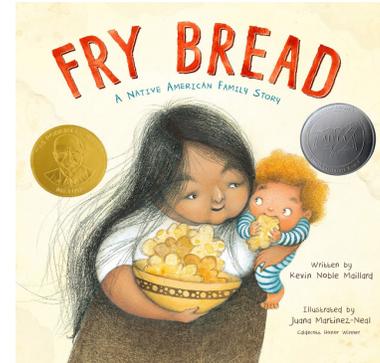


Fry Bread: A Native American Story by Kevin Noble Maillard

Book Synopsis: *Fry Bread: A Native American Story* by Kevin Noble Maillard is a story about a modern American Indian family and their food traditions. The story not only describes what is fry bread, but also the importance of that food to people within the culture. Written in verse with beautiful illustrations, this multi-award winning story is a wonderful way to learn about food history and culture.

A recording of this book is [available here](#).



Connection to Iowa History

American Indian food plays a very important part in the Meskwaki pow-wow. Hungry dancers and guests fill up their plates with a variety of different foods including Indian tacos, fry bread and other delicious treats. Meskwaki women have regularly cooked fry bread, also called be-si-be-mye-te-i, for the past 300 years. Today, fry bread is considered a traditional food for the Meskwaki.

Goldie's Kids Club Storytime Activity

After reading the story, head to the kitchen to learn more about your favorite family recipe.

Instructions ([Video Instructions Available](#))

- 1 Brainstorm.** On a piece of paper, write a list of all your favorite foods. It may help to think about the special foods you eat for holidays and special occasions.
- 2 Pick.** From the list of favorite food, select and choose the food you want to learn more about and how to make.
- 3 Find.** With the help of an adult, research and find the recipe for your favorite food. This may involve talking with an adult, looking through a cookbook or searching online to find the recipe.
- 4 Write.** Once you have discovered your recipe, use the [Goldie Recipe Card](#) to write the ingredients and steps. If you cannot print the recipe card, an index card will work.
- 5 Collect.** Think about other recipes you may want to collect in your collection. Repeat the process above to discover more recipes which can be used to create your very own recipe collection to share with others in the future.
- 6 Share.** After you complete your recipe card(s), share your work with the State Historical Museum of Iowa. Email a photo of your project to museum.education@iowa.gov. We want to share your recipes with others.

Materials

- Paper
- Pen/Pencil
- [Goldie Recipe Card](#)
- Optional: Note Card

Instructions continued on next page

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Instructions continued

7 Questions to Spark Learning

- Why do you think food is so important for special occasions and holidays?
- What is your favorite type of food to eat at special occasions?
- If you had to plan the next big event for your family, what food would you serve? Why did you choose that food?