

JANE ASKS HER GRANDFATHER

Applying Strategies

Text Features: Titles, Headings, and Captions

As you read, use text features to help you find important information:

- A title gets you ready to read.
- Headings are in a larger or bolded font.
- Headings show main ideas and help you predict.
- Captions give information about maps, illustrations, and photos.

Hi! I'm Jane Wolf. I belong to the Mohawk First Nation. My people were in Canada long before the pioneers arrived. For a school project, I asked my grandfather about how our people lived back then.


Favourite Foods

The first thing I wanted to know was what foods our people ate.

Instead of answering, Grandfather asked *me* a question: "What did you eat for dinner last night?"

"Umm ... wild rice, fish, and squash," I said. "And pumpkin pie. My favourite!"

Grandfather laughed. "All the foods you ate were the same foods that First Nations enjoyed hundreds of years ago," he said. "Popcorn and maple syrup came from First Nations, too."



First Nations named corn, beans, and squash the "Three Sisters" because they planted them together. The beans climbed up the cornstalks and the broad squash leaves stopped many weeds from growing.