

# NATIVE AMERICAN EDUCATION FOR ALL RESOURCES

Partnership of IllumiNative and the National Indian Education Association



ILLUMINATIVE



Grade Level

**PK-2**

Subject

**Social Studies  
Science  
Math**

Lesson Title

**Making a Journey Cake**

**Activity Description:** In this activity, students will experience a taste of Native American foods through the eyes of the Wampanoag tribe. They will then have the opportunity to make a journey cake (a kind of corn bread), that was a common use of corn crops in the Wampanoag tribe.

## MATERIALS NEEDED

- An adult to help monitor the baking of the Journey Cake.
- [Baltimore Curriculum Project Activity Guide](#) ("Activity Guide")
- [Planting Corn Poem](#) (under lesson 7 of the "Activity Guide")
- Ingredients for making Journey Cake (Jiffy Corn Muffin Mix has a simple recipe on the box or follow directions in the steps below
  - You will need 1 egg, 1 cup of milk, 1 cup of corn meal, 1 tsp of salt, and 1 tbsp of sugar.
- Optional Follow-up Activity: ["Corn Growing Experiment"](#) (under lesson 8 of the "Activity Guide")
  - Growing Corn Activity Sheet
  - 2 or 3 corn seeds
  - Clear plastic cups
  - Potting soil

## STEPS

This activity is for children to do with a person from the family or community.

1. Read (or sing) the ["Planting Corn" poem](#) with your child to learn how the Wampanoag Tribe planted their main crop of corn.

### Making a Journey Cake

1. Preheat an electric skillet to 375.
2. Mix together milk and egg.
3. Add dry ingredients (the batter will be thin)
4. Spray the skillet with vegetable spray.
5. Pour batter onto the griddle as you would pancakes.
6. When bubbles form and edges are dry, turn cakes over and cook on the other side.
7. Flip onto a plate and serve with any condiments you would like.

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## HELPFUL TIPS

**Parents and caregivers:** This activity will allow your child to learn more about the Wampanoag Tribe's main crop, which was corn, and how corn can be made into many different things. Your child can also partake in the optional "[Corn Growing Experiment](#)" (under lesson 8 of the "Activity Guide") activity to learn to plant their own crop of corn.

- While your child is making their Journey Cake, share with them the significance of corn to the Wampanoag tribe.
  - Share that the Wampanoag tribe were primarily farmers, and that corn was their staple food.
    - After the Wampanoag men cleared the fields, it was usually the women that planted the corn. The soil was loosened with a hoe made from a clam shell. Chopped up horseshoe crabs or fish were added to the soil to make it rich for planting. The earth was mounded and three or four corn kernels were planted in each "corn hill." The children were to shoo away any birds that might steal the newly planted crop.
- Share with our child that the Wampanoag tribe used corn in many different ways, including:
  - Grinding and mixing the corn into different foods they made, which was the most common use of their corn crops.
  - Moistening the ground up corn until it was thick like a paste, and forming it into little cakes that were baked in hot ashes. These were called **Journey Cakes**.
    - They would tuck these into pouches to eat while they traveled.
- Ask your child how your family might use corn in your home? What other foods do we use that come from a garden or farm?

## WANT TO LEARN MORE?

**Families and Educators:** Consider partaking in this optional activity with your child that will allow them to plant their own crop of corn in the "[Corn Growing Experiment](#)" (under lesson 8 of the "Activity Guide").

- Your child can partake in this "Corn Growing Experiment" by planting their crop of corn using the instructions in this activity guide.
- Consider using the Growing Corn Activity Sheet in the "[Activity Guide](#)", which will give your child the opportunity to draw the different stages of growth from Week 1 to Week 4.
- For more activities to help your child learn about the Wampanoag tribe, review the various lessons in "[Activity Guide](#)".

### Activity Resource Links:

- Adapted from:
  - Baltimore Curriculum Project Activity Guide ("Activity Guide"): <http://www.baltimorecp.org/lessons/K/KDHistory.htm>