

## Native Nutrition Worksheet

**Instructions:** Review the list of Oregon “first foods” below. For those of you that are not familiar with, look for a definition or description online. For each item, identify whether it is most likely a source of carbohydrates, fats, protein, or some combination and use the rationale line to explain why.

First Food	Key Nutrient(s) (Select all that apply)	Rationale
Plant bulbs (camas, wapato, bitterroot)	<input type="checkbox"/> Carbohydrates <input type="checkbox"/> Fats <input type="checkbox"/> Protein	
Plant shoots	<input type="checkbox"/> Carbohydrates <input type="checkbox"/> Fats <input type="checkbox"/> Protein	
Clams and shellfish	<input type="checkbox"/> Carbohydrates <input type="checkbox"/> Fats <input type="checkbox"/> Protein	
Seaweed	<input type="checkbox"/> Carbohydrates <input type="checkbox"/> Fats <input type="checkbox"/> Protein	
Berries (huckle, salal, black, cranberries)	<input type="checkbox"/> Carbohydrates <input type="checkbox"/> Fats <input type="checkbox"/> Protein	
Hazelnuts	<input type="checkbox"/> Carbohydrates <input type="checkbox"/> Fats <input type="checkbox"/> Protein	
Crickets	<input type="checkbox"/> Carbohydrates <input type="checkbox"/> Fats <input type="checkbox"/> Protein	
Plant seeds	<input type="checkbox"/> Carbohydrates <input type="checkbox"/> Fats <input type="checkbox"/> Protein	
Salmon	<input type="checkbox"/> Carbohydrates <input type="checkbox"/> Fats <input type="checkbox"/> Protein	
Rabbit	<input type="checkbox"/> Carbohydrates <input type="checkbox"/> Fats <input type="checkbox"/> Protein	
Elk	<input type="checkbox"/> Carbohydrates <input type="checkbox"/> Fats <input type="checkbox"/> Protein	

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## Native Nutrition Worksheet *(Continued)*

**Instructions:** Review the list of Oregon “first foods” below. For those of you that are not familiar with, look for a definition or description online. For each item, identify whether it is most likely a source of carbohydrates, fats, protein, or some combination and use the rationale line to explain why.

First Food	Key Nutrient(s) (Select all that apply)	Rationale
Acorns	<input type="checkbox"/> Carbohydrates <input type="checkbox"/> Fats <input type="checkbox"/> Protein	
Plant roots	<input type="checkbox"/> Carbohydrates <input type="checkbox"/> Fats <input type="checkbox"/> Protein	
Ducks	<input type="checkbox"/> Carbohydrates <input type="checkbox"/> Fats <input type="checkbox"/> Protein	
Lampreys	<input type="checkbox"/> Carbohydrates <input type="checkbox"/> Fats <input type="checkbox"/> Protein	