



Mën-kësoq: Blueberry Moon
AUGUST
Blueberry
Virtual Learning Activity

The different colors of fruits and veggies have different nutrients, and we need to eat a rainbow of colors to grow and to be healthy and strong. For example, blue foods contain nutrients that help our brains function. Blueberries are low in fat and packed with vitamin C, which keeps our gums and immune system healthy. They are a good source of fiber and help the body be regular, the heart be healthy, and keeps cholesterol in check.

The blue of the blueberry was used by early Menominee as a fiber dye. Ask students if they have any ideas what these fibers were used to make (examples include baskets and clothing). Discuss. Explain to students that they will learn how they could use the blueberry in a similar manner today.

*Ask students to take out a blue crayon and a sheet of paper. Have the students draw a picture using their blue crayons. Explain to them that they could take blueberries and put them in a bowl or cup and mash them up and use as a paint or dye.

*Have students share their pictures. Discuss the pictures and different ways to use blueberries. Discuss students' favorite ways to eat them.

Mënan are inanimate in the Menomini Language.



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