

UNIT 4: CH' IYAAN / Food

GOAL:

To become knowledgeable about traditional Diné / Navajo foods, its acquisition, processing and preparation.

CONCEPT:

Ts'ídá T'áá hó'ájít'éego - self direction, self determination, perseverance, self - control
Ats'íístah bee yá'áhoot'ééh - healthy food makes a healthy body

INTRODUCTION:

Preparing traditional Navajo food requires understanding, practice of identifying, obtaining, and processing the necessary ingredients. This may include gathering or cultivating of plant seeds, hunting, knowing butchering procedures, and processing the raw material. It may require knowing about appropriate seasonal availability and/or restrictions. The process for preparing the food can be arduous, requiring patience and perseverance. Protocol and prayers or offerings of thankfulness are always followed.

BACKGROUND INFORMATION:

Ch'iyáán Baahane'

TOPICS:

- I. Vegetables
 - II. Meat
 - III. Dairy Products
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OBJECTIVES:

I. NANISE' / VEGETABLES

A. CORN - Naadáá'

The student will:

- Be able to differentiate secular and ceremonial uses of corn
- Become knowledgeable of the types of corn products
 - Roast corn: Naadá'ást'éí
 - Fresh steamed corn: Łeeyi' shibéézh
 - Dried steamed corn: Neeshjízhi
 - Blue corn pancakes: Naadáá' dootł'izhí abe' beeneemasí
 - Navajo corn cake: Alkaad
 - Biscuit: Bááh nímazí
 - Tortilla: Náneeskaadí
 - Fried Bread: Dahdíníilghaazh
 - Kneel down bread: Nitsidigo'í
 - Corn coffee mate: Ts'ááłbéí
 - Blue corn patties: Baa dootł'izhí

- Piki: Tsá'ást'éí

- Blue corn dumpling: Naadáá' dootł'izhí k'íneeshbízhii
- Corn mush: Taa'niil or tanaashgiizh
- Gruel: Bii'ool'éél
- Noodles/dumpling: K'íneeshbízhii
- Blue cornmeal popsicle: Dayistin
- Be able to demonstrate the preparation for use of corn products.

B. OTHER VEGETABLES/Nanise'

The student will:

- Be able to relate the types of other vegetables
- Be able to tell of their preparation and uses

C. NUTS, SEEDS, AND FRUITS/Neeshch'íí', álástsii', dóó nanise' bineest'ą'

The student will:

- Be able to name at least four nuts, seeds or fruits; for example,
 - Indian rice grass: Tł'ohdei
 - Rice: Alóós
 - Pinons: Neeshch'íí'
 - Peanuts: Neeshch'íí'ábáhá
 - Pumpkin seed: Naayízí bik' ' ,

II. ATSI' / MEAT

A. DOMESTIC

The student will:

- Be able to name at least four domestic animals which provide meat for food such as,
 - Goat meat: Tł'ízí bitsí'
 - Mutton: Dibé bitsí'
 - Beef: Béégashii bitsí'
 - Chicken: Na'ahóóhai
- Become familiar with the preparation and uses of meat of domestic animals.

B. NON - DOMESTIC

The student will:

- Become knowledgeable of the types of non-domestic meats, such as
 - Venison: Bìh bitsí'
 - Elk: Dzééh bitsí'
 - Wild turkey: Tązhii
 - Porcupine: Dáhsání
 - Squirrel: Tsidit'inii
 - Prairie dog: Dł ' ,
 - Jack rabbit: Gahtsoh
- Inquire into the preparation for use preparation for use

III. DAIRY PRODUCTS

The student will:

- Be able to tell of the types of dairy products produced by domestic animals

- Goat milk: Tł'ízi bibe'

- Sheep milk: Dibé bibe'

- Cheese: Géeso

- Cow milk: Béégashii bibe'

ACTIVITIES

I. Food Preparation

Yibéézh: Boiling

Yideezígíí: Broiling

Yit'ees: Roasting

Eekánígíí: Baking

Yit'ees: Frying

Drying/Smoking: Biya'diilk'áá'

II. Preservation Techniques

Yibéézh: Boiling

Yideezígíí: Broiling

Yit'ees: Roasting

Eekánígíí: Baking

Yit'ees: Frying

Biya'diilk'ááh: Drying/Smoking

VOCABULARY

Naadáá' ást'éí: Roast corn

Łeeyi' shibéézh: Fresh steamed corn :

Neeshjízhi: Dried steamed corn

Naadáá' dootł'izhí abe' bee neemasí: Blue corn pancakes

Alkəəd: Navajo corn cake

Bááh nímazí: Biscuit

Náneeskaadí: Tortilla

Nitsidigo'í: Kneel down bread

Ts'ááłbéí: Corn coffee mate

Baa dootł'izhí: Blue corn patties

Tsá'ást'éí: Piki

Naadáá' dootł'izhí k'íneeshbízhi: Blue corn dumpling

Taa'niil: Corn mush

Bii'ool'éél: Gruel

K'íneeshbízhi: Noodles/dumpling

Dayistin: Blue cornmeal popsicle

Tł'ohdei: Indian rice grass

Alóós: Rice

Neeshch'íí'ń: Pinons

Neeshch'ííłbáhá: Peanuts

Tł'ízi bitsį': Goat meat

Dibe bitsį': Mutton

Béégashii: Beef

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Na'ahóóhai: Chicken

Bììh bitsí': Venison

Dzééh bitsí': Elk

Tązhii: Wild turkey

Dahsání: Porcupine

Tsidit'inii: Squirrel

Dl ́: Prairie dog

Gahtsoh: Jack rabbit

Tł'ízí bibe': Goat milk

Dibe' bibe': Sheep milk

Géeso: Cheese

Béégashii bibe': Cow milk