:** “The circle is an American Indian symbol that represents the cycle of life. The hoop in this activity shows you how being active is a part of a complete life. Children should be active everyday.”

Scatter hoops around playing area, one student in each hoop. When the music starts, the students move around the area performing the following tasks:

1. Move around the area without touching any hoops.
2. Step inside as many hoops as possible with one foot.
3. Step inside as many hoops as possible with both feet at the same time (jump).
4. Touch inside as many hoops as possible with one hand.
5. Touch inside as many hoops as possible with two hands.
6. Touch inside as many hoops as possible with one hand and one foot at the same time.
7. Touch inside as many hoops as possible with both feet and both hands at the same time.
8. Jump inside a hoop and lift it up and over your body, then place it back on the floor and go to another one.
9. Pick up a hoop, put it over your body, then drop it and run out of it to another one.
10. Do a coffee grinder (put one hand in center of hoop, run around hoop one time) and go to another.
11. Jump (two feet) in, out, in, out, and then move to another hoop.

**Cool Down/Closure:**

Gather students and ask them the following:

**Q: What shape best matches Native American culture?**

A: Circle

**Q: Where do you see circles in the pictures in the book? (Show pages slowly).**

A: Examples

**Q: If the circle means “Return of the Buffalo”, what things would you have in your circle?**

A: Record answers onto a chart for all to see.



**20-30 minutes**

**Connection:**

Share facts about parfleche containers which were both functional and decorative. Get children moving in order to reproduce a Lakota parfleche design.

**Equipment:**

- Print one set of questions and designs front and back and cut apart the cards
- Print and cut out one set of geometric parfleche design pieces for each team
- Provide a plain white page as a base
- Tape or glue (optional)
- Additional information: <http://thefirstscout.blogspot.com/2011/07/parfleche-art-history-on-northern.html>

## Lakota Parfleche Design

**Directions:**

**3rd grade activity**

1. One at a time have a student draw a question from the parfleche design card deck.
2. Teacher reads the question and choices of answers and calls on students to give their guess. Repeat correct answers. Review by asking each child: "One thing you learned about parfleche..."

**1st-3rd grade activity**

1. Pair students and line up along one end of the room. One student from each team will move to the opposite end of the room (walk, run, hop, jump, etc. as space allows) where they will collect one geometric shape from their pile of supplies.
2. Return to the partner who then goes to get another pattern piece.
3. When all pieces are recovered they will create the parfleche design. When the parfleche is complete one member goes to the end to get the buffalo and returns the buffalo to the People.



## QUESTION

Who drew the designs on the parfleche?

- A. Men
- B. Women
- C. Children

ANSWER: B – Parfleche designs were made by women.

## QUESTION

Who called the rawhide cases Wizipan?

- A. Lakota
- B. Soldiers
- C. Medicine men

ANSWER: A – Wizipan is the Lakota word for the rawhide case.

## QUESTION

Parfleche is a term for all useful pieces that were made from painted rawhide. Where did the term come from?

- A. The neighboring Cheyenne Tribe
- B. Lewis and Clark
- C. Early French traders and trappers
- D.

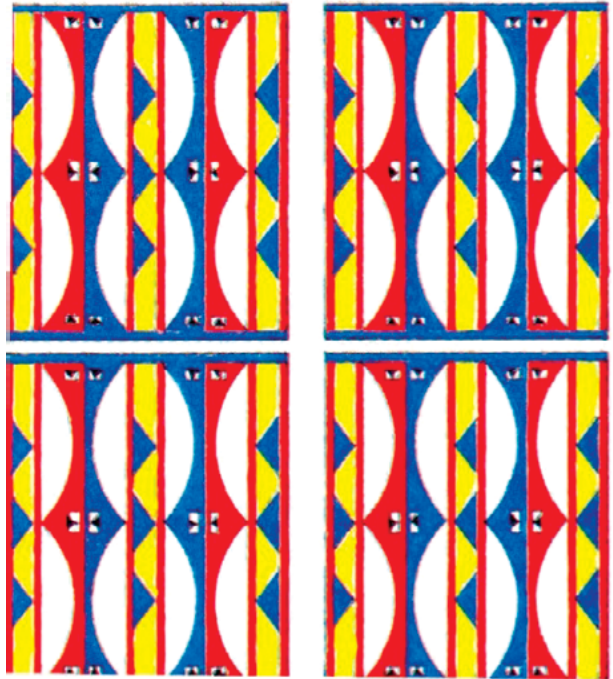
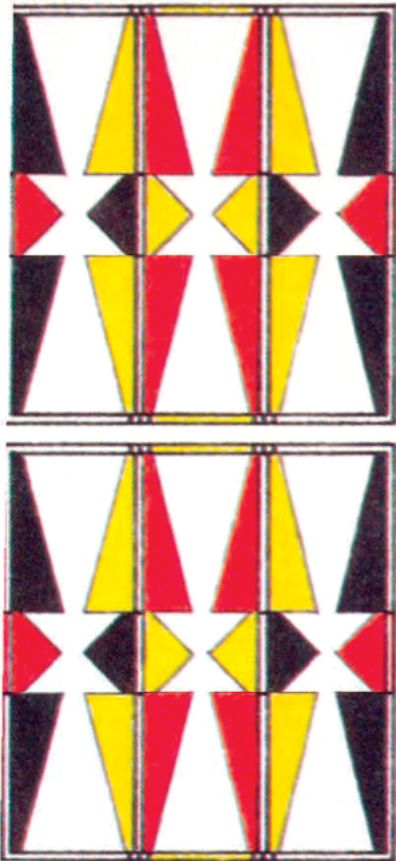
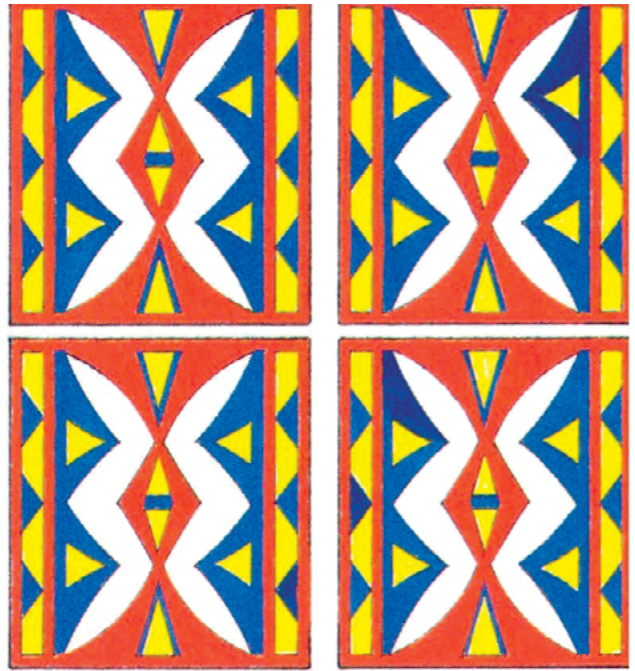
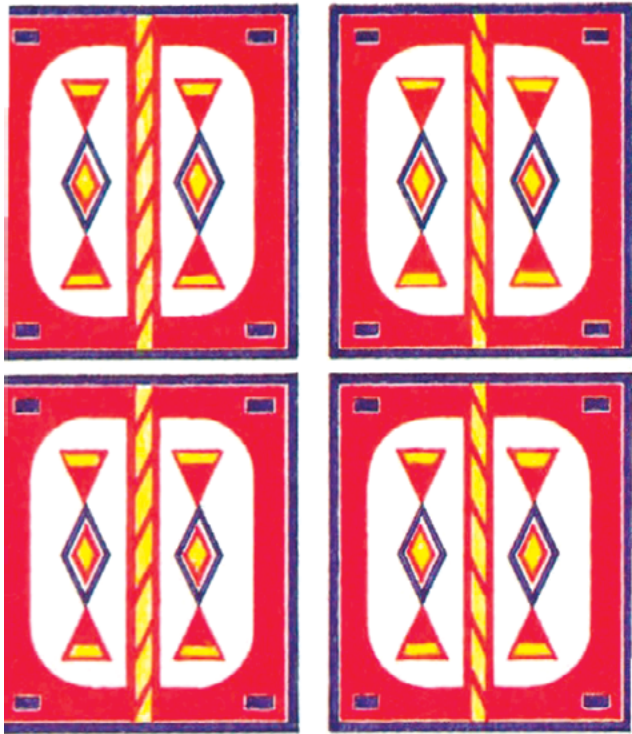
ANSWER: C – Early French traders and trappers

## QUESTION

What colors were used in parfleche designs?

- A. Black and white
- B. Red, blue, yellow, green
- C. Pink, brown, green, purple
- D.

ANSWER: B – Colors were red, blue, yellow, and green outlined with black.



## QUESTION

Parfleche is often made of buffalo rawhide. What other uses are there for buffalo hide?

- A. Beds and pillows
- B. Ropes and tipi covers
- C. Winter robes and leggings
- D. All of these

ANSWER: B – Buffalo hides were backrests, bags, beds, belts, blankets, caps, cradles, dresses, leggings, moccasins, pillows, ropes, shirts, sweat lodge, tipi liners and covers, and winter robes.

## QUESTION

What is used to make the paint for a parfleche?

- A. Animal blood and bile
- B. Buffalo or horse dung
- C. Vegetable and mineral powders mixed with fat

ANSWER: C – Lakota women ground vegetable and mineral sources into a fine powder into what was called pigment. They mixed the pigment with fat. They applied it with a porous (many small cells or holes) buffalo bone.

## QUESTION

What items were usually stored in a parfleche?

- A. Fire starting materials
- B. Ceremonial items, household goods and dried food
- C. Arrows and knives

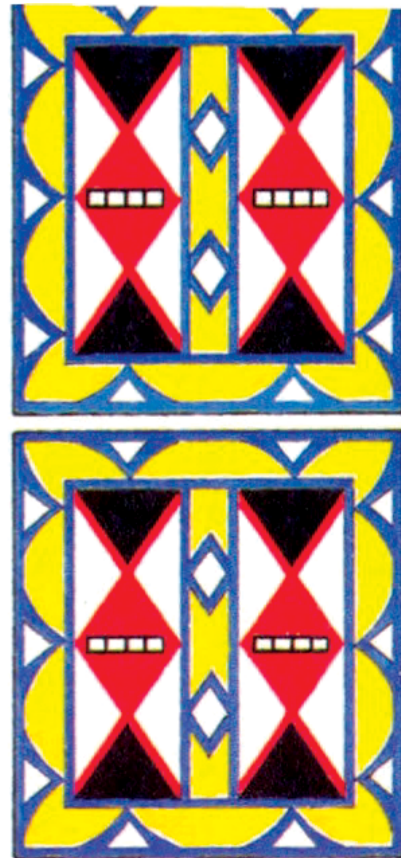
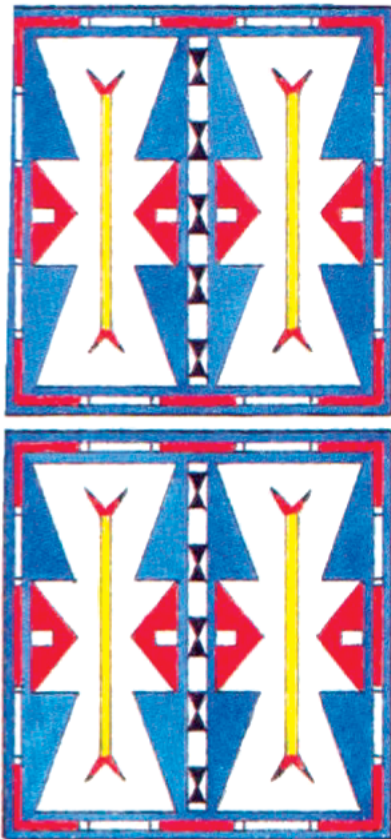
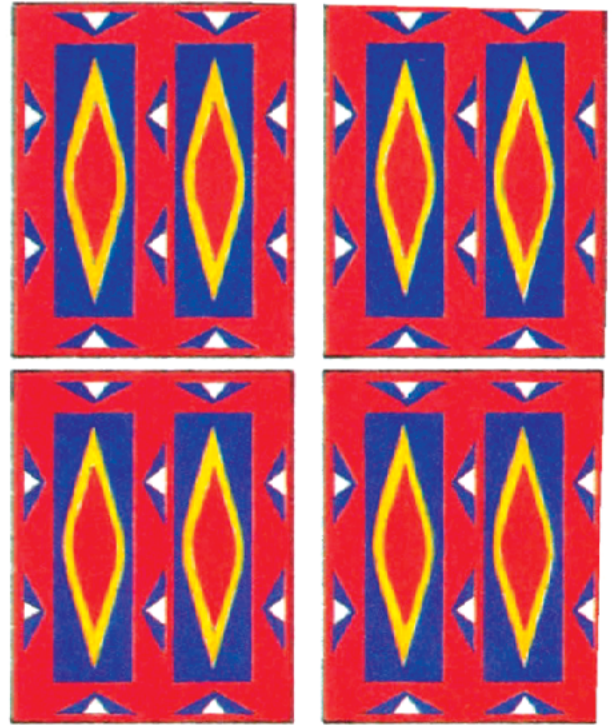
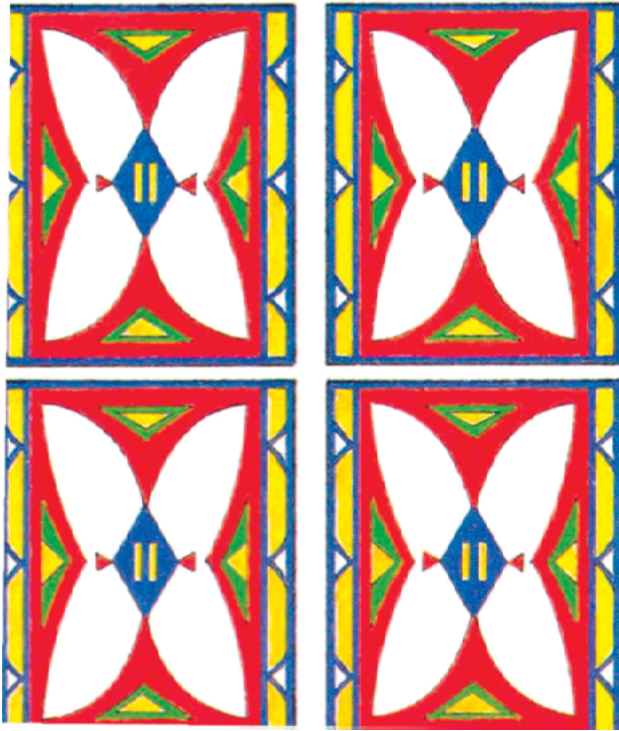
ANSWER: B – Parfleche usually held blankets, ceremonial items, household goods, clothing and dried food.

## QUESTION

When is a parfleche especially useful?

- A. It came time to pack everything on a horse or travois
- B. Dried food like jerky and wasna patties needed to be stored.
- C. Hunters needed to chase an animal quickly

ANSWER: B – When it came time to move the camp and pack everything onto a horse or travois, parfleche envelopes and boxes holding belongings were placed over a horse's back one pack on each side. Parfleche containers often held dried buffalo meat.



Copy one image for each team and one to show as the model. Cut apart the shapes. Provide a solid white background on which the teams can build their pattern.







### Family Fun

For a family activity check out the book, *The Return of the Buffaloes* by Paul Goble, from your local library. Read together as a family. Discuss how your family can help individuals in your community who may not have enough food.

## Protein Power

### Protein to Build and Repair Muscles

Look to meats, poultry, seafood, beans and peas, nuts and eggs for protein in a child's diet. These foods are also a good source of iron, zinc and Vitamin B12.

It is suggested that children, ages 4 to 8, consume 4 ounces of protein foods each day. Most adults are encouraged to have 5 to 6 ounces each day. A three ounce serving of meat resembles a deck of cards. What counts as an ounce?

- 1 ounce of lean meat
- 1/4 cup cooked beans or peas
- 1 egg

- 1 tablespoon peanut butter
- 1/2 ounce nuts (as 7 walnut halves)

Choose lean cuts of meat, fish or poultry. Lean sources of beef and pork are also lower in saturated fat. The white meat on poultry is lower in fat than dark meat. Fish is naturally low in fat. Beans are also a lean protein source as well as being high in fiber. Fatty meats like most hot dogs, bratwurst and bacon are higher in saturated fats. Eating too much saturated fat can result in high cholesterol levels and heart disease.

### Cook Lean with Protein

- Choose lean meats and ground beef that are at least 90% lean.
- Trim or drain fat from meat. Remove skin from poultry to cut fat and calories.
- Bake, broil or roast meat on a rack so the fat can drain away.
- Drain off any fat that appears during cooking.
- Prepare soups, stews and spaghetti sauces ahead. Chill and skim fat. Reheat for serving.
- Skip or limit the breading on meat, poultry or fish. Breading adds calories. It will also cause the food to soak up more fat during frying.
- Prepare beans and peas without added fats.
- Choose and prepare foods without high fat sauces or gravies.

## Keep It Safe to Eat

It is important to prepare protein foods carefully to ensure its food safety. Keep these tips in mind:

- Do not wash or rinse meat or poultry.
- Wash cutting boards, knives, utensils and work surfaces with hot soapy, water after preparing each food item and before going onto the next one.
- Store raw meat, poultry and seafood on the bottom shelf of the refrigerator so juices don't drop onto other foods.
- Cook foods to a safe temperature to kill microorganisms. Use a meat thermometer to make sure that meats have reached a proper internal temperature.
- Ground beef and pork should be prepared to a internal temperature of 160°F;
- Fresh beef, pork veal and lamb—145°F\*;
- Poultry, ground turkey and chicken—165°F;
- Fresh ham—145°F\*; and pre-cooked ham—140°F.



- Thaw meat by placing it in the refrigerator; submerging air-tight packages in cold tap water (change water every 30 minutes), or defrosting on a plate in the microwave.
- Avoid raw or partially cooked eggs or foods containing raw eggs or undercooked meat and poultry.
- Refrigerate or freeze perishables, prepared food and leftovers within two hours.

*\*For safety and quality, allow these meats to rest for at least three minutes before carving or consuming.*



## Chili Bean Dip

**Servings:** 15 (2 tbsp each)

**Ingredients:**

- 1 can (16 oz) pinto beans or 2 cups cooked dried beans
- 2 tbsp. chopped onion
- 1 tsp. chili powder
- 1/2 cup shredded cheese

**Directions:**

Mash beans in a bowl. Add onion, chili powder and shredded cheese. Serve warm or cold with raw vegetables or tortilla chips.

**Nutrition Facts:** 40 calories; 1.5g total fat; 5mg cholesterol; 115 mg sodium; 5g carbohydrates; 2g protein.

**Sources:** [http://recipefinder.nal.usda.gov/index.php?mode=display&rec\\_id=145](http://recipefinder.nal.usda.gov/index.php?mode=display&rec_id=145)

**Adapted from:** Nibbles for Health, Nutrition Newsletters for Parents of Young Children, USDA, Food and Nutrition Service