

Virginia Makes Bannock



INSTRUCTIONS

1. Cut out the flashcards.
2. Play flashcard games.
3. Read the story.



bannock



dough



bowl



oven



fry



poke



mix



knead



This is Virginia.



She is from Little Red River Cree Nation in northern Alberta.



Virginia likes to cook. Today she is making bannock.



Photo credit: "First Nations person making bannock at Treaty payment, Lansdowne House, Ontario.", 1942, (CU190629) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.

Many Indigenous people make bannock. This picture is from 1942.



Bannock is a kind of bread.



Bannock is made from flour, baking powder, sugar, lard and water.



First, she puts the flour, baking powder and sugar in a bowl.



Then she cuts and adds the lard.



She mixes everything together.



She makes a hole in the centre and slowly adds water.



She uses her hands to knead the dough.



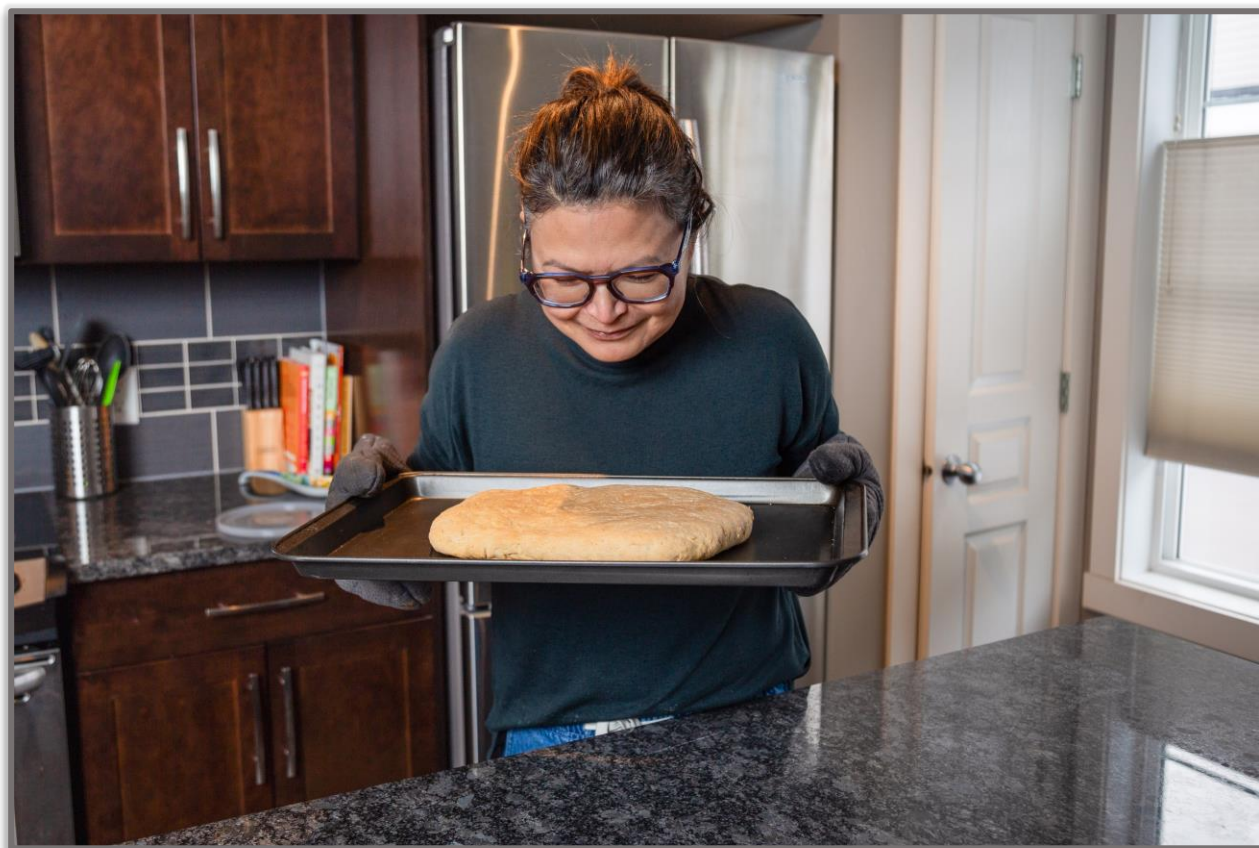
She puts the dough on a pan and pokes holes with a fork.



Bannock is baked in the oven or fried in oil.



Virginia bakes her bannock in the oven for one hour.



The bannock is ready. It smells great.



The bannock is delicious!

Acknowledgments



© 2024 The Immigrant Education Society

Indigenous Subject Matter Expert, Writer: Suzanne Clavelle-Christensen
Indigenous Subject Matter Expert, Narrator: Chantal Chagnon
Literacy Subject Matter Expert, Writer: Donna Clarke
Photographer, Developer: Jeremy Fox
e-Learning Consultant: Jeremy Wilson

Special thanks to Virginia McConnell for being our story subject.

This work is licensed under the Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International License. To view a copy of this license, visit:
<http://creativecommons.org/licenses/by-nc-sa/4.0/>

(Reproduction of this material is permitted for non-commercial, educational use only as stipulated in the above CC license)

Visit us at: www.immigrant-education.ca

Funded by / Financé par:



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada



Scan to see the digital story

