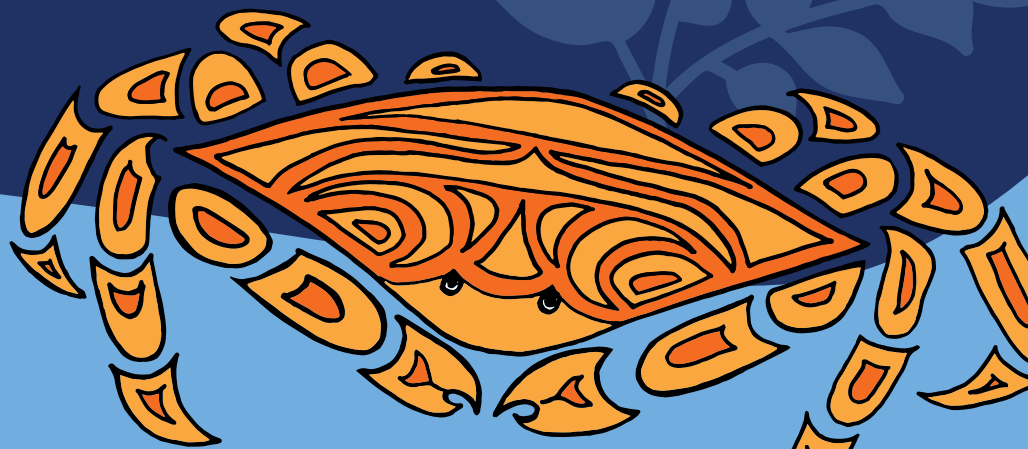


Uu-a-thluk  
TAKING CARE OF



NUU-CHAH-NULTH

# Ocean Animals



NUU-CHAH-NULTH

# Ocean Animals





# łiłimakłi

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P R A W N

*Spot prawns start their lives as males and transform into females after about three years of life. They go on to live one more year in their female form.*





# Hasaamac

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C R A B

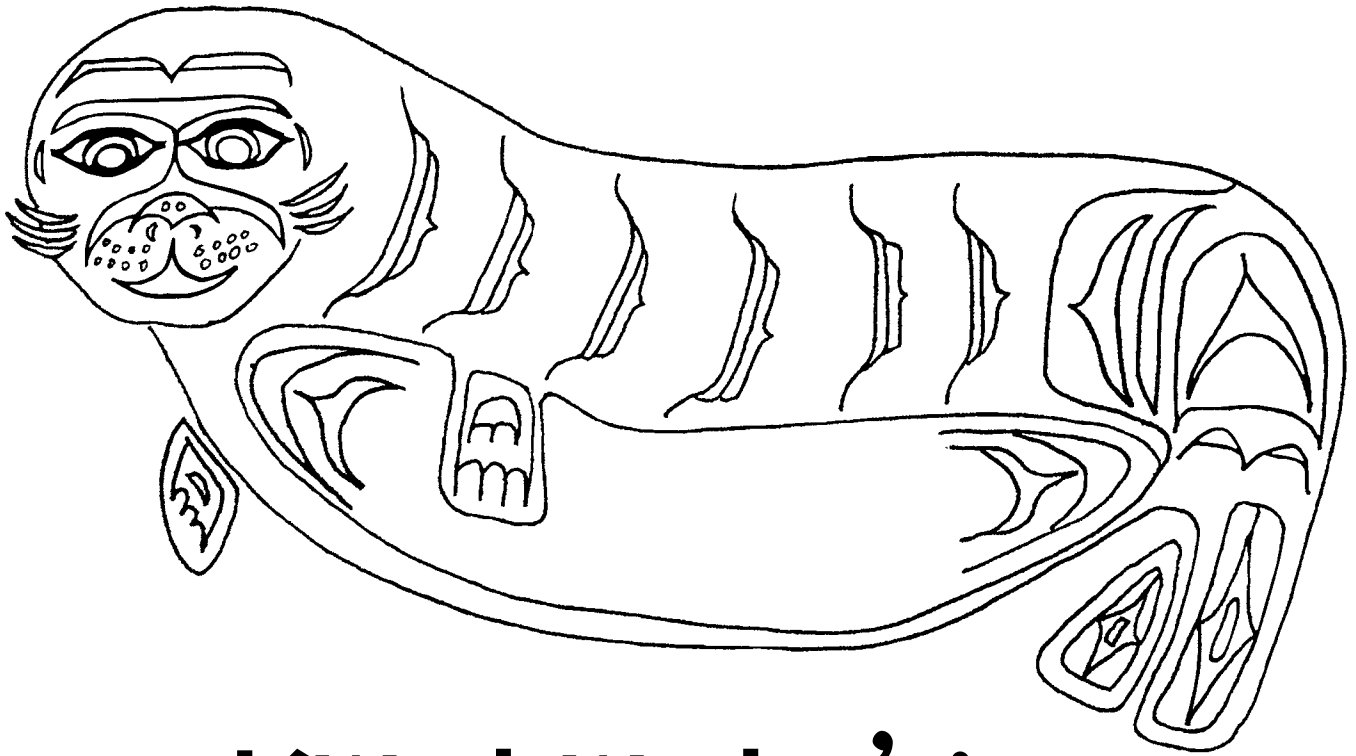
*Hasaamac is a food that many Nuu-chah-nulth people enjoy eating.*

*Hasaamac (crab) can be cooked in a few different ways such as boiling it whole (20 minutes), boiling half a crab (7 minutes), or steaming the crab (15-20 minutes).*

*(Carl Edgar Jr., čamas cookbook, pg. 29)*

*Patience and special skills were needed in order to be a Nuu-chah-nulth seal hunter. Prayer, fasting, and early morning baths were common practices hunters would use to prepare for the hunt.*

*(<http://www.guidethewildside.com/resource/Foods-Curr-1.pdf>, pg11)*



# K<sup>w</sup>uk<sup>w</sup>uh<sup>ʷ</sup>isa

(also seen spelled as kuukuh<sup>ʷ</sup>isa)

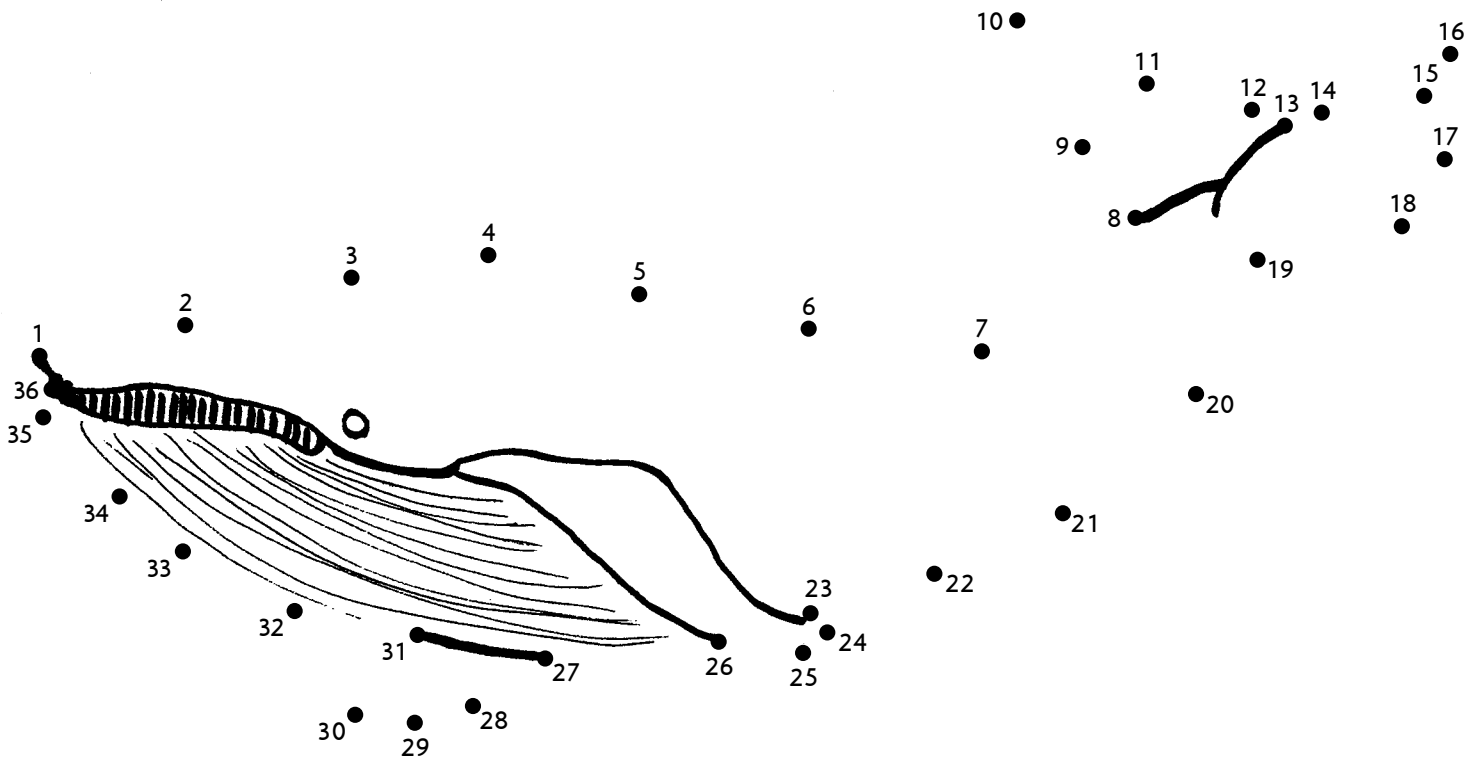
S E A L

*“Seals were processed differently by each of the Nuu-chah-nulth Nations. In one nation the fur was burned off and in another, it was boiled off. Meat and blubber were then separated. The blubber was used for oil. The fin of the seal was a delicacy to Nuu-chah-nulth.”*

*(<http://www.guidethewildside.com/resource/Foods-Curr-1.pdf>, pg12)*



CONNECT THE DOTS 1-36 AND COLOUR!



# ?iihtuup

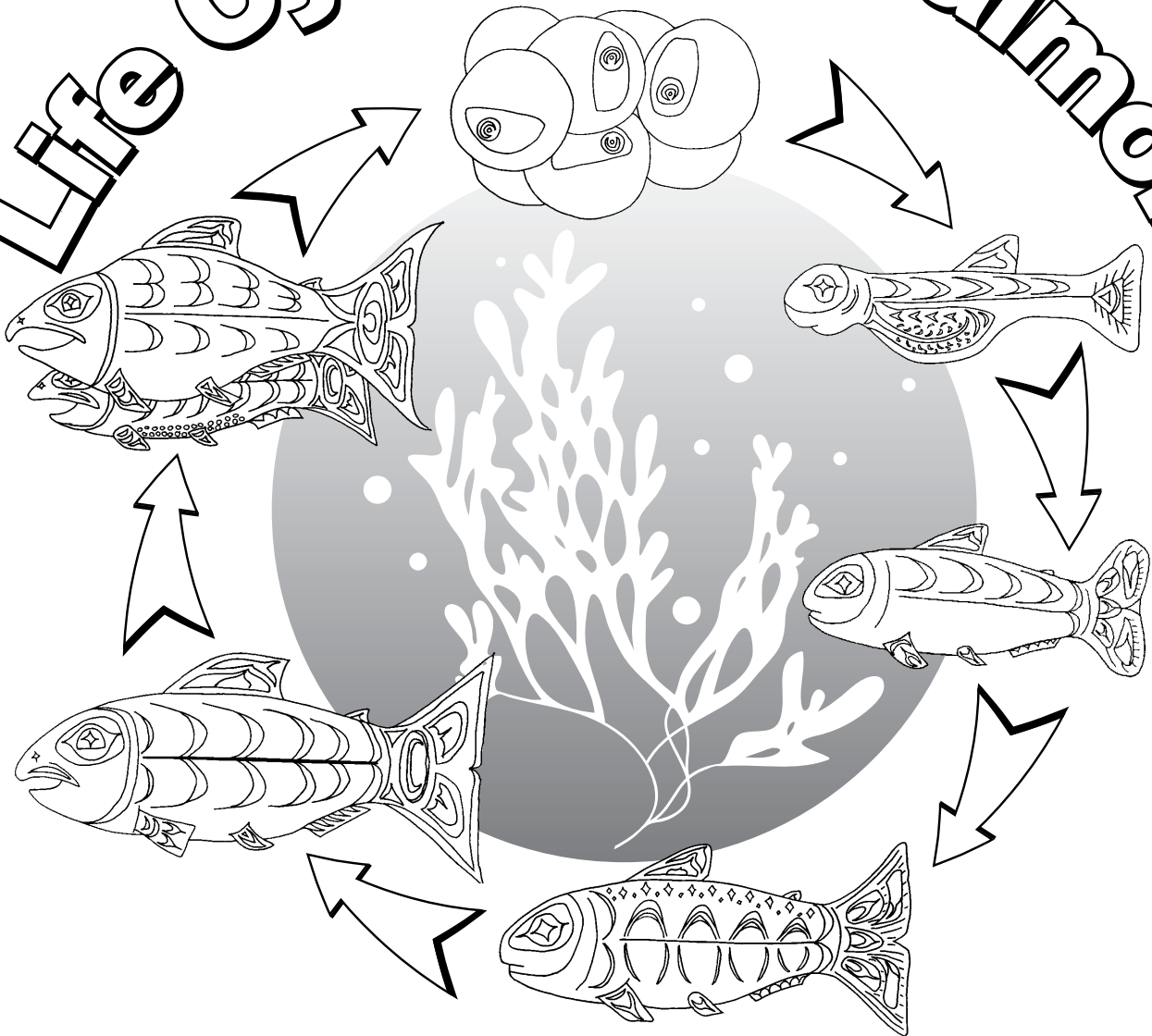
## W H A L E

*The gray whale is one of the animal kingdom's great migrators. Traveling in groups called pods, some of these giants swim 12,430 miles (20,000 kilometers) round-trip from their summer home in Alaskan waters to the warmer waters off the Mexican coast. The whales winter and breed in the shallow southern waters.*





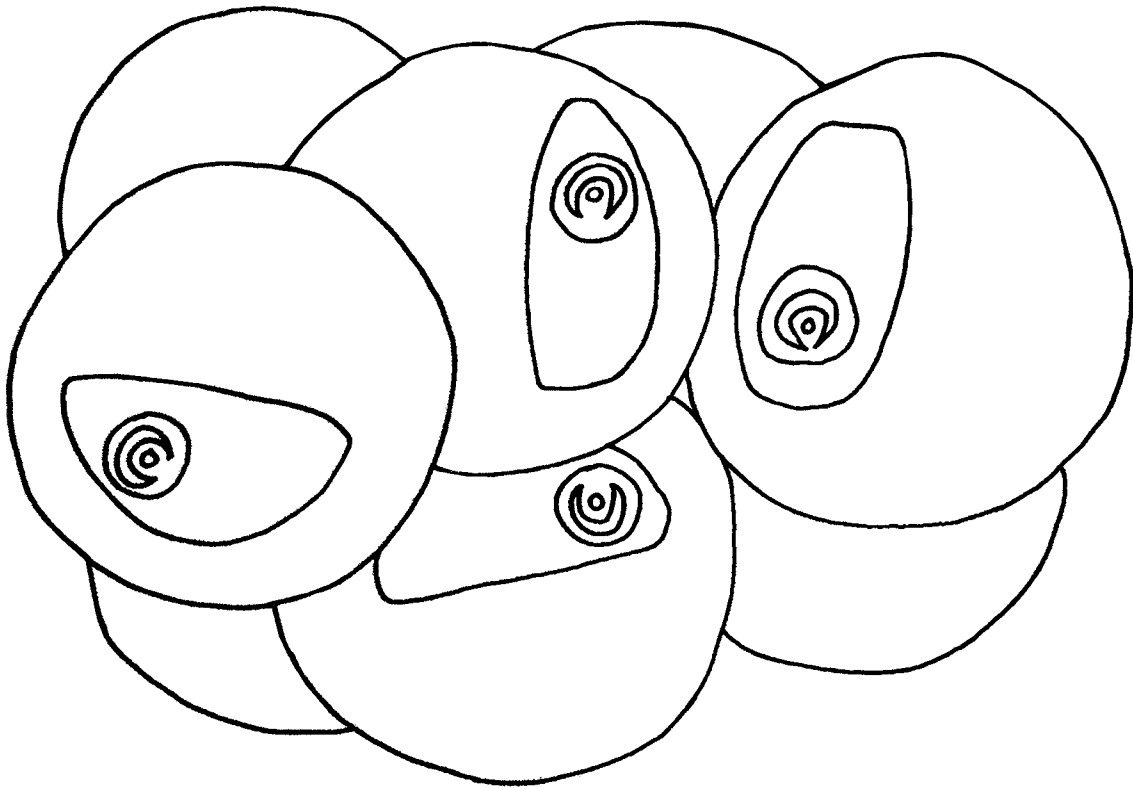
# Life Cycle of a Salmon







# Life Cycle of a Salmon




## Nixtin

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## E G G S

*Female salmon lay nixtin in gravelly sections of a stream or river where they wait to be fertilized by the adult male salmon.*

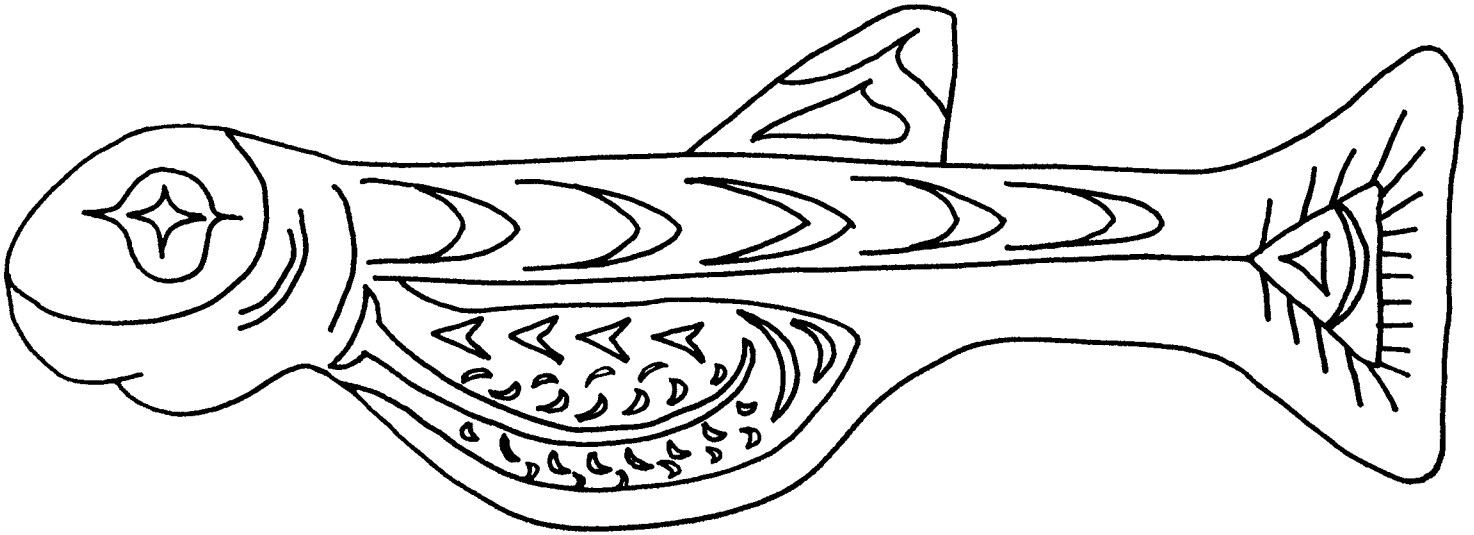
*(<http://www.fishex.com/seafood/salmon/salmon-life-cycles.html>)*







# Life Cycle of a Salmon




## Alevin

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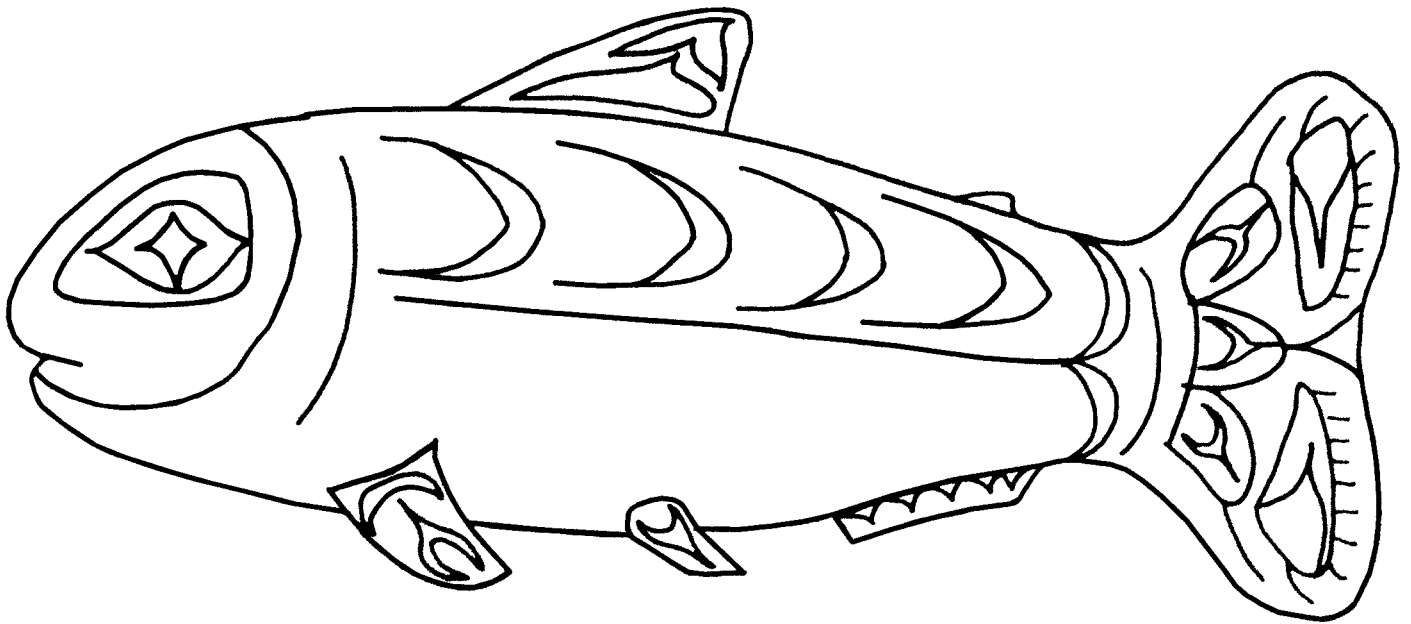
*When it's time for the nixtin (eggs) to hatch in the spring, alevin come out. Alevins feed on a yolk sac that is attached to them. It would be like having your lunch kit of food with you for a few weeks! At about 5-10 weeks old, alevin turn into ciix<sup>w</sup>aa (fry).*

*(<http://www.fishex.com/seafood/salmon/salmon-life-cycles.html>)*





# Life Cycle of a Salmon



**Ciix<sup>w</sup>aa**

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**F R Y**

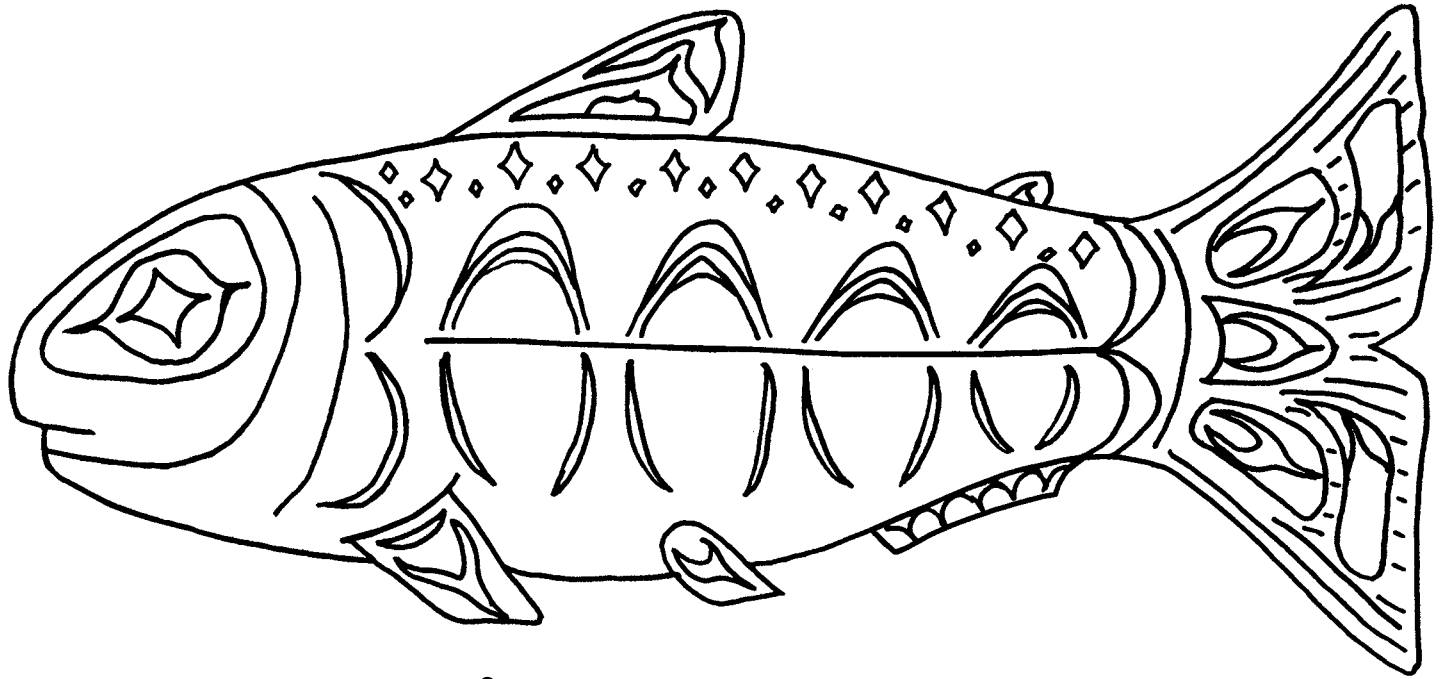
*Ciix<sup>w</sup>aa feed on tiny water organisms and grow very fast during their first year.*

*([http://www.snh.org.uk/salmonintheclassroom/salmon\\_lifecycle.shtml](http://www.snh.org.uk/salmonintheclassroom/salmon_lifecycle.shtml))*





# Life Cycle of a Salmon



## Ṭaatwin

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S M O L T

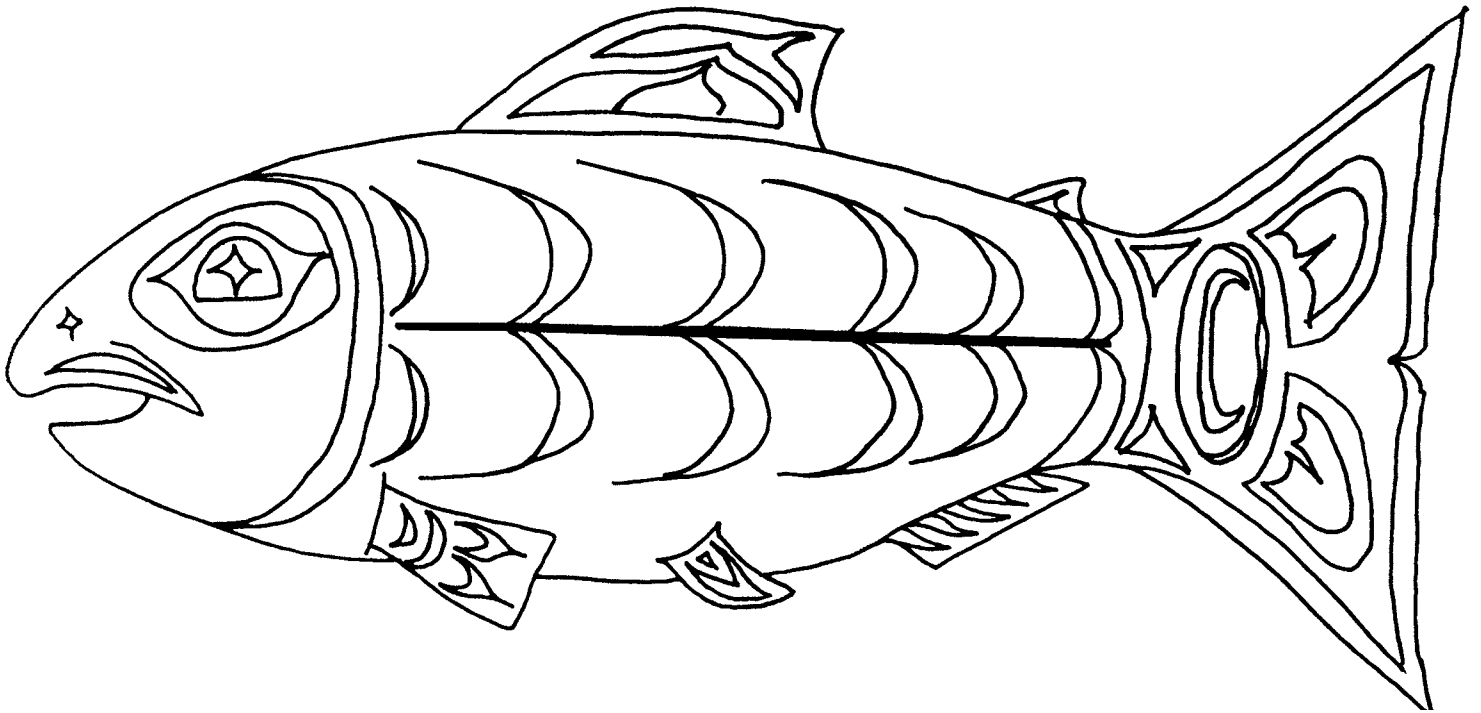
*Once a ciix<sup>waa</sup> becomes a ṭaatwin, it is about 1 -2 years old and almost ready to head to the sea -- however some ciix<sup>waa</sup> can be up 5 years old before they are ready to head to sea.*

*([http://www.snh.org.uk/salmonintheclassroom/salmon\\_lifecycle.shtml](http://www.snh.org.uk/salmonintheclassroom/salmon_lifecycle.shtml))*





# Life Cycle of a Salmon



## Saamin

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### ADULT SALMON

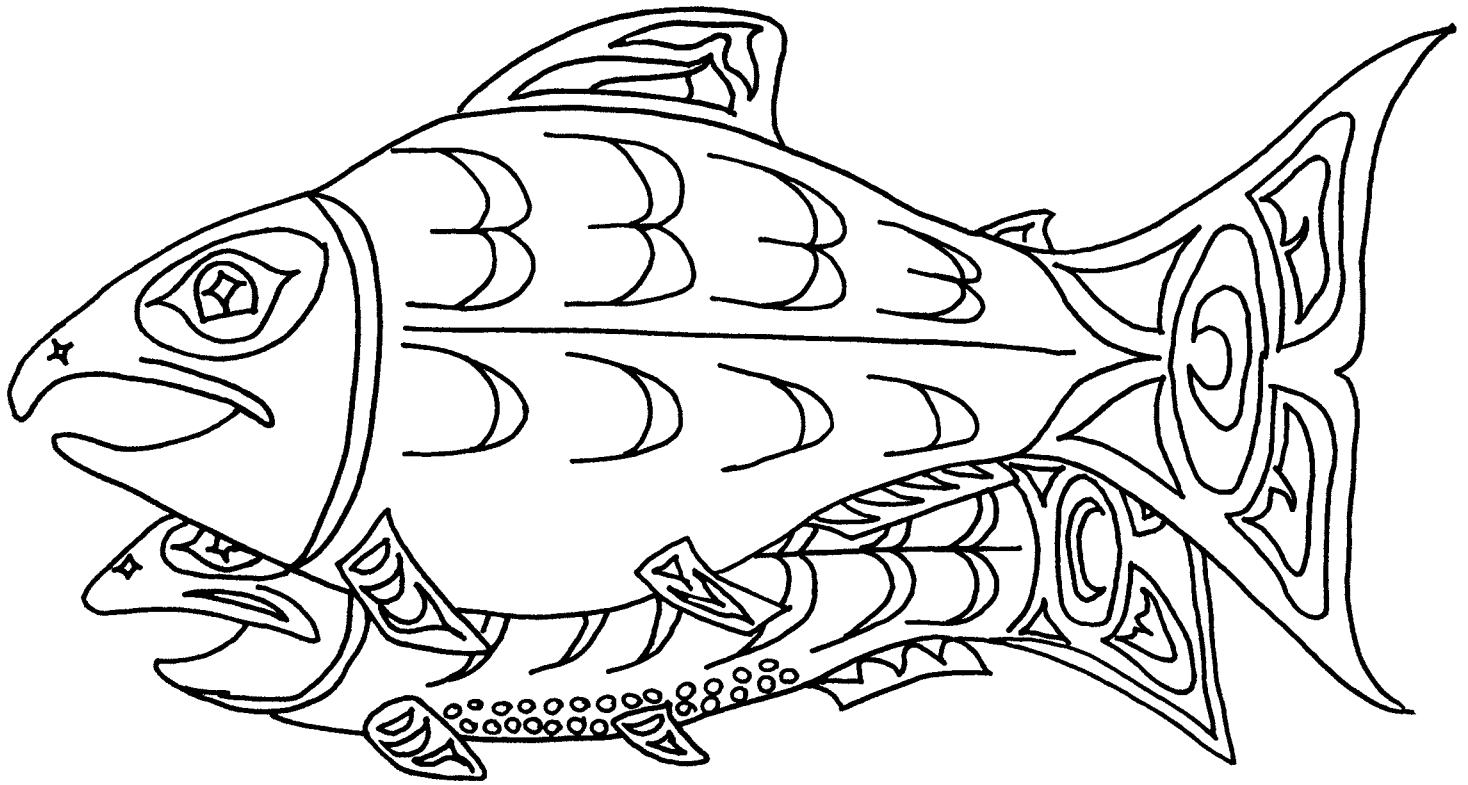
*Salmon is an excellent source of omega-3 fatty acids. Some research suggests that the omega-3 fatty acids help protect against diabetes and strokes, so we should eat lots of salmon! In many communities, people used to extract oil from sockeye to use in cooking.*

*(Interim First Nations Health Authority Traditional Foods fact sheet, 2009)*





# Life Cycle of a Salmon




**k<sup>w</sup>ehnin**

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SPAWNING SALMON

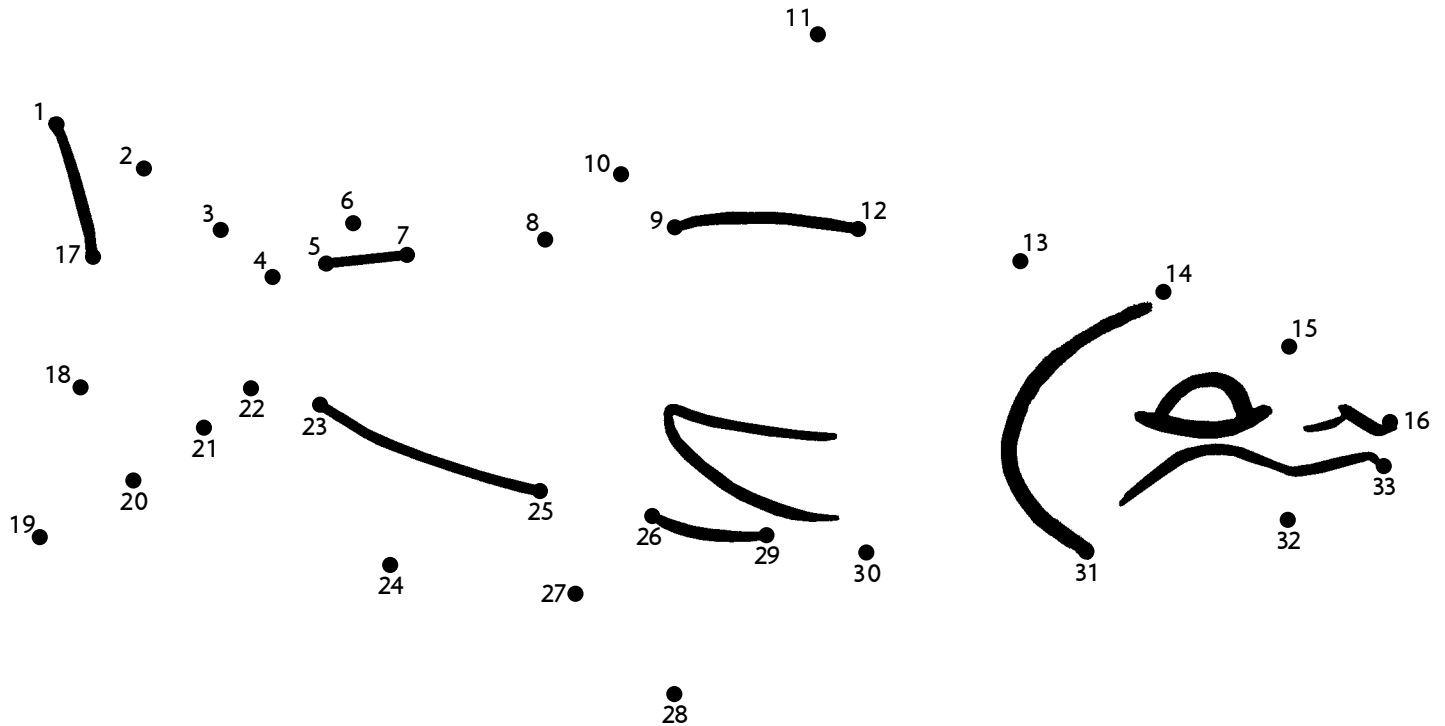
*Some male adult salmon turn red when they are ready to spawn.  
This sends a signal to potential mates, telling female salmon that the  
males are of the same species and ready to fertilize the nixtin.*

*([http://nature.ca/explore/di-ef/wstr\\_e.cfm](http://nature.ca/explore/di-ef/wstr_e.cfm))*





CONNECT THE DOTS 1-16 AND 17-33 - COLOUR!



ʔiiḥčaqł̕mis  
saamin

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SALMON  
IS IMPORTANT





# tuškuuh

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## LINGCOD

*The lingcod has long been harvested by Nuu-chah-nulth people especially in the winter months when the lingcod are closer to shore.*

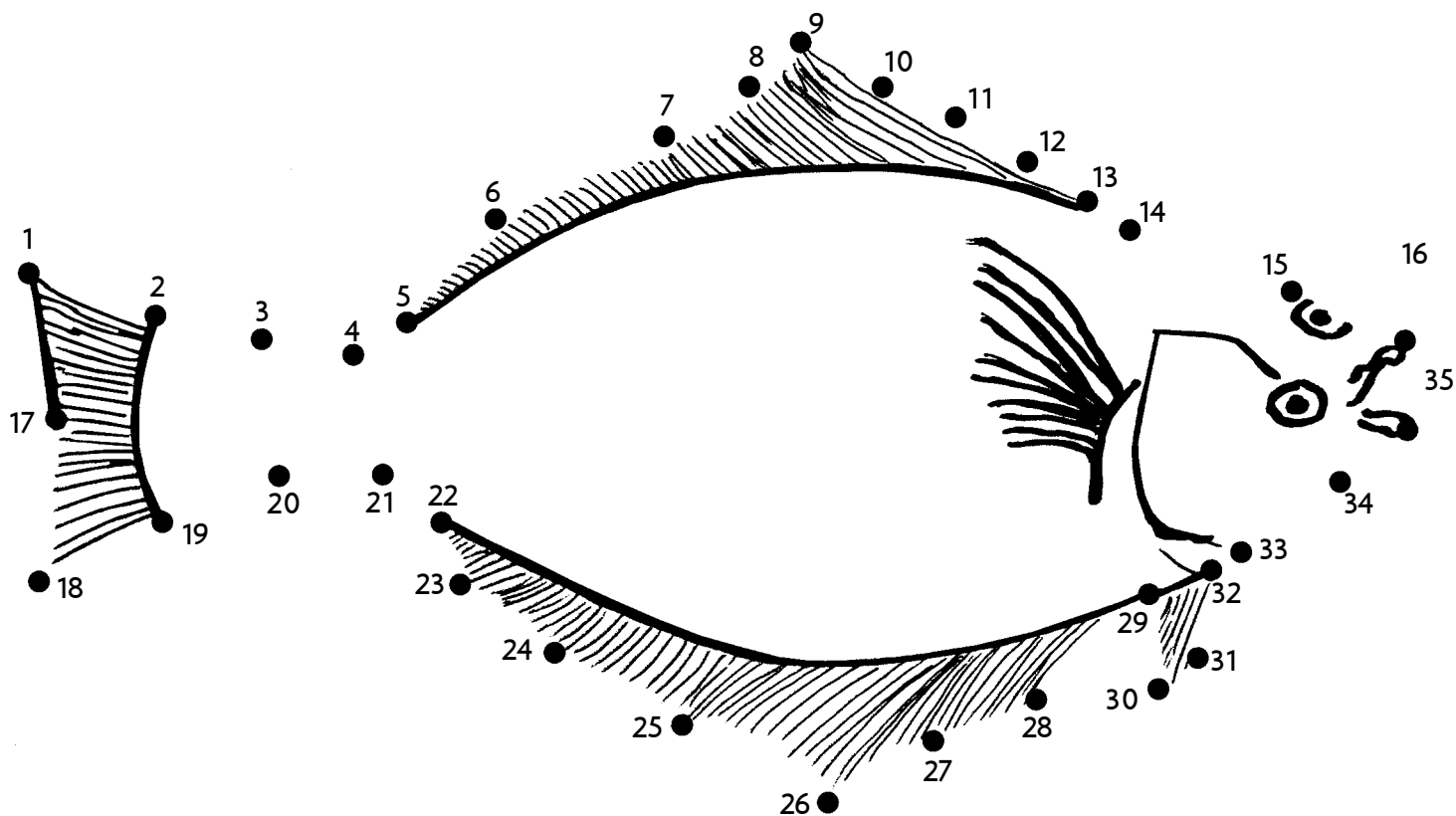
*After a female lingcod lays her eggs, the male guards them until they hatch.*







CONNECT THE DOTS 1-16 AND 17-35  
- COLOUR!



ᑭᐅᐅᑦᑦ

H A L I B U T

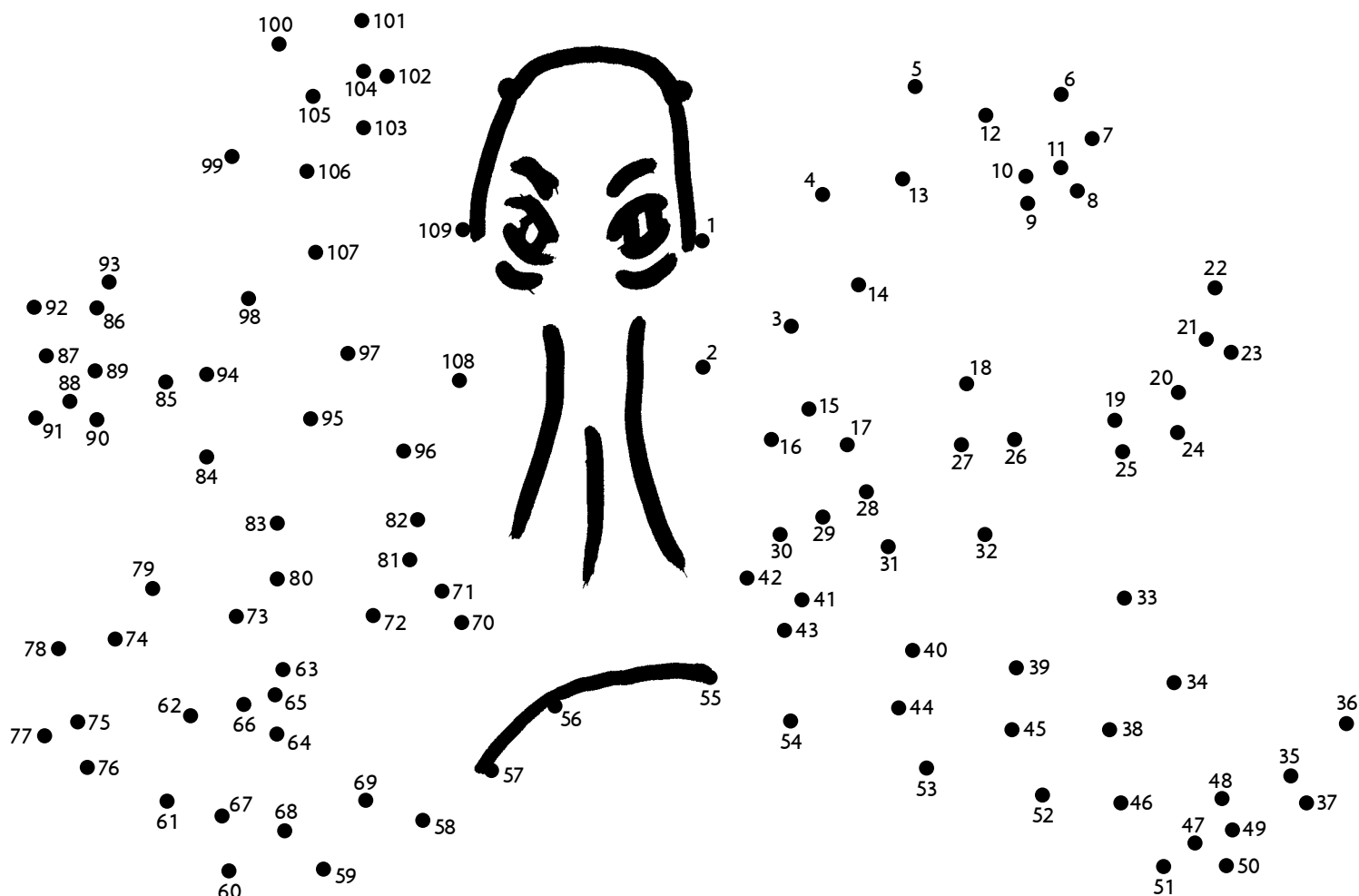
*ᑭᐅᐅᑦᑦ (halibut) and Nuu-chah-nulth people have coexisted since the dawn of time. ᑭᐅᐅᑦᑦ were highly respected as shown through Nuu-chah-nulth art and legends. These great fish were a vital element to our diet as well.*

*([http://uuathluk.ca/UAT\\_HSS\\_halibut\\_Dec\\_20\\_07.pdf](http://uuathluk.ca/UAT_HSS_halibut_Dec_20_07.pdf))*





CONNECT THE DOTS 1-109 AND COLOUR!



# Tiikuuup

## OCTOPUS

*Octopus is recognized as an excellent source of protein and niacin because it provides at least 25% of the daily need (based on a 1/2 cup portion).*

*(Interim First Nations Health Authority Traditional Foods fact sheet, 2009)*

*Some people traditionally used octopus skin for healing burns.*

*Some people also thought they were too dangerous to hunt.*



