

Early Settler

by Tara Blackmore

Applying Strategies

Predicting

As you read, make predictions to help you understand what you are reading:

- Read the title.
- Think about what you already know.
- Look at the photos.
- Stop to check and revise your predictions.

I'm glad I'm not a pioneer. I have a big appetite!
I eat oatmeal!

Pioneers could not buy food from big stores or go out to eat like you do. They grew food on their farms. They also hunted in the forest. Let's pretend you are a pioneer. Here is what you might eat in one day.

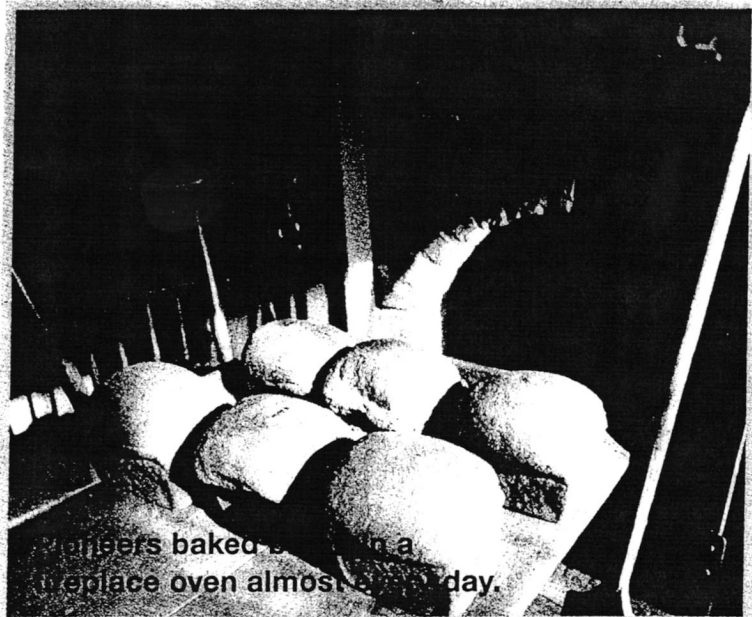
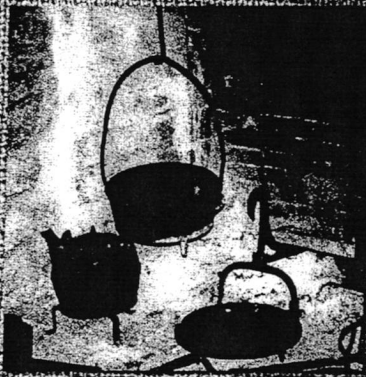
Rise and Shine Breakfast

You start the day with a piece of bread or a bowl of oatmeal. You add fruit, nuts, or honey to make your oatmeal taste better. If you are lucky enough to have a cow, you might have butter for your bread.

You wash breakfast down with water or apple cider. Or, you drink tea made from roots, leaves, or flowers. — *Is that what green tea is*

Did you know?

Pioneers did not have stoves. They cooked their food in iron pots or pans over a fire.



Breads baked in a fireplace oven almost every day.