

Food on The Oregon Trail

Objective:

By the end of this study, students should be able to grasp the fundamentals of life along the Oregon Trail and how food affects their daily lives. Through exploring the web and working through activities, students should understand nearly everything about food on the journey west. From how it was attained to how it was cooked, and everything else in between. In the course of studying the Oregon Trail, the student should be able to relate their own life to the life of those who traveled west, in terms of food.

Through the activities and worksheet, students should be able to realize the hardships of acquiring necessary ingredients to make their daily meals, such as how the pioneers were able to cook their meals while being on-the-go all the time and where they were able to get foods not found in nature.

Students should understand a pioneer diet and how it compares to the modern world.



What Students Will Learn..



Through an thorough analysis of the following websites and completion of the activities, students are to accomplish the task of learning everything about food along the Oregon Trail.

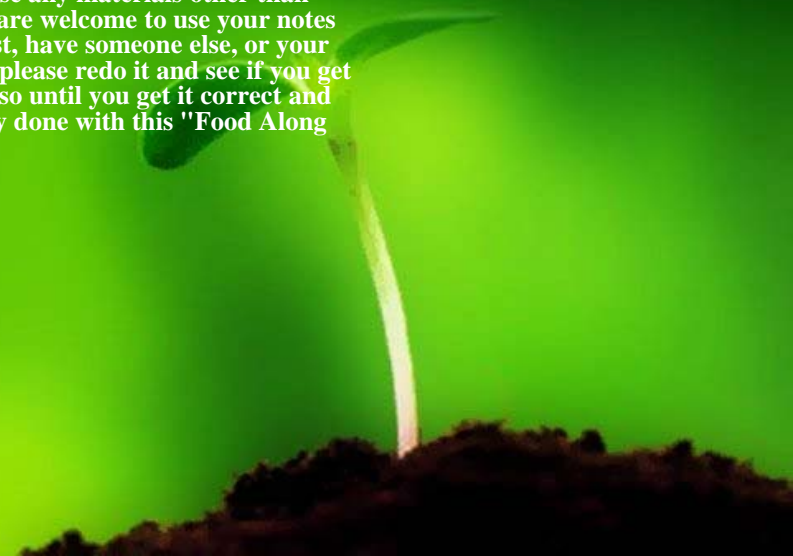
- On the topic of recipes, students should explore the websites listed under recipes and compare past recipes to modern ones and notice their difference.
- Through research for the puppet show, students should understand the type of environments along the trail and how it affected the food pioneers ate.
- In the course of research, students should be able to understand where certain foods were available and how to get them.
- After completing the activities and worksheet, students should also understand the money involved on this trip. Knowing that a trip to the west was one that only the wealthy should afford. And through looking at the various charts provided on the websites, students should take note of the prices of foods. To further aid this activity, students may wish to do some research on modern inflation and prices of items used back then.
- Firstly, students must do a bit research on their own, then come back and complete the provided activities. Upon completion of the web quest and confident understanding of the topic, students may attempt to take the test, and evaluation of what the student has learned through this experience.



Task



- To complete this web quest, you will need to accomplish the following:
Explore the websites provided and take notes in order to understand the concepts of food along the Oregon Trail
Complete the provided worksheets, activities, and test
- Firstly, you must know and understand the basic concepts of the Oregon Trail in order to be able to learn even more. Then, go through the websites and find relative information to the following:
 - how pioneers were able to eat along the two thousand mile journey
 - what they brought with them to begin the trip
 - where the pioneers were able to attain necessary food/materials
 - comprehension of prices and inflation throughout the country and its causes
 - why some foods were brought and others not
 - who did what in preparing the meals
 - when was the season for specific foods in different parts of the country
 - what the food was used for other than eating
 - ...and, well, just about anything food-related in the lives of pioneers
- After much research, you should move onto the Puppet Show activity. In this activity, you will demonstrate your understanding of this topic through expressing it as a play. incorporate what you have learned from the note-taking, into your characters and story line.
- Then you should print out the other activity pages and complete them to determine whether you truly understand the topic of food along the Oregon Trail. Afterwards, if you should feel you are ready, move onto the test, the last and final part of this web quest. Please do not use any materials other than your own knowledge for the test, although you are welcome to use your notes for the worksheets. After you finish with the test, have someone else, or your teacher to grade it. If you missed any question, please redo it and see if you get it correct this time around, and continue doing so until you get it correct and fully understand it. Only after this are you truly done with this "Food Along the Oregon Trail" web quest!!



Recipes

Hardback
You will need:



2 cups stone ground flour
1 cup water

Combine the flour and water. Knead until smooth. Sprinkle some flour on a smooth surface and roll the dough flat until it is 1/4 inch thick. Cut biscuits out with a can or a glass making each biscuit about 3-4 inches in diameter. Poke holes into each biscuit with a fork. Place on a floured cookie sheet. It should come out hard and dry.

Oven: 400 F
Time: 35-45 minutes
Yield: 12-15 biscuits

Recipes

Beef Jerky

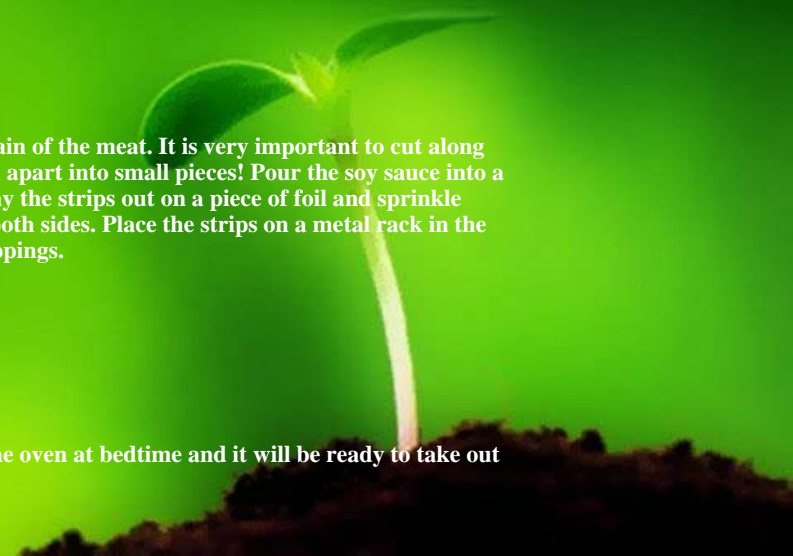
You will need:

1 flank or london broil steak (or other very lean cut of meat)
salt and pepper
1 cup soy sauce
aluminum foil

Cut the steak into strips with the grain of the meat. It is very important to cut along the grain or the cooked meat will fall apart into small pieces! Pour the soy sauce into a bowl and dip the meat strips in it. Lay the strips out on a piece of foil and sprinkle generously with salt and pepper on both sides. Place the strips on a metal rack in the oven with foil below to catch the drippings.

Oven: 150 F
Time: 10 hours

** You can put your beef jerky in the oven at bedtime and it will be ready to take out in the morning before school.



Recipes Cont.



Indian Fry Bread

You will need:

- 3 cups self-rising flour
- 2/3 cup powdered sugar
- 1/3 cup milk
- 1 cup cold water
- corn oil (for frying)

In a bowl, mix sugar and milk. Add flour. Gradually stir in the water until the flour is moistened and the dough forms. Turn the dough out on a lightly floured surface; knead until dough is well mixed. Roll to a 10 inch square and about 1/2 inch thickness. Cut into 12 rectangles. In a deep saucepan, heat some oil at 375 F. and fry the dough 2-3 minutes or until medium brown. Turn often as you are frying. Drain on a paper towel and sprinkle with powdered sugar.



Cranberry-Nut Muffins

You will need the following:

- 1/4 cup margarine
- 1/2 cup honey
- 2 beaten eggs
- 1/2 cup orange juice
- 1 1/2 cups flour
- 1 tsp. grated orange rind
- 1 tsp. baking powder
- 1 1/2 tsp. salt
- 3/4 cup chopped cranberries
- 1/2 cup chopped walnuts

Cream margarine and honey. Add the eggs, orange juice, and rind. Mix in the flour, baking powder, and salt. Then, add the cranberries and the walnuts. Bake in oiled muffin tin.

Oven: 350 F
Time: 35 minutes



Recipes Cont.

Tea Biscuits

You will need:

1 cup butter
1 cup milk
4 eggs
3 cups flour
1 tsp. salt
1 1/2 tsp. baking soda
2 tsp. cream of tartar

Mix all ingredients together. Make into a thin loaf and bake in flat, greased pan. Break into chunks. Serve warm with butter and honey.
Oven: 350 F
Time: 30 minutes (check after 20 min.)

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Apple Treat

You will need the following:

4-5 slices of buttered bread
1 can sweetened apple sauce
2 eggs
1 pint milk
1/2 cup granulated sugar
1/2 tsp. salt

Line the bottom of a pudding dish with buttered bread and cover with apple sauce. Repeat until dish is half-full, finishing the layering with the bread on top. Mix eggs, milk, sugar, and salt. Pour this mixture over bread and sauce. Bake until set. Serve cold with cream, sugar, and nutmeg gratings or cinnamon.

Oven: 350 F
Time: Approx. 25 minutes



Journal Entries

April 19, 1847

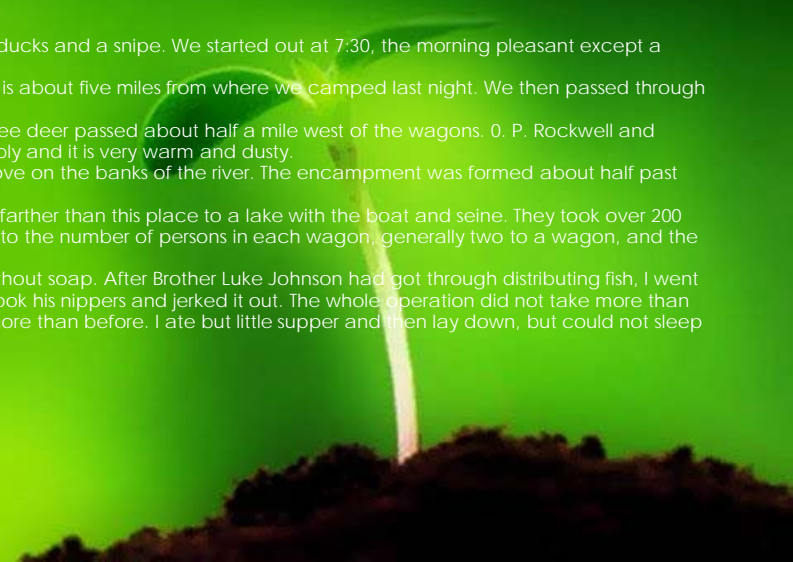
Summary: Mileage counter idea (odometer), toothache, fishing by boat.

Journal entry: MONDAY. At 5:00 a.m., at the sound of the bugle, I arose my face still paining me very badly. After eating breakfast, I started out on foot, before the wagons started, with my rifle on my shoulder. At 7:15 the wagons began to move and at 7:30 were all formed in double file and proceeded on. After traveling about eight miles we arrived at a number of small lakes, where were many ducks. A number of the brethren shot at them and killed several. At 1:15 p.m. we arrived at a bend in the river where a small stream runs around an island. We stayed here to feed awhile, having traveled about fifteen miles mostly a western course with the wind south. The roads very good and the country very level on these flat bottoms of the Platte river which bottoms appear to be from ten to fifteen miles wide. Soon after the camp was formed, O. P. Rockwell, Jackson Redding, and J. C. Little came in from Winter Quarters. They arrived at 2:10. They have found Dr. Richard's mare which was lost east of the Elk Horn and brought her to camp. They brought me a line from Diantha and one from Ruth and Margaret. In the last was a very gentle piece of information which has caused me to reflect much, and proves to me that Ruth and Margaret's virtue and integrity have for the last year been far superior to mine. In my letter to them I requested them to attend to family prayer in my absence, a thing which I have neglected since leaving Nauvoo. They informed me that they had done that when I was at home but unknown to me, and they had then, and still continue to bear me up before their Heavenly Father. Oh, what integrity, what faithfulness. I feel unworthy to possess two such treasures, but still feel to try to reward them for it, and may my Father in heaven bless them, and all my family and let his angels guard them, and me during my absence that we may all be permitted to meet again and enjoy each other's society in the world for many years to come, and eternal in the world to come. O! Lord, grant this prayer of thine unworthy servant, and fill my family with peace and union, and open a way that they may have the necessaries and comforts of life, and Thy name shall have the praise, even so, amen. I received by Porter, some few fish hooks and lines, a ball of fish line and three pencils, but no small hooks nor knives nor wafers. At twenty minutes after 3:00 p.m. the wagons began to move again, in the same order as this morning and traveled until 6:00 p.m. when we arrived at a very pretty open view of the Platte river, and the encampment was formed in a semi-circle on its banks, having traveled since noon, about five miles, and in the whole day 20 miles, over the same kind of dry, level, sandy bottom. The river here appears to be about a mile wide but very shoal. There is not much timber where we are camped, and the water is pretty muddy. I walked some this afternoon in company with Orson Pratt and suggested to him the idea of fixing a set of wooden cog wheels to the hub of a wagon wheel, in such order as to tell the exact number of miles we travel each day. He seemed to agree with me that it could be easily done at a trifling expense. After the encampment was formed, I went to Brother Luke Johnson and asked him to draw my tooth which has pained me so much for a long time. While I was speaking to him Stephen Markham came up, and wanted him to take his team and the Revenue Cutter - the name by which the leather boat is called back about two miles, as they designed to seine in one of the lakes. Brother Luke Johnson drives the team which draws the boat and rides in the boat as in a wagon. I concluded I would go and watch them fish and started out on foot. I overtook Markham and John S. Higbee and in our conversation I mentioned to Brother John S. Higbee the same idea I had advanced to Orson Pratt, and he also seemed to coincide fully. After arriving at the lake they launched the boat and made three hauls. They only caught a snapping turtle, four small turtles, one duck, two small cat fish, and two creek suckers. They then concluded to return and I started on foot again with two rifles to carry. I got back to camp before they overtook me and being perfectly tired and very footsore, went to bed, but had no rest on account of the severe pain in my head and face.

April 20, 1847

Summary: Fishing, tooth extraction, blacksmith work, and an unsuccessful hunt.

Journal entry: TUESDAY. Arose at 5:30, my head and face very bad indeed. I ate but little breakfast, although we had a couple of ducks and a snipe. We started out at 7:30, the morning pleasant except a strong west wind. At 9:15 arrived at Shell creek, which is about six or eight feet wide, and a poor bridge over it, but all the wagons got well over. This is about five miles from where we camped last night. We then passed through a small grove of timber, and entered again upon the wide, open prairie bottom. At 11:30 we stopped beside a small slough or lake to feed and eat, etc., being five miles from Shell creek. While stopping here, three deer passed about half a mile west of the wagons. O. P. Rockwell and Thomas Brown chased them on horses four or five miles, but did not succeed in taking any of them. The wind has fallen considerably and it is very warm and dusty. At 1:00 p.m. started again, the horse teams taking the lead, traveled about ten miles farther and camped near a cottonwood grove on the banks of the river. The encampment was formed about half past five. Tanner's bellows and anvil were set up and a number of tires set before dark. John S. Higbee, Luke Johnson, S. Markham, and some others, started ahead of the camp about noon, and went about two miles farther than this place to a lake with the boat and seine. They took over 200 very nice fish, and arrived with them about the time the camp was formed. The fish were distributed around the camp according to the number of persons in each wagon, generally two to a wagon, and the brethren enjoyed a good supper on fish. I went to the river and washed my feet which were very dusty and sore. I also washed my socks as well as I could in cold water without soap. After Brother Luke Johnson had got through distributing fish, I went and asked him to draw my tooth. He willingly agreed and getting his instruments, I sat down in a chair, he lanced the gum, then took his nippers and jerked it out. The whole operation did not take more than one minute. He only got half the original tooth, the balance being left in the jaw. After this my head and face pained me much more than before. I ate but little supper and then lay down, but could not sleep for pain till near morning. The evening was very calm and pleasant.



Journal Entries Cont.

April 21, 1847

Summary: Visit with Pawnee Indians, caught in a thunderstorm, setting up guard at night.

Journal entry: WEDNESDAY. Arose at 5:00, my face easier, but swollen and my gums raw. Took breakfast on fish and coffee, but ate no bread, it being very dry and hard. I could not bear to put it in my mouth.

At seven started on foot; the ox teams being gone ahead. Some appearances of rain, and a slight shower fell. Wind northeast and pretty cool. At ten minutes to nine an Indian rode up to the first wagon and appeared very friendly, Soon after six or eight others came running on foot. They came from the timber about a mile to the left.

At 10:00 we arrived at a fork in the road, the one on the left leading to the new Pawnee village, and the one to the right leaving the village some distance to the south. A consultation was held by President Young with father Case relative to the Toads crossing the river, etc., when it was concluded to take the right hand road.

We proceeded, I accordingly and at 12:00 came in sight of the new Pawnee village, in an open spot on the south bank of the Loop Fork, between two bodies of timber. The village appeared to be about three quarters of a mile south of the road we were on.

At 12:30 we were opposite the village, and could then see distinctly upwards of 100 lodges set pretty close together, and appeared to be arranged in several lines, and set in good order. We proceeded until we arrived at a long narrow lake by the side of the timber and near to the river.

At 1:00 p.m., the encampment was made on the bank of the lake and a guard instantly placed at the passes, as many of the Indians had followed us, although they had to wade the river, but it is very shoal. One of the Indians presented several certificates from persons who had previously traveled through their village, all certifying that the Grand Chief of the Pawnees was friendly disposed, and they had made him presents of a little powder, lead, salt, etc.

Heber gave them a little tobacco, and a little salt. President Young gave to the chief, some powder, lead, salt and a number of the brethren gave a little flour each. The old chief, however, did not seem to think the presents sufficient, and said he did not like us to go west through their country, he was afraid we should kill their buffalo and drive them off. Brother Shumway told him we did not like buffalo, but this does not appear to give him much satisfaction.

However, there was no appearance of hostility. In fact, all that came to camp seemed highly pleased to shake hands with our brethren and would run from one side to another so as not to miss one. A number of the squaws were on the opposite side of the lake with mattocks digging roots

Brother Shumway says there are about twelve thousand of the Pawnees in this neighborhood, and it is reported that there are five thousand warriors. We did not see many of them. Larpy is at their village trading, and it is uncertain whether he will endeavor to use an influence for us or against us. We have no fear, however, because their only object appears to be plunder, and it is the calculation to be well prepared by night and day.

During the resting hour I spent the time writing in my journal. At 2:15 p.m. the ox teams started out again and the horse teams soon after. The weather had been calm and pleasant for a few hours, but about 2:00 or a little before, some heavy clouds began to gather, and a thunder was heard at a distance.

About 2:30 the rain began to descend heavily, accompanied by heavy peals of thunder and vivid lightning which continued till about 4:00 o'clock. A strong north wind blew up, the rain and thunder ceased and the weather grew very cold. We traveled till 5:30 and the encampment was formed on the Loop Fork of the Platte river.

After the encampment was formed and teams turned out, the brethren were all called together and some remarks made by President Young, advising them to have a strong guard round the camps tonight. He called for volunteers to stand guard and about 100 volunteered amongst whom were all the twelve except Dr. Richards. This guard was divided into two companies of fifty each, one company to stand the first half the night, and the remainder the last half. Those of the twelve who stood took the first watch till 1:00 o'clock. Brigham and Heber both stood on guard. Out of the companies a party were stationed as a picket guard some distance from the camp, the balance stood near the camp. The night was very cold, with a strong wind from the northeast, and in the middle of the night, it rained considerably.

Our course this morning was about west. This afternoon, northwest. We are now within three miles from the bluffs on the north. We have traveled today about twenty miles, the roads being good and very level. The grass here is short but looks good. The buffalo grass is very short and curly like the hair on a buffalo robe. The spring grass doesn't seem to be as early here as at the Elk Horn, and the last year's growth not being burnt off, will be rather a disadvantage to the spring companies.

I have noticed all the way on this bottom from the Elk Horn, that the Mound is full of wild onions which appear far richer and larger than any wild onions I ever saw. I have no idea that corn would grow here for the land is very dry and loose and sandy, and appears poor. The country is beautiful and pleasing to the eye of the traveler, although you call only see one kind of scenery for several days.



Journal Entries Cont.

April 28, 1847

Summary: Crossing a river. Wild onions. Feed for the livestock. Cool, clear water.

Journal entry: WEDNESDAY: Morning fine and pleasant, no Indians. The wind blew strong from the northeast which makes it much cooler. There are many wolves and antelope around here, but no buffalo have been seen as yet.

Orders were given this morning for no man to leave the wagons except the hunters. The brethren had to make a road down to the small creek near which we camped. This occupied till about nine o'clock, when the wagons commenced crossing; the last wagon crossed at ten o'clock and then the camp proceeded on. President Young, Kimball, and several others going before to point out the road while the wagons were crossing the creek.

Brother Luke Johnson shot the horse dead which had his leg broke last night. The horse belonged to Brother Barney, but was in Markham's team and was a good one, but they concluded it was better to shoot her than leave her alone to the mercy of the Indians.

Our course for the first seven miles was a little east of south over a very level prairie and green with grass. The largest wild onions grow here I have ever seen.

After traveling about seven miles we turned southwest, being within a mile of the main Platte and opposite to Grand Island. We traveled till 2:30 and then stopped to feed, having come about eleven miles today.

The roads are extremely dusty and the strong wind blows it into the wagons and everything is covered. We are now near to timber and a good chance for grass for the cattle. At 4. 00 p.m. we moved again and traveled till six, having traveled about four miles, and during the day, about fifteen miles.

We have camped about a quarter of a mile from the timber and there is plenty of grass to fill the stock tonight. The water is also clear and cool and good tasting. The evening is cloudy and very cool, which affects my head some. Suppered on some antelope and went to bed early.

April 30, 1847

Location: Grand Island (Sturh Museum), Nebraska - **Location:** 40:55:30N 98:20:30W **Elevation:** 1864 feet

Summary: Buffalo chips. Cold and windy.

Journal entry: FRIDAY: Arose at half past five. Morning cool and pleasant. The teams have filled themselves with rushes. Started at 7:40 and soon after the camp started, I started ahead on foot and have traveled about five miles. The prairie level and green with grass.

We travel on the first bench about three quarters of a mile north of the timber on Grand Island. There are many wild geese on the prairie, also buffalo dung, but none very recent.

There are immense patches of blue grass which from appearances, the buffalo are fond of. There are also numerous patches of buffalo grass which is very short, thick on the ground, and curly like the hair on a buffalo's hide, and much resembling it, except in color.

About a mile from where we camped last night, we passed a place where the Indians have camped no doubt during their hunt. They must have been very numerous for their camp has covered a number of acres of ground.

President Young, Kimball and Lyman are gone ahead on horseback to look out the road. We have thus far followed the Indian trail, but it is now so grown over and so old it is scarce discernible.

The wind blows strong from the north and the dust is very bad. The atmosphere is dull and cloudy. Our course today has been about west. At a quarter to twelve we stopped to feed beside a small creek of clear, good, water, having traveled about eight miles. The grass along this creek is long and plentiful. We are about a half a mile from Grand Island.

Having the privilege of copying from Brother Bullock's journal, I will now record the names of the standing guard as organized April 16th, also the men selected by Brother Tanner to form the gun division as ordered Saturday, April 17th.

Tarlton Lewis, Stephen H. Goddard, Seeley Owens, Thomas Woolsey, John G. Luce, Horace Thornton, Charles D. Barnam, Sylvester H. Earl, George Scholes, Rufus Allen, William Empey, John Holman, George R. Grant, William P. Vance, James Craig, Datus Ensign, William Dykes, John Dixon, Samuel H. Marble, Artemus Johnson, Norton Jacobs, Addison Everett, William Wordsworth, John W. Norton, Francis M. Pomroy, Lyman Curtis, Horace W. Frink, Erastus Snow, Hans C. Hanson, William C. A. Smoot, Barnabas L. Adams, Rodney Badger, Charles Burk, Alexander P. Chesley, Appleton M. Harmon, David Powell, Joseph Mathews, John Wheeler, Gillrid Summe, Mathew Ivory, Edson Whipple, Conrad Kinsman, Joseph Rocker, Nathaniel Fairbanks, Orzo Eastman, Andrew S. Gibbons, William A. King, Thomas Tanner, Hosea Cushing, and John H. Tippetts.

The names of the gun detachment are as follows:

Thomas Tanner, Captain; Stephen H. Goddard, Seeley Owens, Thomas Woolsey, John G. Luce, Horace Thornton, Charles D. Barnam, Sylvester H. Earl, George Scholes and Rufus Allen. At twenty minutes after ten o'clock started again, the wind blowing from the north tremendously strong, and clouds of dust arose from under the wagon wheels. It has turned very cold and gloomy.

We traveled again over a level prairie some distance from the river and turned off to camp under the bench soon after 5:00 p.m. having traveled about eight miles, our course a little southwest.

The wagons were formed in an imperfect circle in such a manner as to have all the wagon mouths from the wind, which took near an hour to form the encampment. We are about a mile from water and a mile and a half from timber, with very little grass for our teams. It is now so cold that every man wants his overcoat on and a buffalo robe over it.

We have had no accident and the brethren feel well; some are wrestling to keep themselves warm. Some have had the good luck to bring a little wood with them but it seems as if many will have a cold supper. And some perhaps little or nothing as they have no bread cooked.

Eight p.m., the camp have found a good substitute for wood in the dried buffalo dung which lies on the ground here in great plenty, and makes a good fire when properly managed.

Brother Kimball invented a new way of building a fire to cook on and which is well adapted to the use of this kind of fuel. He dug a hole in the ground about 8 inches deep, 15 inches long and 8 inches wide. Then at each end of this hole he dug another about the same dimensions as the first leaving about 3 inches of earth standing between the middle and two end holes. At the end of these partitions he made a hole through about 3 inches in diameter to serve as a draught. In the bottom of the middle hole the fire and fuel was placed, and across the top two wagon hammers to set the pots and pans on, so that the fire could have free circulation underneath. By this method much cooking was done with very little fuel.

To save the trouble of carrying water so far a well was dug in a short time about 4, feet deep and good water obtained. After supper I went and gathered some dried buffalo dung, [politely called buffalo chips] to cook with in the morning.

Brother Hanson played some on his violin and some of the brethren danced to warm themselves. I went to bed early to get warm but having only one quilt for covering, I suffered much with cold.

Websites To Visit

Supplies and packing

"Oregon Trail Guidebook." 2005

<http://www.beavton.k12.or.us/greenway/leahy/ot/guidebook/food.htm>

This site gave us information on how much of each food the pioneers brought on the Oregon Trail. It also contained an informative chart of supplies and their prices, along with some vocabulary necessary to understand the terms used in some recipes.

"Oregon Trail. Read. Look. Imagine.."

<http://www.hasd.org/ges/oregon/Oregon.htm>

This site contains information on what the pioneers brought with them on their journey. It was clear and easy to understand.

"Outfitting for the Trail."

<http://www.hasd.org/ges/oregon/Oregon.htm>

This site shows how the pioneers brought food with them, describing it in detail, it's quite interesting.

A Typical Day

"Oregon Trail Guidebook."

<http://www.hasd.org/ges/oregon/Oregon.htm>

This site gave us an idea of what a typical day for a pioneer was. It included information on their different meals of the day.

Ø http://www.digitalhistory.uh.edu/learning_history/children_westward/california.cfm

Accounts of the journey West written by various people about daily life along the Oregon Trail, contains little details of a normal day.



Websites, cont.

Recipes

"Pioneer and Indian Recipes."

<http://www.nps.gov/whmi/educate/ortrtg/ortrtg14.htm>

This site gave us recipes on what the pioneers ate. It was detailed and accurate.

<http://www.post-gazette.com/food/19990902vintage7.asp>

Article contains authentic recipes from the Oregon Trail, without any modernization. It is quite interesting to look at these and compare them to modern recipes.

Prices

Ø <http://www.sd129.org/goodwin/plan-3.htm#Food>

The authors provides guidelines for relevant food items and other supplies pioneers would have needed to bring along with them.

Ø

<http://www.endoftheoregontrail.org/outfit.html>

In this site are provisions and prices for items from the 1800s and is quite useful for the Math Break activity.

Ø Misceallaneous

<http://www.foodtimeline.org/foodpioneer.html>

This website explores food history and is full of tales and contradictory facts. Several links lead to Oregon Trail recipes and food. This, too, is very interesting to just explore.

Ø <http://www.over-land.com/trore.html>

In case the above is not enough, then this website contains many links about the Oregon Trail.

Ø http://www.pbs.org/weta/thewest/places/trails_ter/oregon.htm

Perspectives about the West from a television show about the Oregon Trail and the West.

"Buffalo."

<http://www.isu.edu/%7Etrinnich/Buffalo.htm>

In this site, are many fascinating facts to interest you. Such things are like the \$100 glass of water and more. These shows haw life was in the 1800s in the West.



Activity



• **Group Activity: Puppet Show**

• Working in groups of five or six, you are to put together a puppet show demonstrating your knowledge of food during the Westward movement (i.e. how food was retrieved, what pioneers ate, etc.)

• **Materials**

- -Variety of colored felt
- -Popsicle sticks

• **Instructions**

- 1. Using felt, cut to shape and size of various characters and the setting (i.e. pioneers, horses, wagons, etc.)
- 2. Attach the Popsicle sticks to the puppets
- 3. Write a screenplay that your group will follow while performing the show
- 4. Lights, Camera, and Action

• **Grading**

• The play will be graded on how much information about the topic of food during the Westward movement is included

• Topics to be incorporated into the show:

- • Why it was difficult to attain food along the Oregon Trail
- • When would certain foods be available to attain
- • How pioneers got their food and cooked it while on the road
- • What types of food they ate
- • Who pioneers might have gotten food from
- • Where pioneers were able to retrieve food (wilderness, trading stops, etc.)

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• *Bonus Assignment: You may wish to create scenery for your play depicting the environment in which pioneers traveled through. The background must show your comprehension of the Oregon trail, its atmosphere, and how it affected what the pioneers ate along their journey



Activity: Do You Know Your Oregon Trail Vocabulary?

Read each description and write the word in the blank that matches the description.

Word Bank:

Saleratus Vinegar Flour Bushel Keg
Hardtack Preservatives Jerky Pemmican Oregon Trail

Fill In The Blanks

1.) At least 200 pounds of this item was brought along the journey.

2.) We commonly know this today as 'baking soda'.

3.) A hard biscuit or bread made with only flour or water.

4.) This is added to food to prevent spoilage or bacteria.

5.) A unit of volume that measures dry food.

6.) A special type of dried meat, usually made of beef.

7.) A unit of volume that usually measures liquids.

8.) This was used as a preservative and prevented scurvy.

9.) A common name used for the path leading westward.

10.) A powdered dry meat or strips of dried meat mixed with berries or other foods.



Math Break

Using the following information, answer the questions:

Prices (1840's to the early 1850s in the east) Recommended Amount per Adult

Flour \$0.02 per pound	150 lbs
Corn meal \$0.05 per pound	20 lbs
Bacon \$0.05 per pound	50 lbs
Sugar \$0.04 per pound	40 lbs
Coffee \$0.10 per pound	10 lbs
Dried fruit \$0.06 per pound	15 lbs
Salt \$0.06 per pound	5 lbs
Saleratus (baking soda) \$0.12 per pound	½ lbs
Tea \$0.60 per pound	2 lbs
Rice \$0.05 per pound	5 lbs
Beans \$0.06 per pound	15 lbs

PRICES IN OREGON (1852)

Oxen and cows \$50 – 100

Bacon \$0.25 per pound

Pork \$0.125 per pound

Beef \$0.10 per pound

Tallow \$0.15 per pound

Lard \$0.25 per pound

Butter \$0.60 per pound

Flour \$0.06 per pound

Coffee \$0.20 per pound

Sugar \$0.10 - 0.16/lb

Rice \$0.06 per pound

Saleratus \$0.25 per pound

Salt \$0.03 per pound

Wheat \$1.03 per bushel

Oats \$1.25 per bushel

Onions \$2.50 per bushel

Potatoes \$0.75 per bushel

Beans and peas \$1.50 per bushel

Chickens (whole) \$1

Turkeys \$2-\$2.50

Tobacco \$0.25 per pound

1.) About how much money would be needed to buy only the dry portion of the food according to the chart?

2.) "Prices of labor do not correspond with the prices of our produce... How can farmers afford to pay \$40 per month for second rate hands, fifty dollars for common two horse harness, two hundred dollars for a common two horse wagon, twenty-five dollars for a two horse plow, twelve cents a bushel for threshing grain -- and sell their wheat at 75 cents, oats 40 cents, potatoes 25 cents, pork 5 to 6 cents, onions \$1, peas 75 cents, etc. etc. I pay sawyers on my mill \$60 per month, log choppers \$40 to \$50 per month, teamsters the same, and yet I sell good flooring, fencing, ceiling, and weatherboards at \$12 per thousand feet! Hence many, very many, will vote for Slavery in order to cheapen labor!" –David Newsom, 1857

Compare and contrast the prices in the east to the prices in Oregon, along with the quote from Newsom. What do you notice? Why do you think that this is so?

*BONUS ACTIVITY:

Compare and contrast present-day prices to those in the 1840s. Go to a local supermarket and find prices for each of the items on the list and see how they differ. Write a paragraph or two describing what you noticed.

TEST.

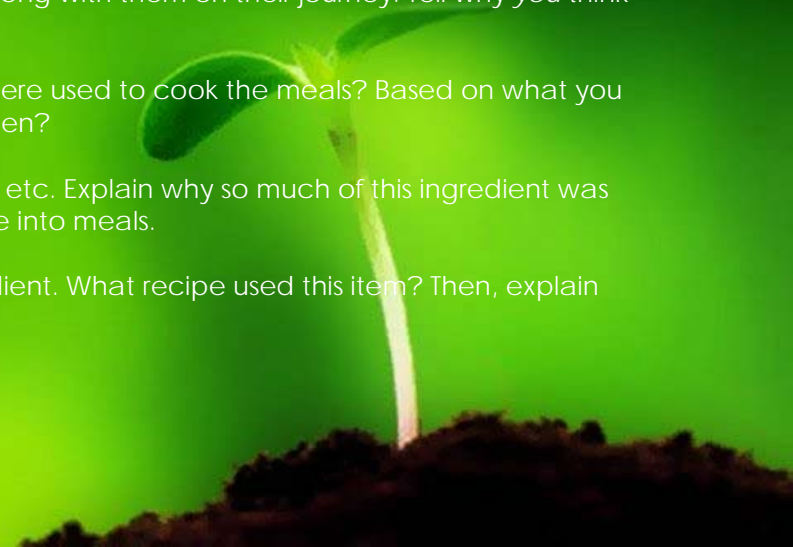
On a separate sheet of paper, answer the following questions.

Part One

1. "_____ " is what the pioneers did for lunch.
2. How did coffee help thousands of pioneers survive?
3. What are three ways pioneers could obtain their food?
4. Pioneers on the Oregon Trail had three meals a day: _____, _____, and _____.
5. What food did the pioneers commonly eat for breakfast?
6. Name three different types of food or drinks pioneers may have carried and their uses.
7. For dinner, if the pioneers couldn't make fire, how did they eat their bacon?
8. What did the pioneers do to make the leftover buffalo meat last longer? Who taught them this technique?
9. What would the pioneers trade with for food from the Native Americans?
10. What is saleratus?

Part Two-Critical Thinking

- 11.) Describe, in detail, some of the hardships pioneers went through when searching for food. How hard was it? What measures did they have to take to get what they needed?
- 12.) List some of the types of items that you think were most important that were brought along with them on their journey. Tell why *you* think these items were most important. Back it up with evidence and examples.
- 13.) What were some of the recipes cooked with the food pioneers brought? What items were used to cook the meals? Based on what you know about how much of each item they brought, would families have eaten this meal often?
- 14.) Pioneers brought along with them around 200 pounds, at least, of flour, bread, biscuits, etc. Explain why so much of this ingredient was necessary to bring along. Discuss some of the items that pioneers cooked with this, or made into meals.
- 15.) Name at least one item that could be used as a preservative and as a cooking ingredient. What recipe used this item? Then, explain one item brought along by pioneers that you would find just as useful.



Puppet Show Grading Rubric

1=poor 2=fair 3=good 4=excellent 5=superior

Qualities	1	2	3	4	5
Students have relayed the information to the audience well through usage of their characters (and scenery)					
Students researched the pioneers' lifestyle thoroughly and incorporated the information into the characters					
Students depicted the way pioneers obtained their food accurately					
Students used creativity in their story plot and script					
Students followed directions					
	Total		/25		



For Teacher Use: Answer Sheets

Activity Sheet. The ANSWERS.
Do You Know Your Oregon Trail Vocabulary?

- 1) flour
- 2) saleratus
- 3) hardtack
- 4) preservatives
- 5) bushel
- 6) jerky
- 7) keg
- 8) vinegar
- 9) Oregon Trail
- 10) pemmican



Answer Sheets, cont.

Math Break Answer Sheet.

1.) \$12.71

2.) Economy in Oregon was extremely instable. Prices rose and fell depending on season, events, and such. For example, in the summer and fall, produce prices were low, but as soon as winter came, the prices began to rise. Imported goods were cheap when there was a large quantity at hand, but as soon as there were fewer ships carrying such goods, the prices began to rise. In addition, capital was constantly in shortage.

Bonus Activity: Answers may vary.

Paragraph should describe the growth in prices due to inflation



Answer Sheets, cont.

TEST ANSWERS.

Part One

1. Q: "_____" is what the pioneers did for lunch.

A: Nooning

2. Q: How did coffee help thousands of pioneers survive?

A: By boiling the water for coffee, it killed many harmful and deadly germs in the water.

3. Q: What are three ways pioneers could attain their food?

A: Three ways pioneers could attain their food are bringing it with them, trading with the Native Americans, and buying supplies at the trading posts.

4. Q: Pioneers on the Oregon Trail had three meals a day: _____, _____, and _____.

A: Breakfast; "nooning"; dinner

5. Q: What food did the pioneers commonly eat for breakfast?

A: Bacon was the food pioneers commonly ate for breakfast.

6. Q: Name three different types of food or drinks pioneers may have carried and their uses.

A: Answers may vary. Examples: Whiskey or Brandy- good for internal/external medicinal purposes; Vinegar- good for preventing scurvy and good for using as a preservative; Jerky- dried and preserved buffalo meat and allows the meat to last longer.

7. Q: For dinner, if the pioneers couldn't make fire, how did they eat their bacon?

A: They ate their bacon raw.

8. Q: What did the pioneers do to make the leftover buffalo meat last longer? Who taught them this technique?

A: Pioneers turned their leftover buffalo meat into jerky. The Native Americans taught them this technique.

9. Q: What would the pioneers trade with for food from the Native Americans?

A: Pioneers traded clothes, tobacco, or rifles for food from the Native Americans.

10. Q: What is saleratus?

A: Saleratus is baking soda.



Answer Sheet, cont.

TEST ANSWERS (cont.)

Part Two The following is a suggested answer sheet, student's answers may vary, but should capture the main ideas described below.

11.) Pioneers went through many hardships trying to get their food. The areas they were traveling through were unknown to them, so no one really knew exactly what was out there, and there were many dangerous animals, or different types of new plants, etc. that was out there. It could often be difficult hunting down animals for food, and the hunters could easily get attacked. Since they did not know what was in the lands ahead, many would just simply have to take risks.

12.) Some of the most important items brought along the trip were things like flour, biscuits, tea, and maybe salt. These items were very important. Flour and biscuits were important because those items could be preserved for a long time and with recipes, they can be used to create many things like bread, which was eaten just about every day. Tea was important because it was probably what they drank most during those days, and also, pioneers would need something to drink. Salt was needed because it was used to flavor their food and was also a good preservative.

13.) For this question, students could name anything from the websites research was done on (For example, the websites you gave me with recipes and lists of what they brought, etc.)

14.) Plenty of flour was brought along with pioneers because flour is a good preservative. Flour can also be used to cook many things, like biscuits, which could be saved for a long time and still be edible. Flour was also used to cook many of their other recipes of what pioneers ate along their journey.

15.) For this question, students could name examples like vinegar or salt, etc. They could use recipes like the meat they ate sometimes, which used salt for flavor.

