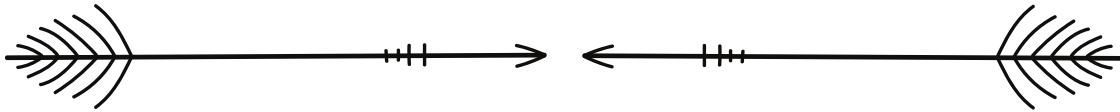


# - Lesson 1 -

## Living Ancestrally



Objective:  
Overview of what it means to live ancestrally and the value of it.

### Lesson Preparation

- **Lesson 1 Notecards** - cut out & scatter them around room for children to find as you read through the lesson
- **Lesson 1 Worksheet** (optional) - print one out for each child to complete after the lesson

### Cultural Books

#### Choose Age-Appropriate Book(s)

- **If You Were Me and Lived in...The Ancient Mali Empire**  
Read pgs. 6-10  
Age Range: 5-11 Years
- **Nourishing Diets**  
Read pgs. 3-7  
Age Range: 12-18 Years (Self Study Option for Older Kids)



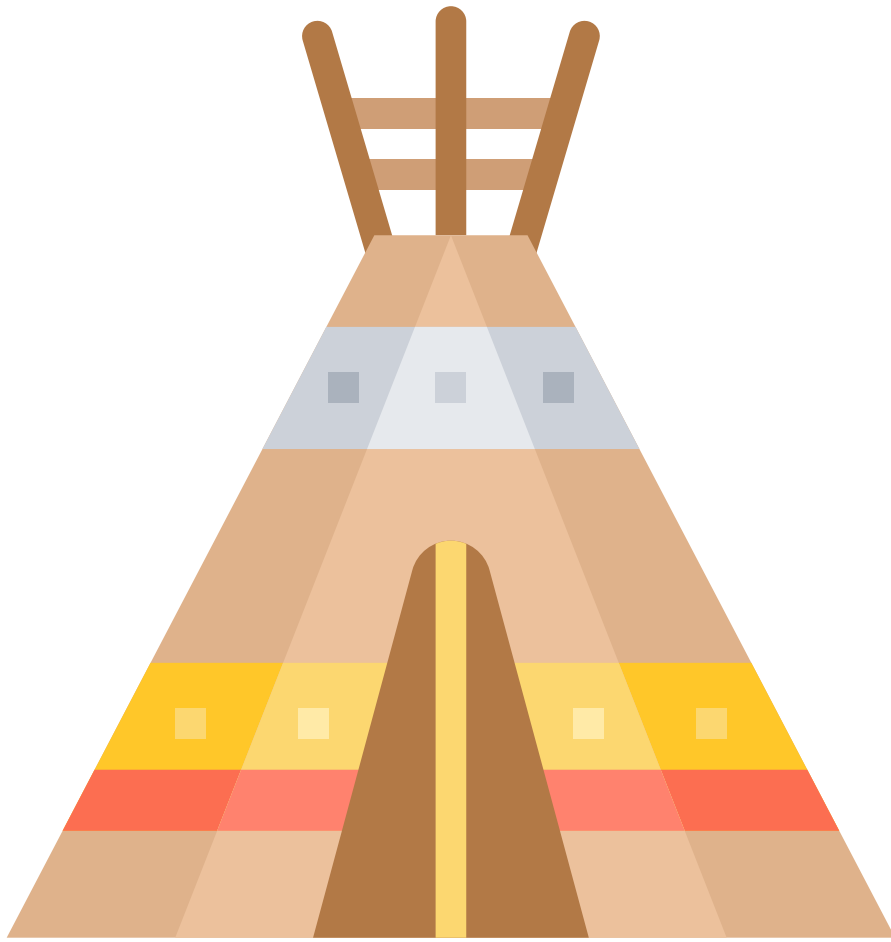
### Weekly Activities

#### Choose at least ONE

- 1.) Narrate 1-2 Things that You Found Interesting About How People Used to Live.
- 2.) Plan and Then Prepare a Meal Together That YOUR Ancestors Would Have Eaten.
- 3.) Research Where and How Your Ancestors Lived and Share Some Interesting Facts with Your Family.

# Weekly Planner

	All Children	Younger Children	Older Children
Day 1	Read Lesson 1 (Pick a Weekly Activity to Complete by End of Week)		
Day 2		If You Were Me and Lived in...The Ancient Mali Empire pgs. 6-10	Nourishing Diets pgs. 3-7
Day 3			
Day 4			
Day 5			



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## What Does it Mean to Live Ancestrally?

- Our ancestors are our family members who were born before us. For instance, our parents, grandparents, great-grandparents, great-great-grandparents, and family born before them would all be considered our ancestors. We cover many different traditional cultures in this curriculum, however, we do not cover all. It is beneficial for us all to learn how various cultures lived.
- The majority of our ancestors lived much healthier lives than many of us do today. As a result, they did not experience the widespread chronic diseases and chronic health issues that people do today. Nowadays, people get cancer, diabetes, autoimmune conditions, autism, and other health issues **much** more often than our ancestors did.
- A question to ask is: "Why?" *We explore this question all throughout this curriculum.*

## How Did Our Ancestors Live?

Since we each have different ancestors, the answer varies. Different cultures did not live exactly the same. Also, it varied depending on the time period that they lived in. Here are a few things that they all had in common though:

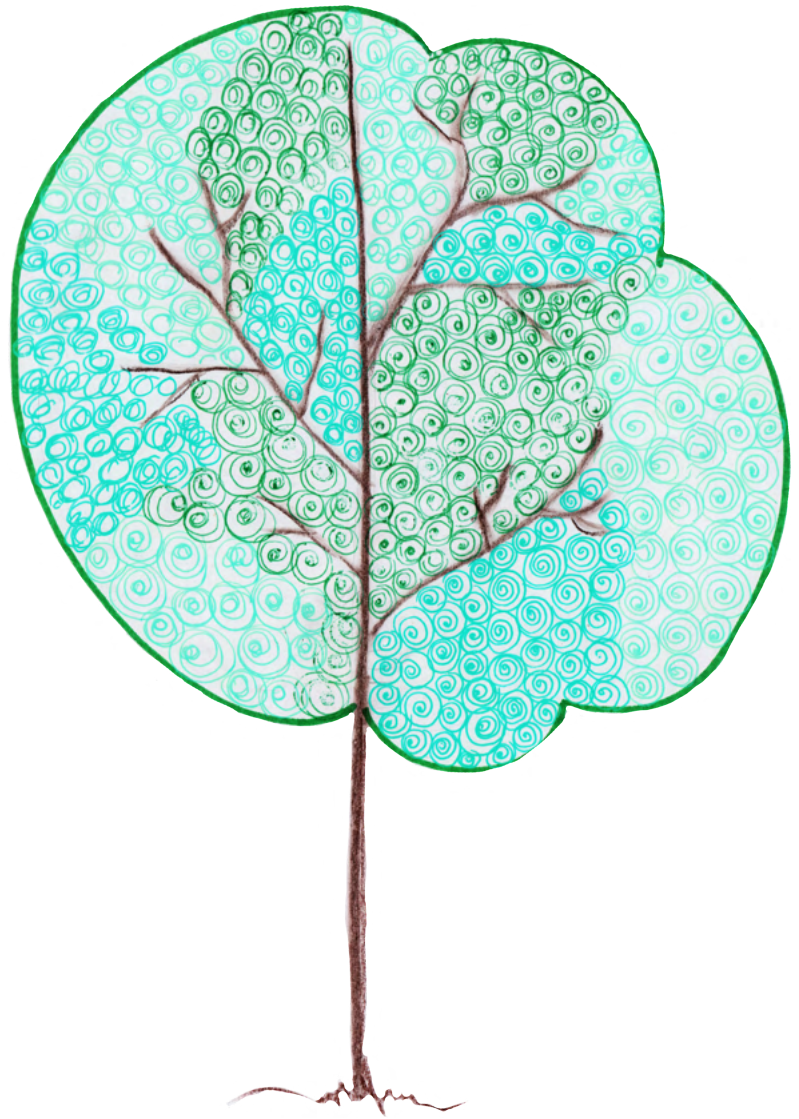
- There were no grocery stores, so they ate seasonally available plant foods
- They soaked, sprouted, and fermented plant foods that they ate
- They ate fresh meat that they hunted, raised, or bought locally
- They did not eat packaged and processed food
- They did not have synthetic chemicals in their household products
- They were outdoors getting fresh air and sunshine the majority of the day
- They gardened and farmed more
- They ate foods in their whole, natural form
- They ate no refined sugar
- They ate very little natural sugar
- They did not eat snacks
- They did not have electronics
- They ate with family and/or friends



## Why is it Important to Live Like Our Ancestors?

Living as our ancestors did has many health and environmental benefits:

- Lowered Inflammation
- Better Digestion
- Fewer Allergies
- Ability to Fight Off Infections Better
- More Energy
- Fewer Toxins in Our Environment
- Balanced & Healthy Ecosystems
- Less Pollution
- More Nutrient-Dense Plant and Animal Foods





## Weekly Activities

(Choose At Least ONE)

1. Narrate in your Health Journal or Orally Narrate 1-2 Things that You Found Interesting About How People Used to Live. Share with Family. *(Whole Family Activity)*
2. Plan and Then Prepare a Meal Together That YOUR Ancestors Would Have Eaten. TIP: Plan a meal that would have been prepared long before processed foods were invented. *(Whole Family Activity)*
3. Research Where and How Your Ancestors Lived and Share Some Interesting Facts with Your Family. *(Older Kid Activity)*



# Lesson 1 Notecards

## Ancestor

a person from whom one is descended from

## Ancient Cultures

groups of people from different parts of the world that lived many centuries ago; also referred to as traditional or ancestral cultures

## Ancestral Living

living more like our ancestors did

### Seasonally Available Foods

food that is available in your area during its normal growing season

### Whole Foods

food that has not been altered from its natural state

### Cultures

a group of people that share the same language, religion, food, art, music, and social habits

### Chronic Diseases

negative health issues that last longer than 1 year; some examples are diabetes, cancer, and heart disease



# Lesson 1 - Word Search (Younger)

W J R A N H F Y S Z  
H O V N J E G F E G  
R M C C B A A A A A  
M E U E H L T R S R  
C B L S U T H M O D  
C U T T N H E I N E  
B N U O T Y R N A N  
U J R R I S E G L I  
T G E S N Y R I E N  
V O S M G I S X Q G

ancestors  
cultures

gardening  
farming

gatherers  
healthy

seasonal  
hunting



# Lesson 1 - Word Search (Older)

B C V E Q I O A L X V Q Z P X T Y U J E  
N Y U P N E I L K L E T E X C Q R B F M  
Z U S L T V H S A E H U F V D X A O W V  
X E E E T J I T R O V R G A U Q E P I D  
B A N N A U S R H B N U F F L W A V X H  
J B F D F S R C O I D A N F J R N K H U  
T V T A Y P O E D N Q F N Z J G D E T N  
Y U B J R J R N S O M N K C F S F Y Z T  
I R B H D M W Y A Q I E A Y E W P G E I  
H G G B H F I Y F L U V N I Z S J O D N  
J A F L O Y Q N I Q Z Q G T W S T M F G  
L T H B R L B X G W S Y B C B R G O G H  
F H X S G H E A L T H Y O P M Y K H R C  
U E E G A R D E N I N G H S O A J V U S  
T R I Q N U S U N P R O C E S S E D X V  
T E X S I L N S O I Q H B K Z U G N O S  
C R A Z C A Z R R D A L W O L G R X U A  
I S Q E R G E E R G Q B Y V E Y T G W R  
Z P K T H P E P A S O L L F V Y C M N U  
B C S W H O L E F O O D X W L F J Y R U

environment

unprocessed

gatherers

gardening

whole food

ancestors

cultures

seasonal

healthy

farming

hunting

organic

