

 <p>Ukrainian Cultural Heritage Village Село спадщини української культури</p>	<p>Located: 25 minutes east of Edmonton along Hwy. 16 (just east of Elk Island National Park)</p> <p>E-mail: uchvbookings@gov.ab.ca</p> <p>Send mail to: Ukrainian Cultural Heritage Village c/o 8820-112 St. NW Edmonton, Alberta, Canada T6G 2P8</p>
<p>www.ukrainianvillage.ca </p>	

Ukrainian Heritage Foods

(Grades 7 to 12)

Explore traditional Ukrainian-Canadian food patterns and lifestyle. Through preparation of seasonal Ukrainian-Canadian foods, students discover the customs, practices and development of the Ukrainian-Canadian diet.

Intended Outcomes

- Knowledge of culinary traditions that came to Canada with the first Ukrainian settlers at the beginning of the 20th century.
- Understanding of how knowledge and traditions are transmitted from generation to generation.
- Knowledge of culinary techniques and practices in use during the settlement era in east central Alberta.
- Appreciation for the stories and experiences of Ukrainian immigrants to rural Alberta.

Program Activities

Students will participate in an exploration of traditional Ukrainian-Canadian food patterns and lifestyle. Through preparation of Ukrainian-Canadian foods, students will discover the customs, practices, and development of the Ukrainian-Canadian diet. At the end of this interactive hands-on program, students will have a greater appreciation for this unique cultural cuisine and will be equipped with the knowledge necessary to reproduce the meals of their own. Furthermore, students will discover how the early pioneers managed to survive through mercilessly harsh living conditions with minimal resources at hand.

Program Duration and Delivery

Ukrainian Heritage Foods is a 3 hour program. The program schedule includes a brief break. Students will actively participate in the preparation of a meal that can be enjoyed at the end of the program. The types of food prepared will be determined by the season in which the program is delivered.

The duration of Ukrainian Heritage Foods can be lengthened to include time for the students to complete reflections, journals or other teacher-provided module activities during the program.