



Season 3, Episode 2

Handpicked Presents: Indigenous Health and Food Systems Podcast – “What are Indigenous Foods?”

Hosted by: **Dr. Marylynn Steckley**

Produced in collaboration with: **Dr. Sonia Wesche, Victoria Marchand, & Dr. Josh Steckley**

Discussion Questions

1. In what ways might Indigenous people have a complicated relationship with bannock? Is ‘authenticity’ a useful term for thinking about food heritage and tradition?
2. What does Kahente Horn-Miller mean by “food is relational”?
3. What visuals or emotions come up for you when hearing the story of ‘Sky Woman’? How does this story compare to other human origin stories- what are the implications for the way we think about food and food systems?
4. How do we make sense of, respect, and value traditional Indigenous diets and contemporary foodways today? How do we bring together understanding, and respect, and desire to keep alive traditions and ancestral foods in the contemporary post-colonial world?
5. How does the term ‘foodways’ differ from ‘food systems’ in communicating peoples’ relationship with food?