

FOOD

A type of fry bread that originates from Scotland but was adopted by the Indigenous peoples of Canada, particularly the Métis of western Canada

What is bannock?

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Dried meat in a powder, mixed with an equal amount of fatois word "kanata".

What is pemmican?

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Seaweed is used as a seasoning in their soups and stews

Who are the Wit'suwet'en people?

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Liquid collected by the aboriginal people of Canada by tapping

What is maple syrup?

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Indigenous peoples used to chew on this substance like it was gum, it can be found in a common type of coniferous tree.

What is spruce gum?

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