

The cover features several illustrations of berries and plants. In the top left, there are red berries on a green stem. In the top right, there are red berries on a green stem. In the bottom left, there are blueberries on a green stem. In the bottom right, there are blueberries on a green stem. In the center, there is a faint illustration of a plant with many small white flowers.

MINO-MEE-CHEE-WIN, GOOD FOOD  
MINO-MES-KI-KI-WAN, FOOD MEDICINES

# MINO-TE-MAH-TI-ZEE-WIN, A GOOD WAY OF LIFE

## COLOURING BOOK

Elder Caroline Daigenault, Elder Robert Fenton  
and Kayla Perry, RD

Illustrated by Joshua Hunt



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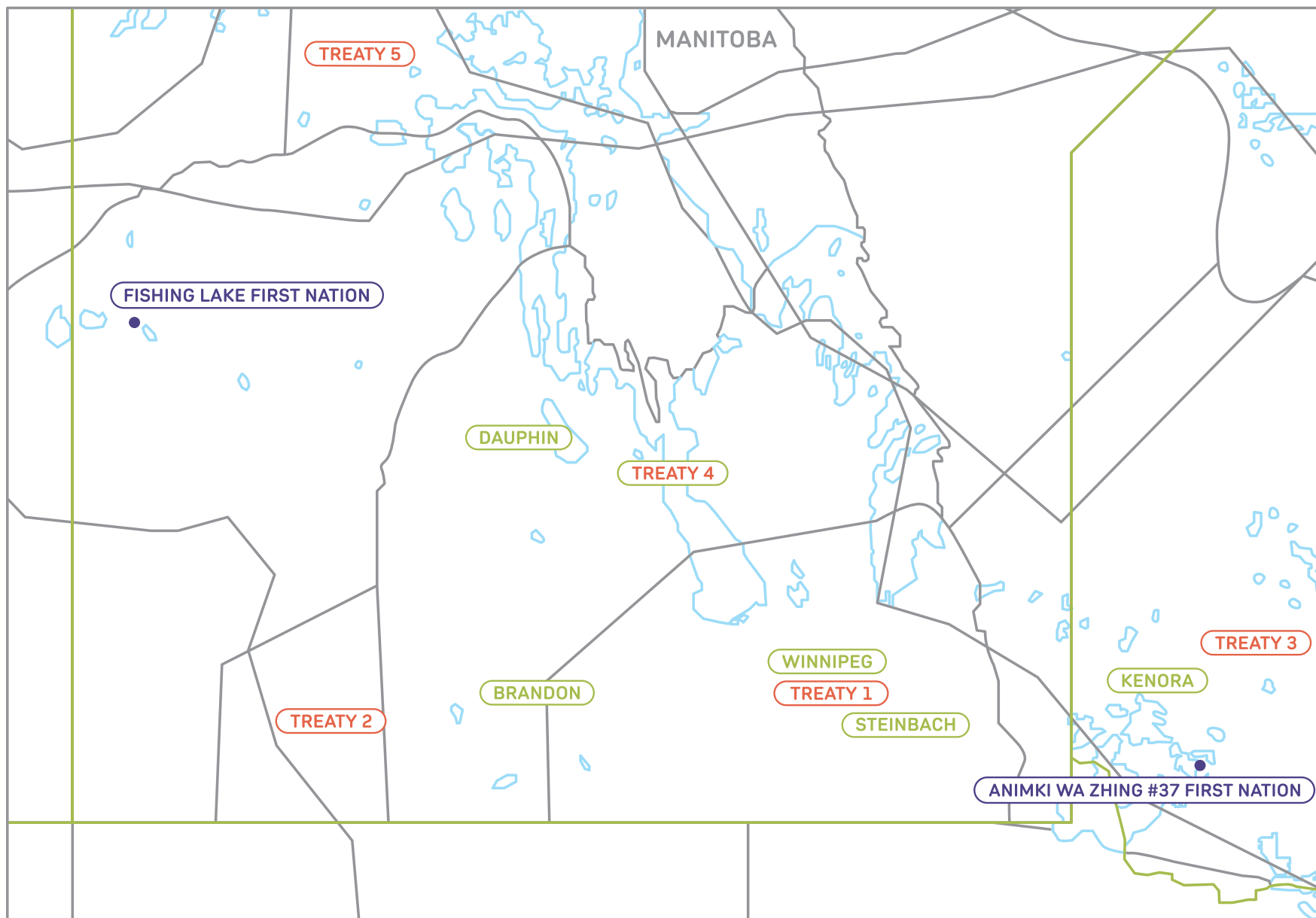
IN MEMORY OF

# Caroline Daigenault

ELDER | FISHING LAKE, SASKATCHEWAN

The National Indigenous Diabetes Association is eternally grateful to Caroline for her contributions to our children's healthy eating colouring book, *Mino-mee-chee-win (Good Food)*, *Mino-mes-ki-ki-wan (Food Medicines)*, *Mino-te-mah-ti-zee-win (A Good Way of Life)*. She shared her knowledge and wisdom with respect, love, and kindness. Her Traditional Knowledge has inspired this book with teachings of Indigenous Ways that have been passed down since time immemorial.

Chi-Miigwech, Caroline  
Elder Robert Fenton



# ELDERS INTRODUCTION

**We are pleased to offer this colouring book, which includes information and illustrations on some traditional plants and animals from our different territories. Through the beauty of our First Nations languages, this colouring book will serve as a resource to help children learn about the foods and medicines that sustain us.**

In the creation of this resource, we met many times to discuss what plants and animals to include and share stories about, with the ultimate purpose of aiding children in their journey to healthy eating and living. We thought we could best speak to the plants and animals we know from our territories, which stretch from Animki Wa Zhing #37 First Nation in Treaty 3 (Ontario) to Fishing Lake First Nation in Treaty 4 (Saskatchewan).

All of the foods included in this colouring book have a spiritual aspect, as all life is giving and connected to medicine. Our parents, grandparents, and other relatives taught us the importance of these foods, and we now want to share these teachings with younger generations.

We start with the recognition that everything we once gathered was edible, medicinal, and connected. We were taught to respect every living thing. For example, each part of what we picked, and even what we did not use, was placed back into the bush with an offering. When it came to harvesting animals, the entire animal was used. Nothing was wasted — even the bones were used to make needles or utensils, always showing proper respect to the animal for its gifts.

We also held the teaching that food is medicine. Before we had the western medicines that are so popular today, we had the plants and

animals that provided for us and kept us healthy. These same plants and animals helped our grandparents survive the Depression.

Looking at these plants and animals, we are reminded of our grandparents and to give thanks everyday for these gifts from the Creator. We are reminded that there are always ceremonies before and after hunts and harvests, and that so much of what was harvested or gathered is shared amongst our relatives.

We are reminded that when our grandfathers went hunting, they always gave thanks first — it seemed as though when our grandfathers would give thanks before a moose hunt, a moose would then present itself to them as an offering. Similarly, our grandparents had a garden, and they always gave thanks before beginning their planting season, and then again at harvesttime before sharing every grown thing.

There are a lot of old teachings that are practised today, like offering tobacco when picking medicines. Sharing is important — when my father went moose hunting, people would visit when they knew he was home because he always gave the meat away. For those that could not make it to our house, he would go out and give them meat. He only kept what we needed for the winter season. The Elders liked the bones, so my father would collect and share a big pile of bones with them. This reflects the fishing patterns of our grandfathers; they did not keep all of their catch, but instead shared it with those around them.

Please enjoy this colouring book as a gift from us to you and your families.

Elder Caroline Daigenault  
Elder Robert Fenton

Muskrat

**ENGLISH**

Wacask

**CREE**

Wazhashk

**OJIBWE**

Wacashk

**OJIBWE-CREE**

Sinkpe

**DAKOTA**

Dzen

**DENE**

## ELDERS

Muskrats are edible, especially the tail. Muskrats are medicinal animals that are hunted by trappers.

## DIETITIAN

Muskrat, like other meat, contains a mineral called phosphorus, which works with calcium to build strong bones and teeth in our bodies.



Moose

**ENGLISH**

Móswa

**CREE**

Moonz

**OJIBWE**

Moos

**OJIBWE-CREE**

Ta

**DAKOTA**

Denih

**DENE**

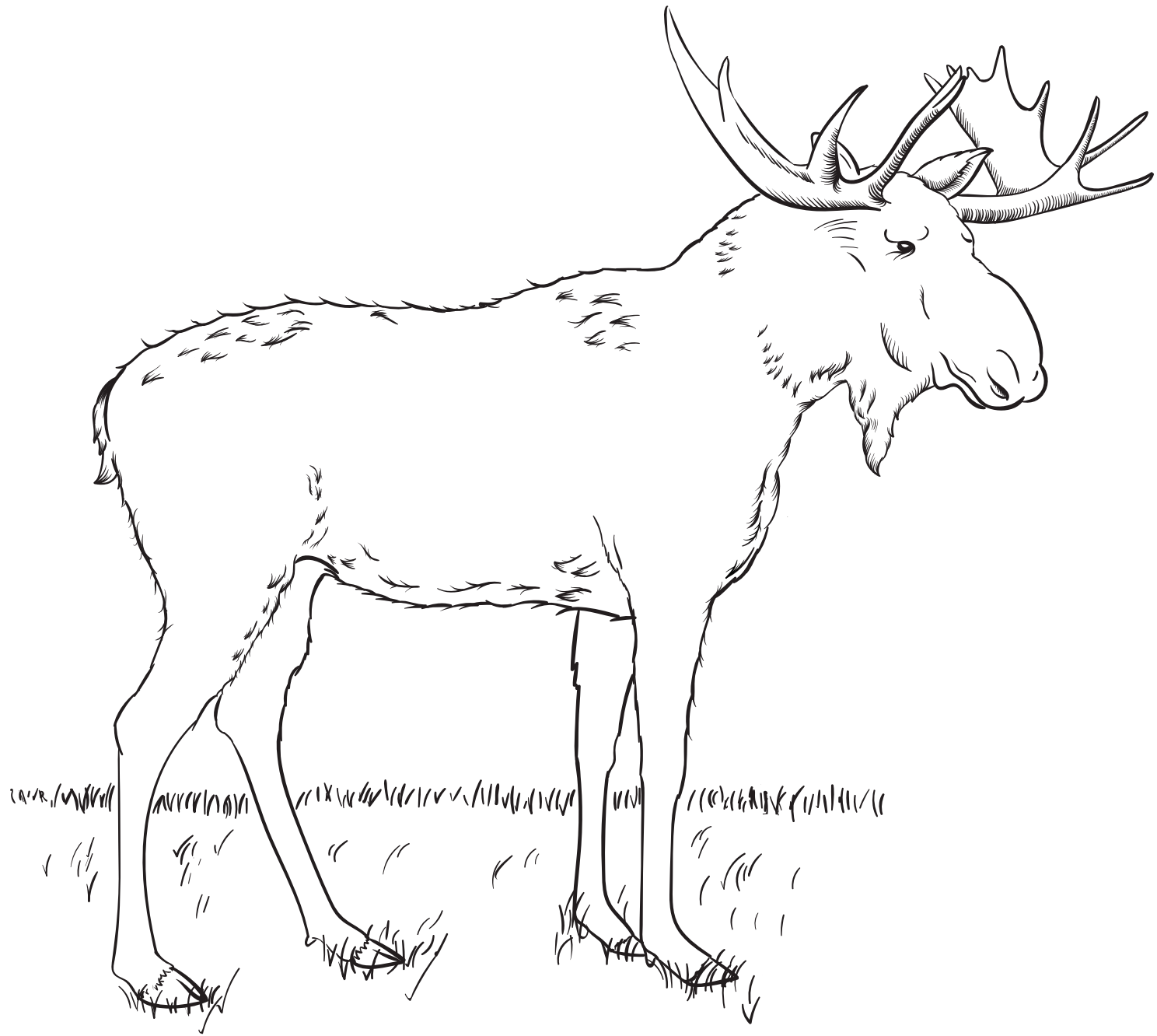
## ELDERS

Moose was hunted and gifted. We kept what was needed for the winter and the rest was shared. The entire animal was used and nothing was wasted; Elders kept the bones, and these bones were used to make needles or utensils. The moose nose was even considered a delicacy.

## DIETITIAN

Moose meat can provide us with the majority of vitamin B12 that we require. Our bodies need vitamin B12 to have healthy nerves. Our nerves help our brain talk to our body, which helps us move and engage with the outside world through our senses, like touch, sight, and smell.





Bison

**ENGLISH**

Paskwáwi Mistos

**CREE**

Bashkode-bizhiki

**OJIBWE**

Tatanka

**DAKOTA**

Edjedeh

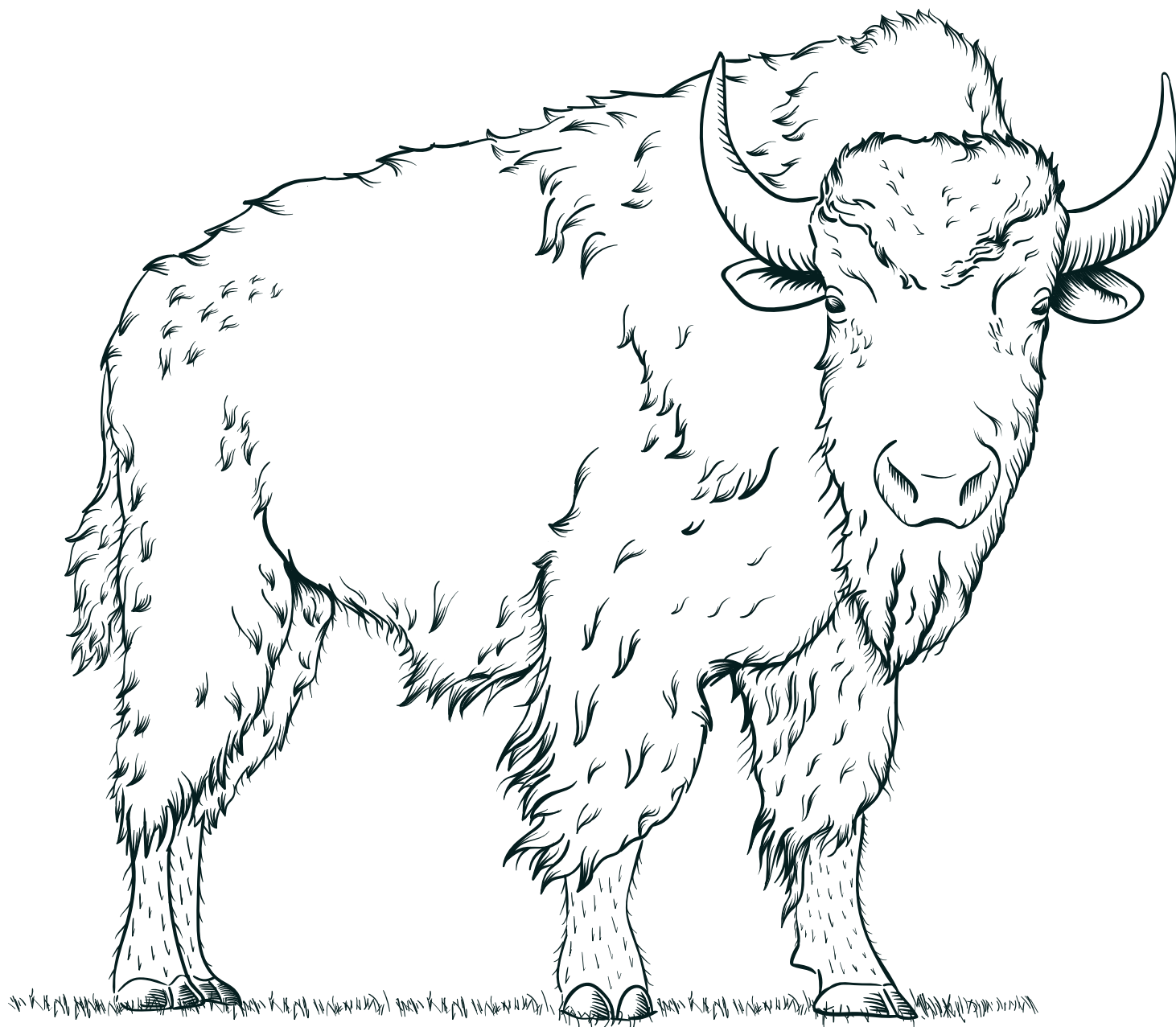
**DENE**

## ELDERS

The buffalo is of central importance to Blackfoot and other Plains Peoples. Blackfoot people did not take the buffalo for granted. Elaborate rituals and ceremonies were created to ensure the return of the buffalo herds each year. (Elder Treffery Deerfoot)

## DIETITIAN

If you have not yet tried a bison burger, please do, as they are delicious and healthy. Bison meat provides us with the mineral zinc, which our bodies use to build our immune system to fight off those nasty flu and cold viruses.



Deer

**ENGLISH**

Acikosis

**CREE**

Waawaashkeshi

**OJIBWE**

Waawaashkehshi

**OJIBWE-CREE**

Takhcha

**DAKOTA**

Yahtuwēh

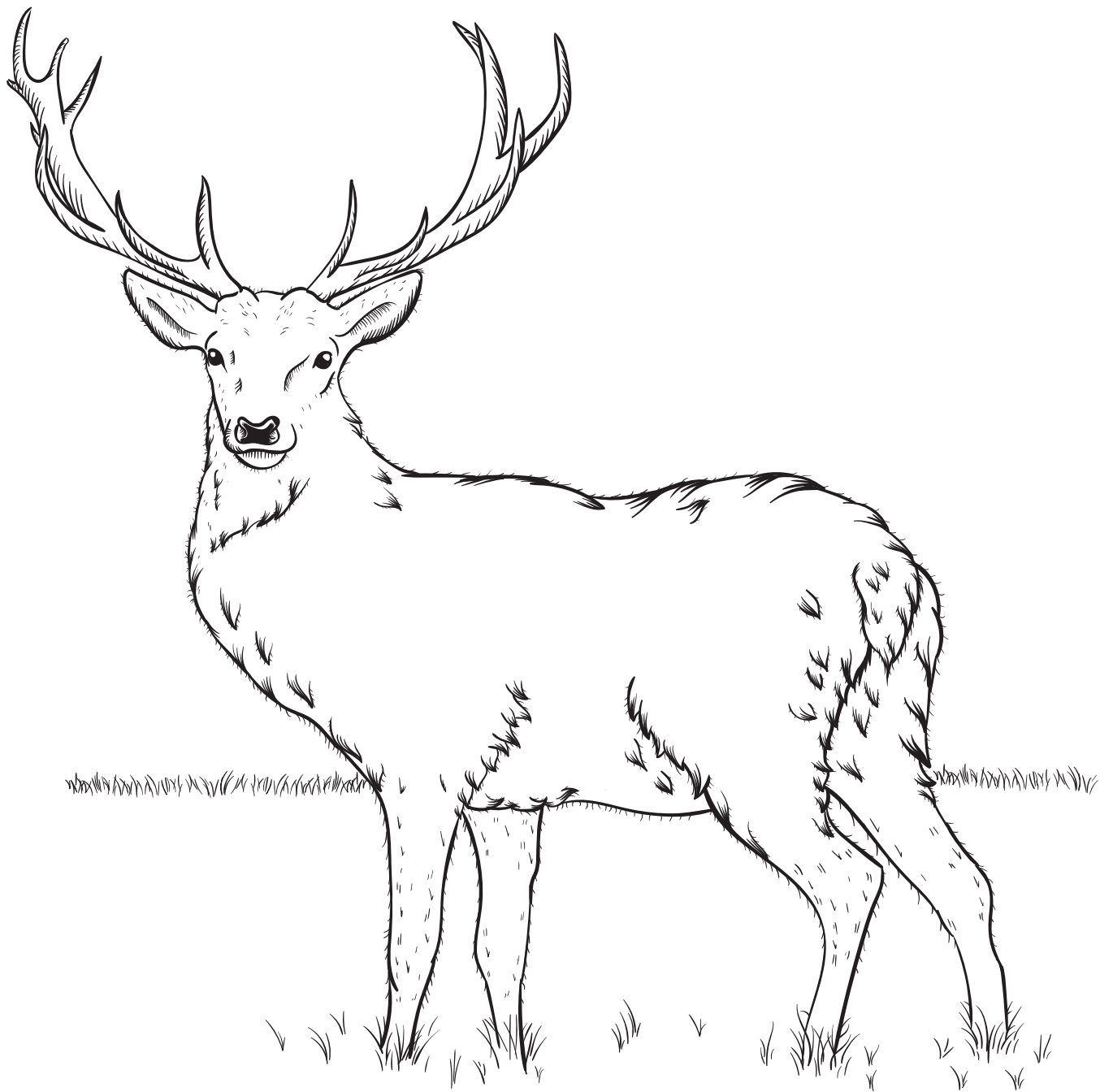
**DENE**

## ELDERS

Deer was used in similar ways as elk and caribou, including drying the meat. We used all parts of the deer, including their hearts, livers, and kidneys.

## DIETITIAN

Deer gives us a vitamin called riboflavin, or vitamin B2. Like other B vitamins, riboflavin helps our body make energy from food.



Beaver

**ENGLISH**

Amisk

**CREE**

Amik

**OJIBWE**

Amihk

**OJIBWE-CREE**

Chapa

**DAKOTA**

Tzah

**DENE**

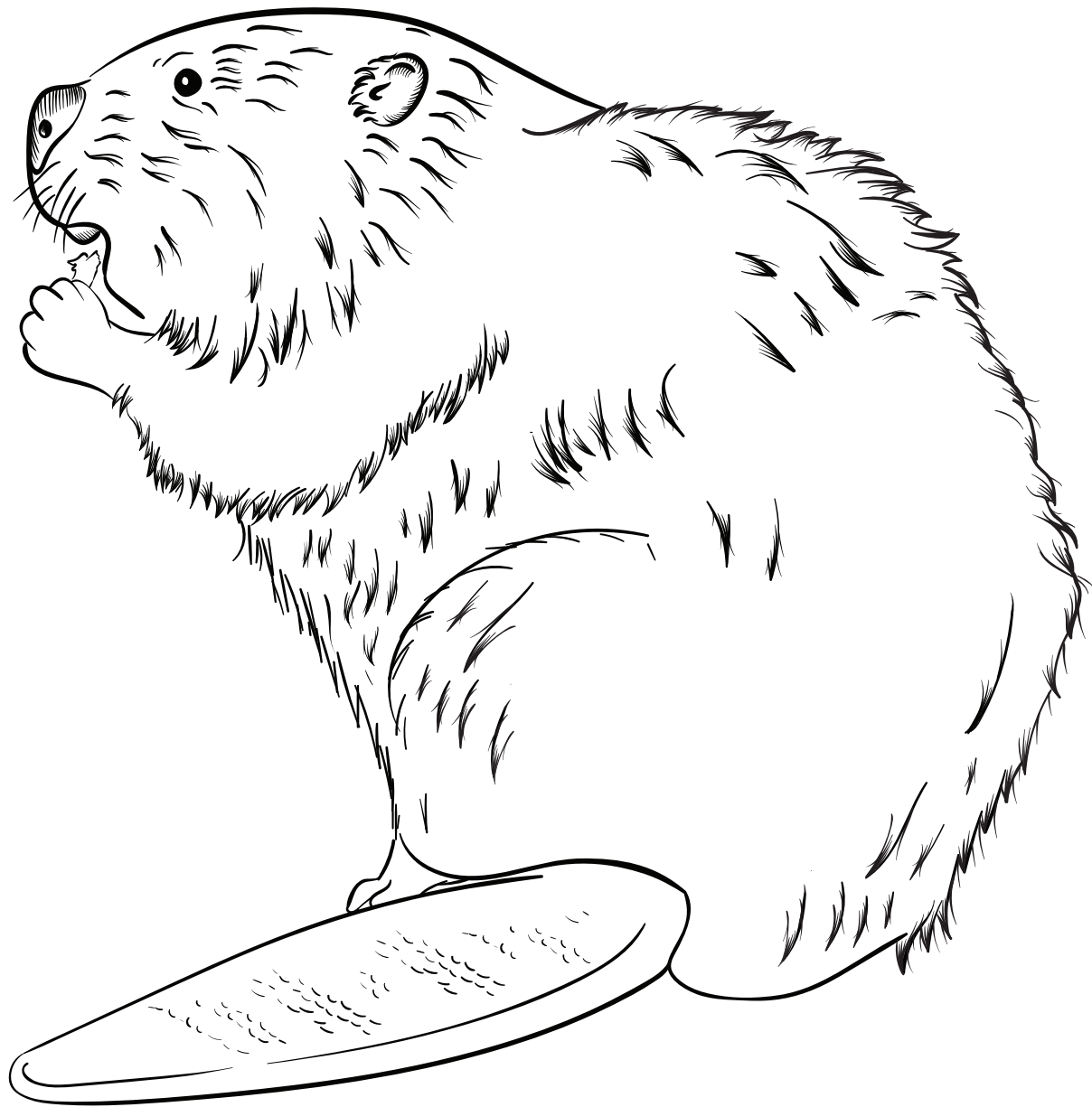
## ELDERS

Beavers are tree cutters. They were once a commodity in the fur trade, as their pelts were used to make clothing. Beaver tail was important and used in ceremonies (i.e., Feasts). Beavers are also edible and medicinal animals, as they eat a nutrient-dense diet from under the soil.

## DIETITIAN

Beaver meat gifts us with plenty of vitamin B6. Vitamin B6 has many important jobs, like helping us feel happy by creating special hormones that affect our mood.





Wild Turkey

**ENGLISH**

Mistahi Pinéw

**CREE**

Mizise

**OJIBWE**

Kihci-pine

**OJIBWE-CREE**

Zicha Tanka

**DAKOTA**

## ELDERS

Turkey feathers have been used in the traditional regalia of many Nations, like the feathered cloaks of the Wampanoag and the feather headdresses of the Tuscarora and Catawba. The Turkey Dance is one of the most important social dances of the Caddo Nation, associated with songs about war honours and tribal pride.

## DIETITIAN

Wild turkey is very low in fat, which is good for our heart health!



Elk / Caribou

**ENGLISH**

Wápití / Atik

**CREE**

Omashkooz / Adik

**OJIBWE**

Atihk

**OJIBWE-CREE**

Hekhaka /  
Waziyata hekhaka

**DAKOTA**

Dzédhil

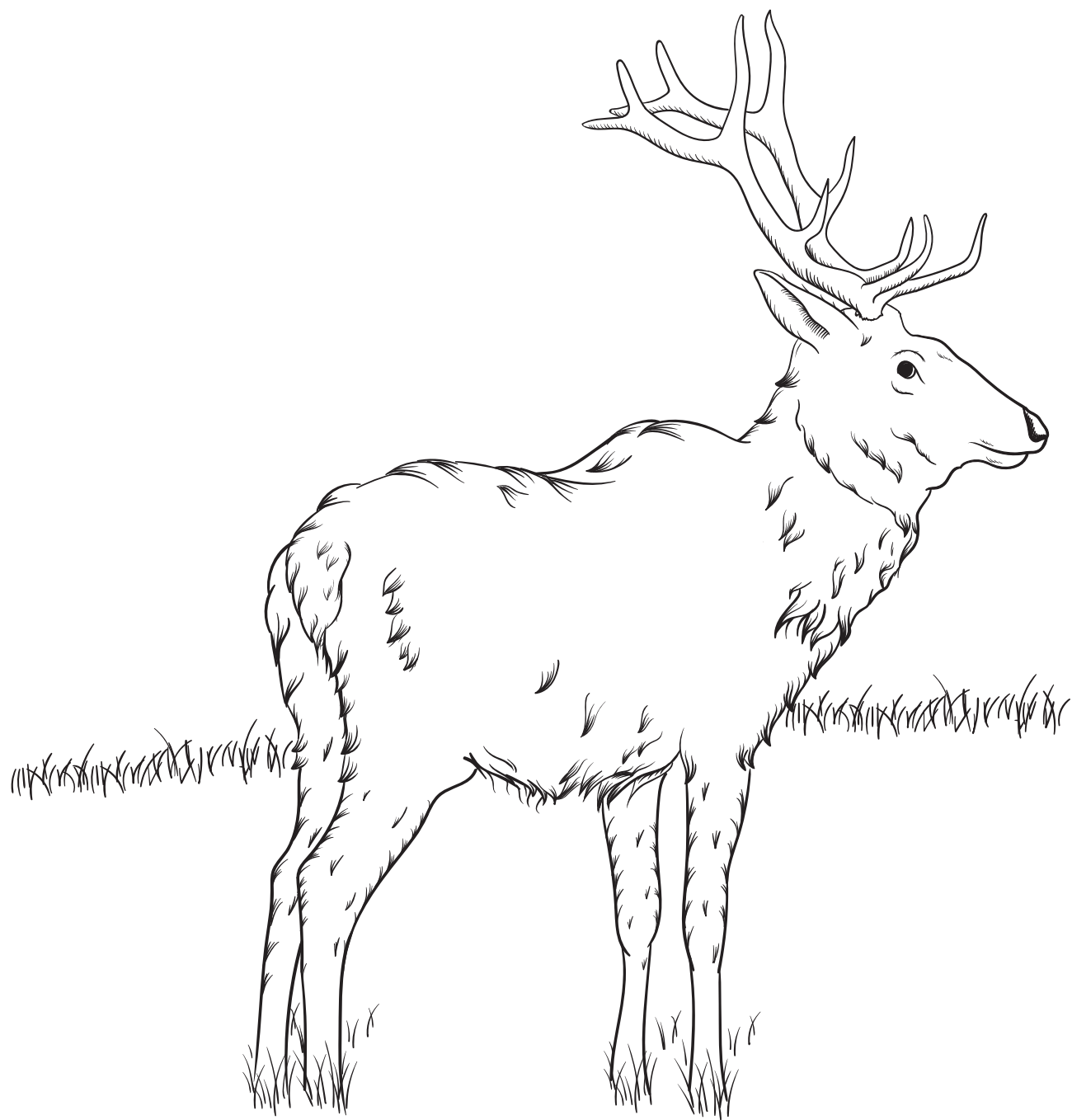
**DENE**

## ELDERS

Drying the meat of elk and caribou was undertaken. We never wasted any part of these animals, including their hearts, livers, and kidneys.

## DIETITIAN

Wild meats such as elk and caribou are good protein sources. Protein helps us grow and heal parts of our body when wounded, like our skin, hair, and muscles.



Trout / Fish

**ENGLISH**

Kinóséw

**CREE**

Giigoohn

**OJIBWE**

Kinooshe

**OJIBWE-CREE**

Hoghanwichashtashni

**DAKOTA**

Tluwe ząneh

**DENE**

## ELDERS

Fish were part of our survival. We even ate fish bones, which provide us with calcium.

## DIETITIAN

Fish like trout, salmon, and Arctic char have good fats that help babies' eyes and brains grow healthy.





Duck

**ENGLISH**

Sísíp

**CREE**

Zhiishiib

**OJIBWE**

Shiihshiip

**OJIBWE-CREE**

Maghaksicha

**DAKOTA**

Chedh

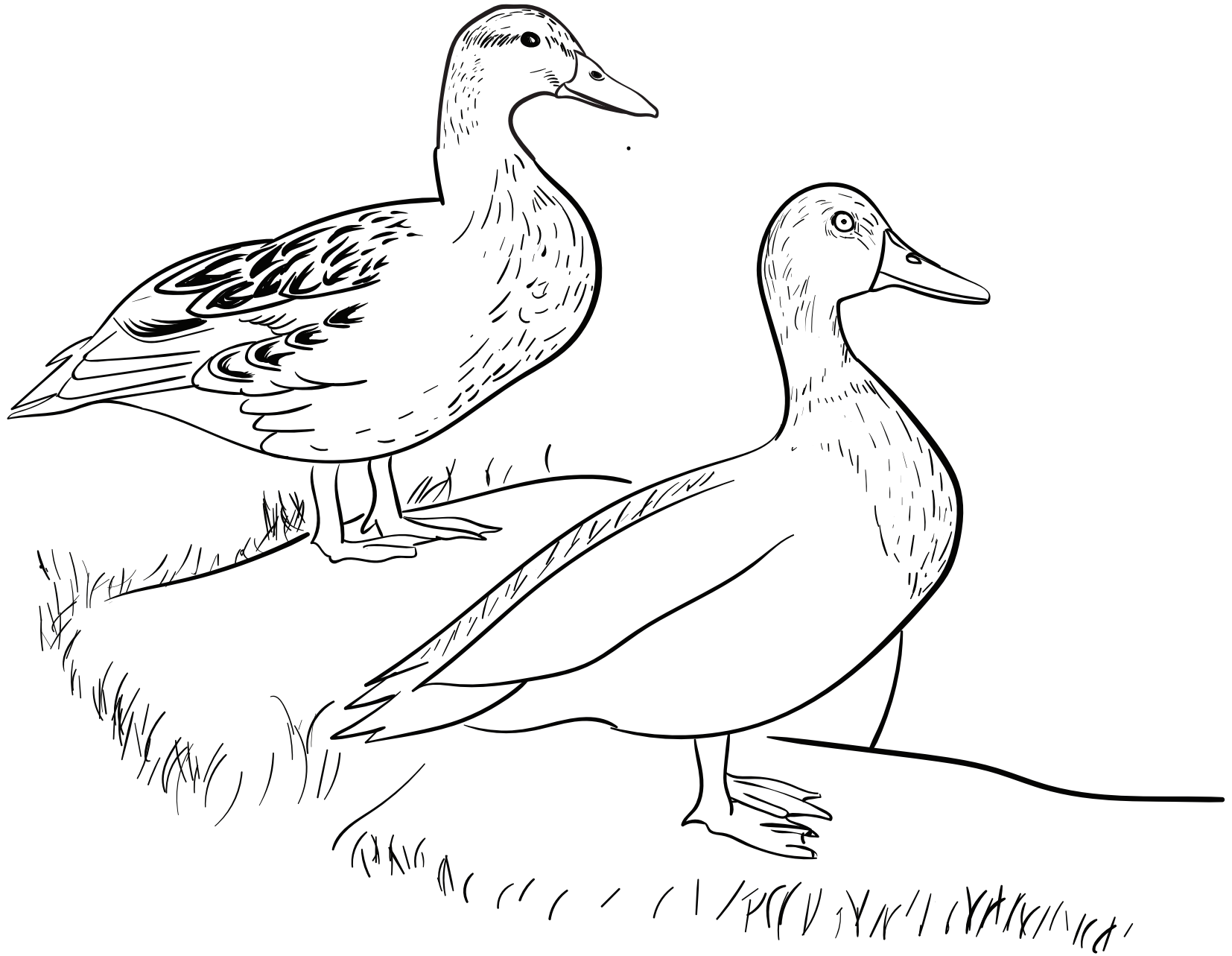
**DENE**

## ELDERS

Duck eggs were considered a delicacy, one best served after being freshly gathered. I remember the older men in the community sitting around eating the duck eggs from a pail.

## DIETITIAN

Duck is high in fat that can be used as a tasty butter. Though too much fat is not good for our bodies, duck fat helps our bodies use fat soluble vitamins A, D, E, and K, which helps keep us full!



Goose

**ENGLISH**

Niska

**CREE**

Nika

**OJIBWE**

Nihka

**OJIBWE-CREE**

Magha

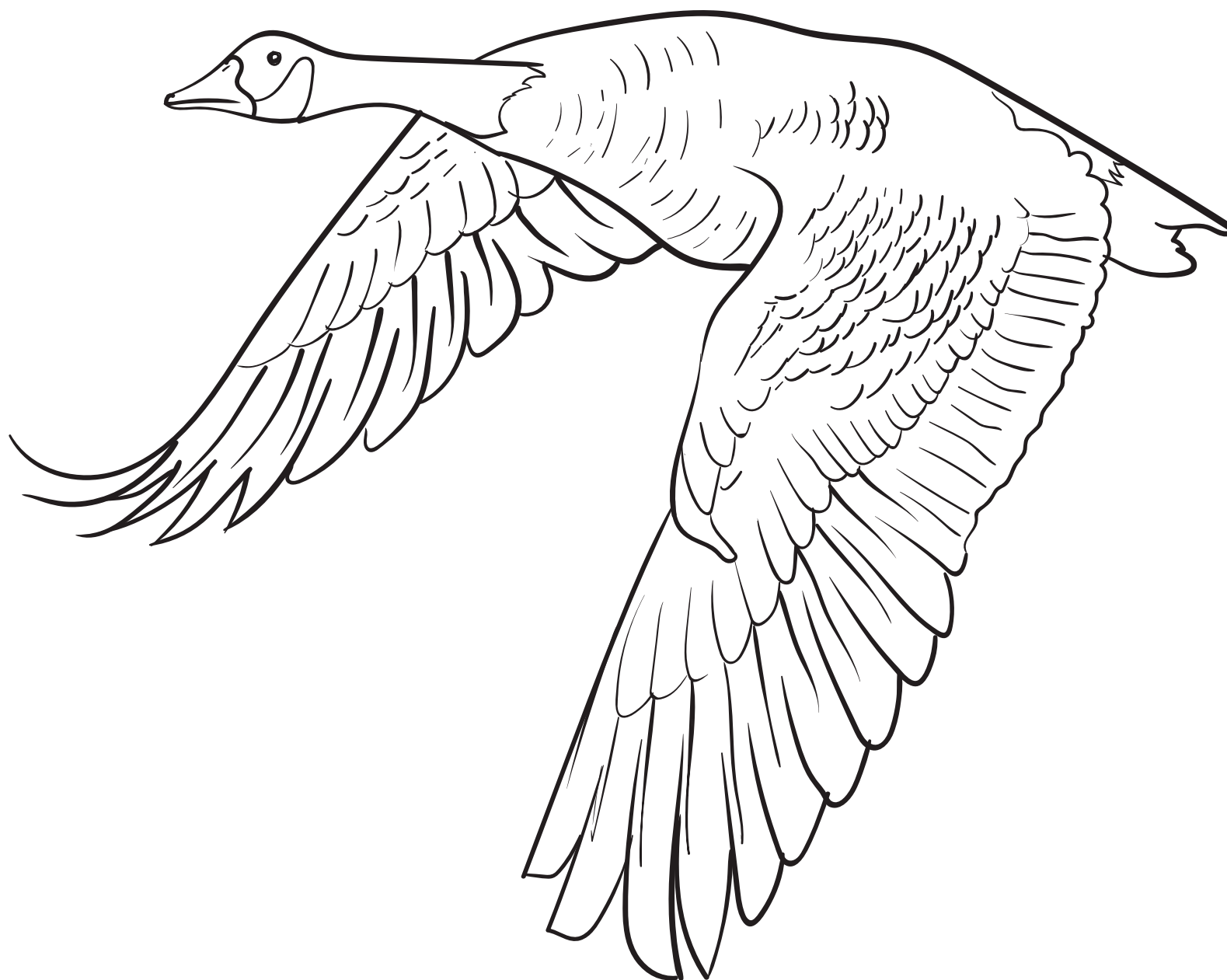
**DAKOTA**

Ghah

**DENE**

## DIETITIAN

Geese provide a lot of iron. Iron helps bring oxygen to all the parts of the body through the bloodstream.



Skunk

**ENGLISH**

Sikák

**CREE**

Zhigaag

**OJIBWE**

Shikaak

**OJIBWE-CREE**

Manka

**DAKOTA**

Nultzjyeh

**DENE**

## ELDERS

Skunks are edible and medicinal. When individuals were sick, they were advised to eat wild skunk meat. The spray from the skunk's two glands is considered sacred. Like other animals, skunks provide us with their pelts.

## DIETITIAN

Wild skunk meat, like other wild meats, are low in sodium (i.e., salt). Many storebought, processed meats, like hot dogs and bologna, contain lots of sodium, which can give us high blood pressure and cause heart problems if we eat too much.



Porcupine

**ENGLISH**

Kákwa

**CREE**

Gaag

**OJIBWE**

Kaak

**OJIBWE-CREE**

Pahin

**DAKOTA**

Tzih

**DENE**

## ELDERS

In our ways, every part of the porcupine is used. The quills were made into baskets, jewelry, and roaches (headdress for powwow dancers). Sometimes the fatty grease from a porcupine was used as a skin salve. Porcupine meat is considered a delicacy in Anishinaabe culture, and they taste like what they eat, which is mostly plants and some small branches. An old hunter shared that while porcupines are not a usual food source, they were often saved as a “just-in-case meal.” My aunt said that the meat is really good, especially when it comes from a young porcupine.

## DIETITIAN

Porcupine is high in fat. Small amounts of fat are needed to help our bodies absorb fat soluble vitamins A, D, E and K. Fat also helps our bodies produce important hormones. Just remember: we don’t need too much!





Turtle

**ENGLISH**

Mikinaák

**CREE**

Mikinaak

**OJIBWE**

Miskwaatehsi

**OJIBWE-CREE**

Keya

**DAKOTA**

Gu detth'eni

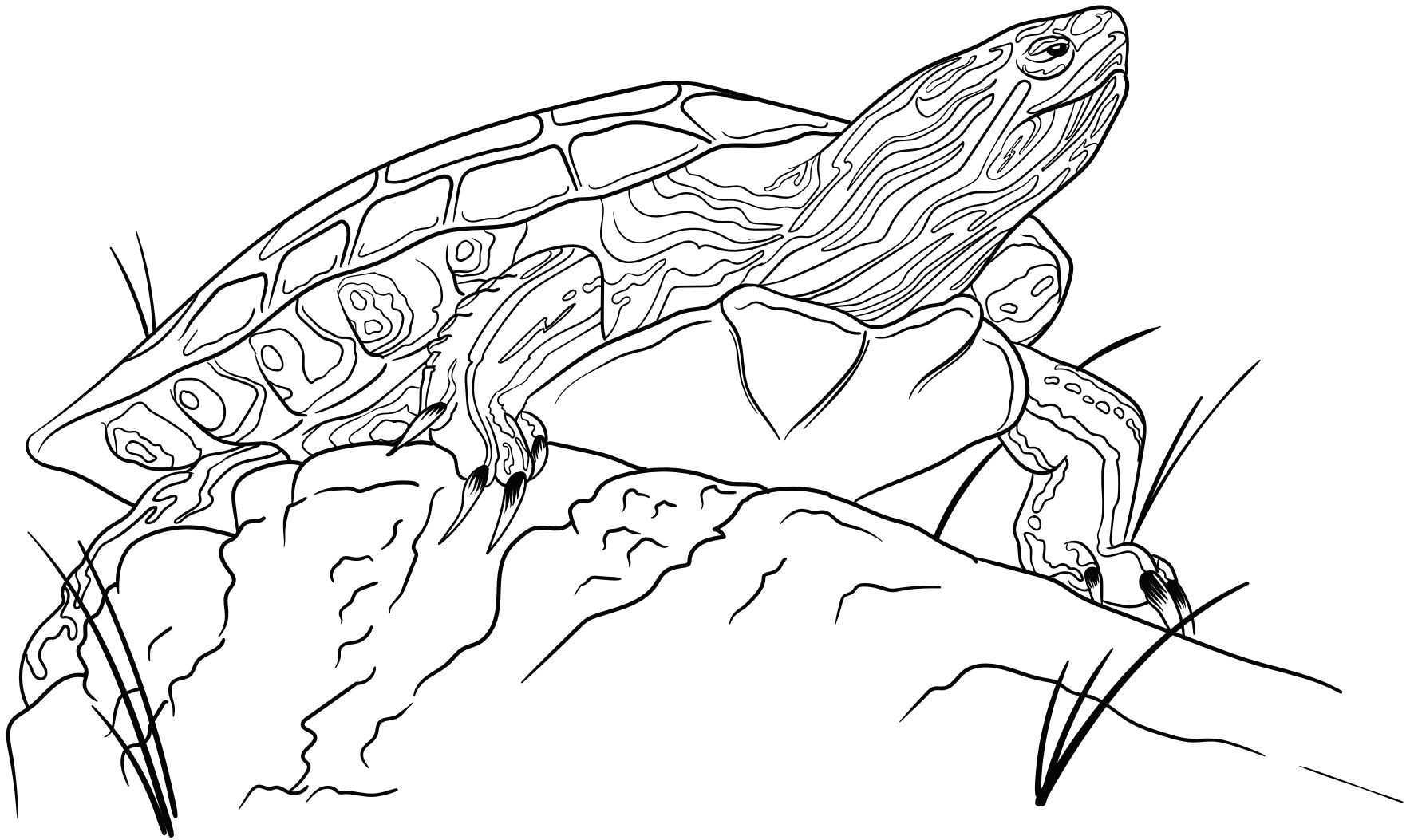
**DENE**

## ELDERS

North America is known as Turtle Island. The thirteen segments on the turtle's shell represent each moon in the cycle of seasons and are named according to seasonal practices and natural environmental occurrences.

## DIETITIAN

Turtle meat contains no fat and therefore very little cholesterol; this keeps our heart healthy and pumping well.



Rabbit

**ENGLISH**

Wápos

**CREE**

Waaboos

**OJIBWE**

Waapoos

**OJIBWE-CREE**

Mashtincha

**DAKOTA**

Gah

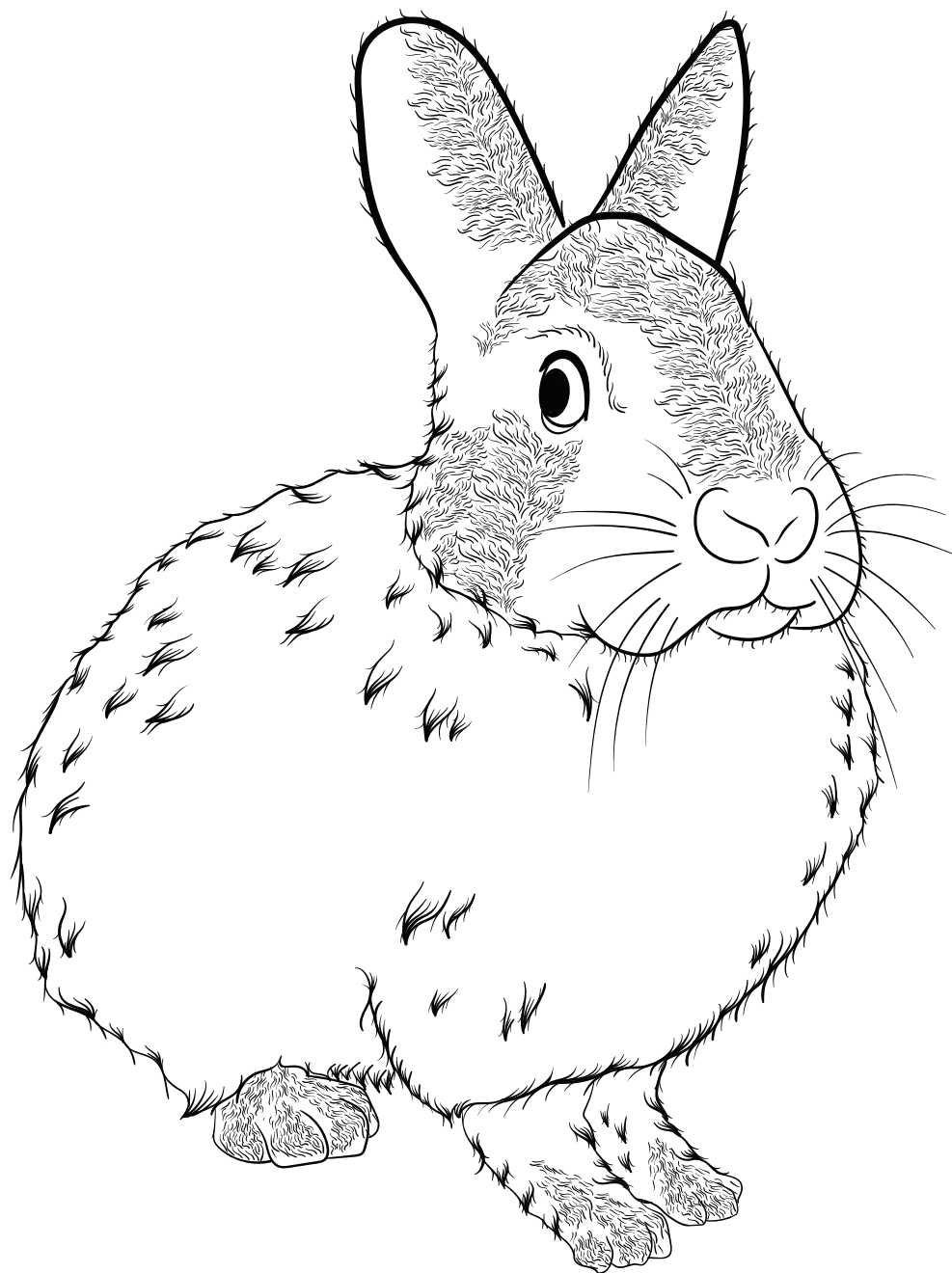
**DENE**

## ELDERS

Rabbits are both edible and medicinal animals. All parts of the rabbit were consumed. Rabbit fur could be used to make clothing.

## DIETITIAN

Wild meats like rabbit contain a mineral called selenium. Selenium works as an antioxidant that helps to prevent many diseases, such as cancer, by fighting free radicals in our body that can damage our cells.



Cranberry

**ENGLISH**

Máskikémina

**CREE**

Anibimianan

**OJIBWE**

Maskiikomin

**OJIBWE-CREE**

Wiyatecha

**DAKOTA**

Jiyeh k'ozeh

**DENE**

## ELDERS

In the North, cranberry grows in abundance and is picked and used year round. Cranberry aids in urinary tract health by voiding water, cleaning the system, and helping our kidneys.

## DIETITIAN

Cranberries have very little natural sugar in them. This gives them a tart flavour that makes your lips pucker!



Strawberry

**ENGLISH**

Otéhimin

**CREE**

Ode'imín

**OJIBWE**

Otehimin

**OJIBWE-CREE**

Wazhuschtecha sha

**DAKOTA**

Edtziyeh jiyeh

**DENE**

## ELDERS

According to Lillian Pitawanakwat, the strawberry teaches forgiveness and peace. The strawberry is shaped like a heart, and strawberries are known to our people as heart berries.

## DIETITIAN

Strawberries are known by First Nations Peoples as heart medicine. Make sure you eat the green part too!





Raspberry

**ENGLISH**

Anóskan

**CREE**

Miskomin

**OJIBWE**

Miskomin

**OJIBWE-CREE**

Takanhecha

**DAKOTA**

Tloh nantladeh

**DENE**

## ELDERS

Raspberry bush stems are medicinal and can be used to make a tea that is good for stomach ailments, sleep, and relaxation.

## DIETITIAN

Raspberries have lots of fibre. Fibre helps us to feel full and lowers our bodies' cholesterol levels, which keeps our blood flowing and hearts pumping effectively.



Blueberry

**ENGLISH**

Ininímin

**CREE**

Miinan

**OJIBWE**

Aniiniminaan

**OJIBWE-CREE**

Waskutecha to

**DAKOTA**

Tzq̣hi cho

**DENE**

## ELDERS

Some Elders have said that the leaves from blueberry bushes are good for helping people who have diabetes. Elders say that taking a combination of blueberries with strawberries and cranberries can be good for the urinary system.

## DIETITIAN

Wild blueberries are high in a mineral called manganese, which is important for building the bones in our body.



Bearberry

**ENGLISH**

Maskomina

**CREE**

Makomin

**OJIBWE**

Mahkomin

**OJIBWE-CREE**

Wahkpe chandi

**DAKOTA**

## DIETITIAN

Bearberry is very high in fibre. Fibre binds to extra sugar and fat in our bodies, so our body can get rid of what it doesn't need.



Hazelnut

**ENGLISH**

Pakán

**CREE**

Bagaan

**OJIBWE**

Uma

**DAKOTA**

## ELDERS

Hazelnut grows around bodies of water, like a lake.

## DIETITIAN

Hazelnuts are a good way to get vitamin E. Vitamin E protects our skin from the sun and helps our bodies fight bacteria and viruses that can cause illness.





Saskatoon Berry

ENGLISH

Misáskatómina

CREE

Ozigwaakomin

OJIBWE

Wipazoka

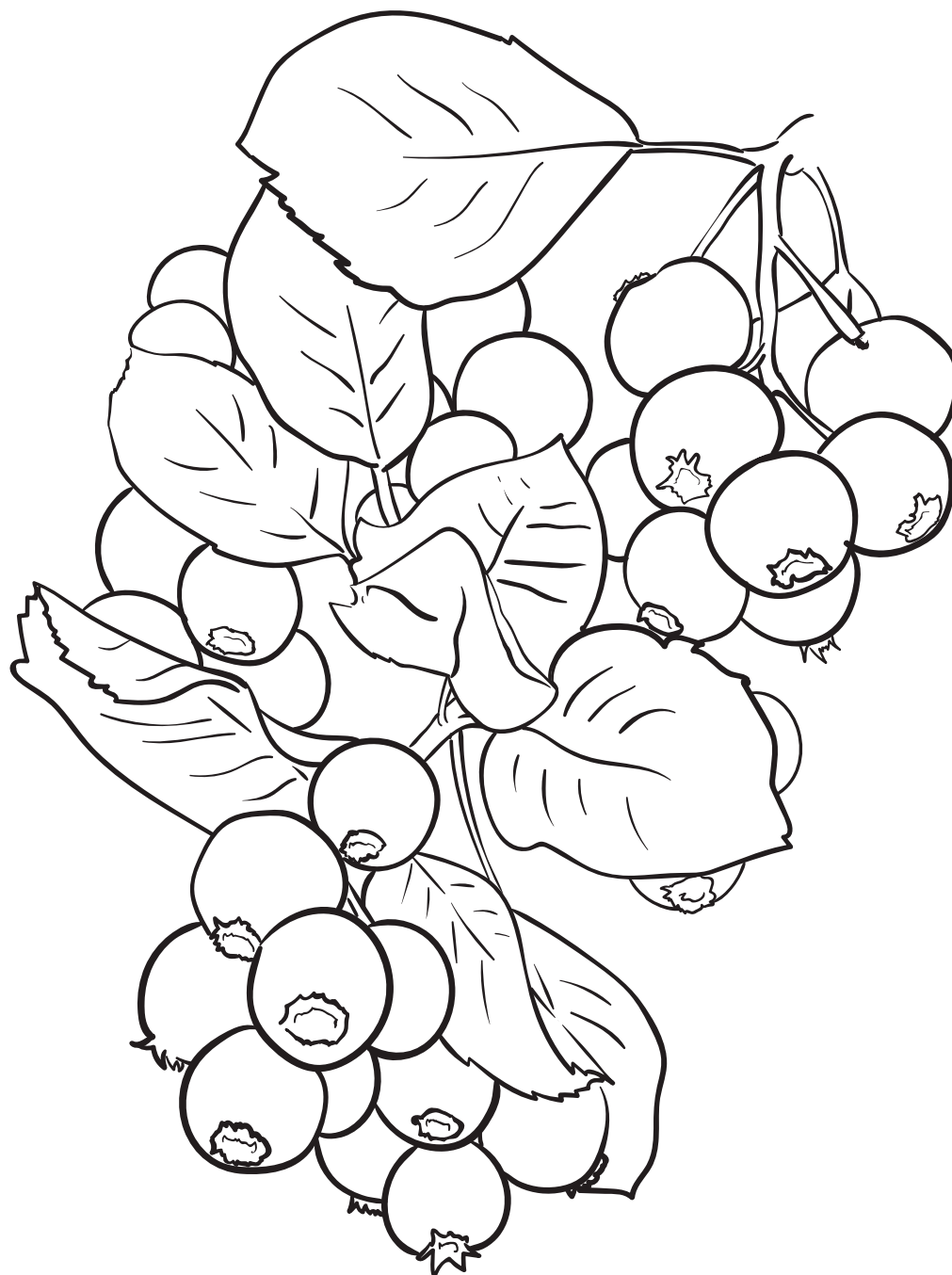
DAKOTA

## ELDERS

The bark of the plant is medicinal.

## DIETITIAN

In *Muskgege: Carol's Traditional Medicines*, author Caroline Sanoffsky shares that saskatoon berries help to keep us young.



Chokecherries

**ENGLISH**

Takwakominána

**CREE**

Dagwa'iminaanán

**OJIBWE**

Ohsohsowoweminaahtik

**OJIBWE-CREE**

Chanpa

**DAKOTA**

Jie niyeri

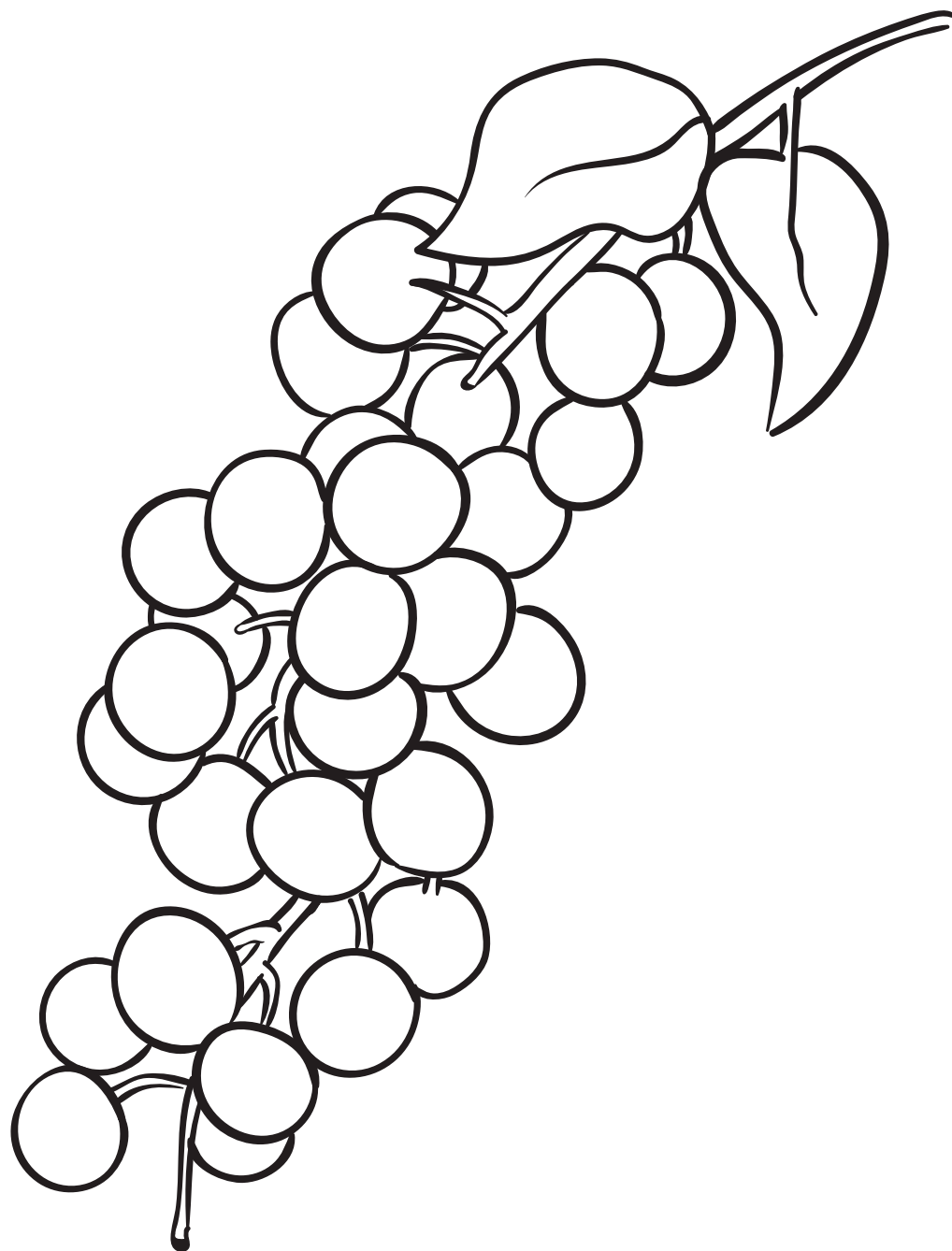
**DENE**

## ELDERS

Chokecherries are medicinal and prepared in the fall. The bark of the chokecherry plant can be used to treat stomach ailments.

## DIETITIAN

Chokecherries, like many other fruits and vegetables, contain a mineral called potassium. Potassium is an electrolyte that helps our heart and muscles function properly by conducting electrical charges in the body.



Rosehip Berries

**ENGLISH**

Okinéwápikwani

**CREE**

Oginiins

**OJIBWE**

Unziztka

**DAKOTA**

Itsólé

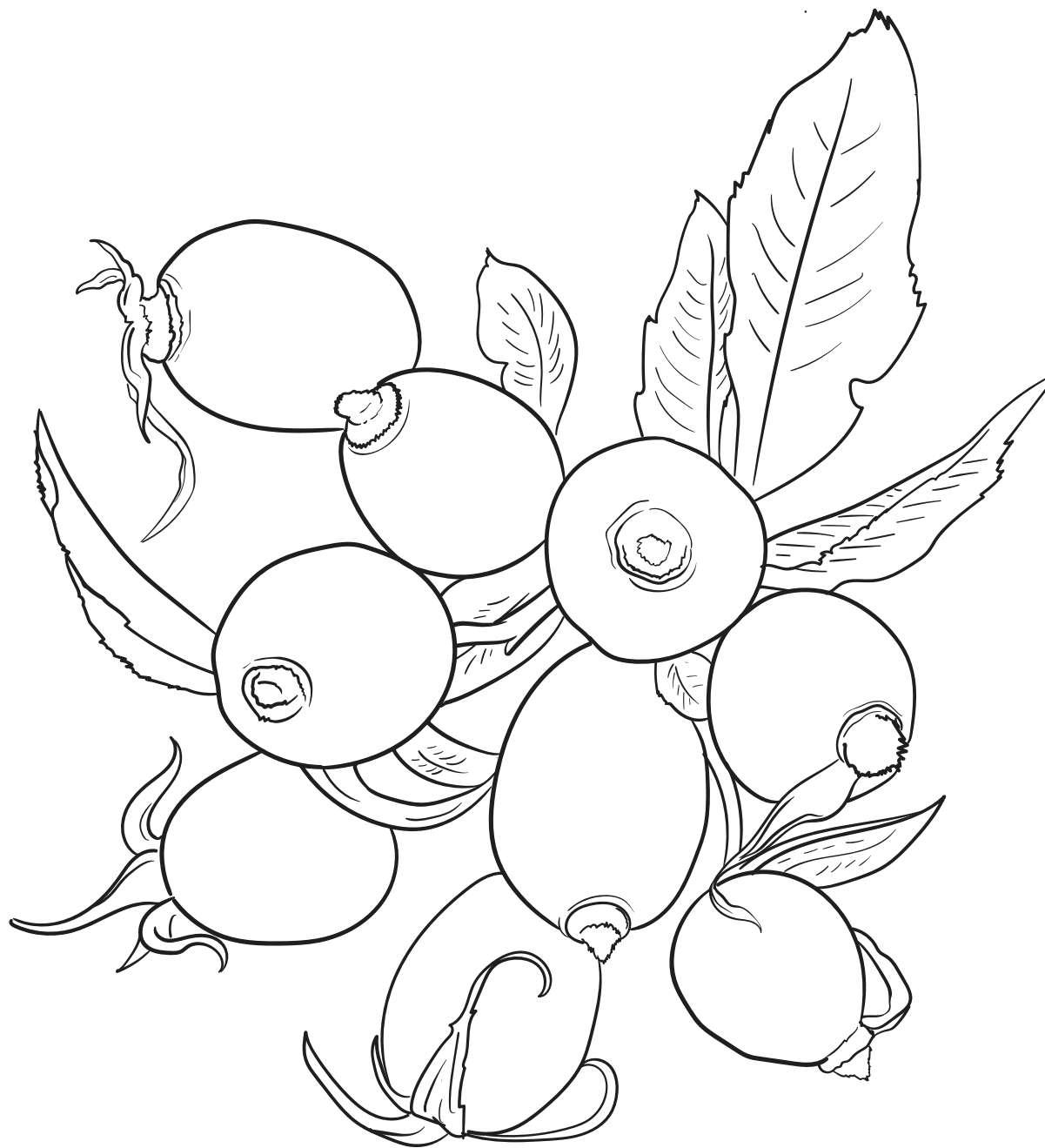
**DENE**

## ELDERS

Rosehip berries are edible, while the bark is used for tea and cleansing the eyes.

## DIETITIAN

Rosehips are an excellent way to get vitamin C. Vitamin C helps our immune system and works as an antioxidant. If you eat foods that have vitamin C, along with foods that have iron, your body is better equipped to use the iron.



Dandelion

**ENGLISH**

Osáwápiḱwanis

**CREE**

Ozaawaabigwan

**OJIBWE**

Waapikwaniin

**OJIBWE-CREE**

Wahcazi

**DAKOTA**

Tl'ogh sliné

**DENE**

## ELDERS

Dandelions grew in abundance and were used for teas. Dandelion leaves were used for salads and to dress wounds. The flower on the plant opens in the day and closes in the night.

## DIETITIAN

Dandelion greens are full of vitamins A and K. Vitamin A helps our eyesight, while vitamin K helps our blood clot so that we don't bleed too much when we get a cut.





Bush / Labrador Tea

**ENGLISH**

Maskékopako

**CREE**

Aniibiishaaboo

**OJIBWE**

Kaakikepak

**OJIBWE-CREE**

Wakhpe

**DAKOTA**

Lidi beyagha ghudjghjkani

**DENE**

## ELDERS

Many Nations made tea from the leaves to treat coughs, colds, kidney disorders, indigestion, and upset stomachs.

## DIETITIAN

Labrador tea has been used to help with many different health issues, such as stress, cold viruses, coughs, and kidney problems. Labrador tea is also known as a tonic that helps us feel good holistically.

Information retrieved from *Muskgege: Carol's Traditional Medicines and Plant Watch Alberta*  
(<http://plantwatch.naturealberta.ca/choose-your-plants/labrador-tea/>.)



Wild Rice

**ENGLISH**

Waciwanómin

**CREE**

Manoomin

**OJIBWE**

Manoomin

**OJIBWE-CREE**

Psin

**DAKOTA**

Eguazeh desjh k'edhe  
nene k'e ghodtzjh

**DENE**

## ELDERS

My mother told me a story of when she was a young child. One winter, her family had only manoomin to eat. Her mother was quite the cook and found many different ways to prepare the manoomin for breakfast, lunch, and dinner. For breakfast, manoomin became a cereal and for lunch or dinner, manoomin became a casserole. Without this gift of manoomin, my mother says she doesn't know what would have happened to her family that winter.

## DIETITIAN

Wild rice is higher in fibre and protein than white rice. Both fibre and protein help us to feel full. Wild rice also provides us with important vitamins and minerals.



## Further Information

[healthcastle.com](http://healthcastle.com)

[nutritiondata.self.com](http://nutritiondata.self.com)

[foodmattersmanitoba.ca](http://foodmattersmanitoba.ca)

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Sanoffsky, Carol. *Muskgege: Carol's Traditional Medicines*  
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Alberta PlantWatch. "Labrador Tea."  
<http://plantwatch.naturealberta.ca/choose-your-plants/labrador-tea/>.





The National Indigenous Diabetes Association (NIDA) envisions diabetes-free communities. Our mission is to lead the promotion of healthy environments, and to prevent and manage diabetes by working together with people, communities, and organizations.

NIDA Elders partnered with Kayla Perry, registered dietitian with the Diabetes Integration Project, and the Manitoba First Nations Education Resource Centre (MFNERC) to present this colouring book, which features some traditional plants and animals (Our Relations) from our Elders' territories and the lands in between.

The purpose of this colouring book is to provide an easy-to-read, visual resource with practical guidance that children and caregivers can use to learn about nutritional information from traditional foods and plants. This resource also shares some teachings and stories attached to these medicines.

Traditional foods are plants or animals that are indigenous to the land, meaning they existed naturally on the land before settlers arrived. Food in the form of these plants, fruits, vegetables, or animals is a gift.

NIDA would like to acknowledge that the work for this project took place in the traditional territories of the Dakota, Anishinaabe, Cree, Ojibwe-Cree, and Dene Peoples, and the homeland of the Red River Métis Nation.



**Manitoba**  
First Nations Education  
Resource Centre Inc.



**National  
Indigenous  
Diabetes  
Association**

**Association  
nationale  
autochtone  
du diabète**

