

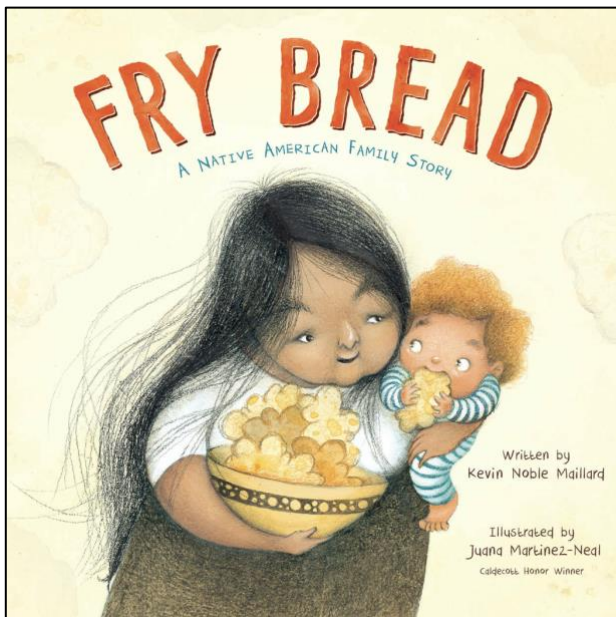
## Fry Bread – Then and Now

Fry bread is a tradition in most American Indian tribes and communities all across the United States. It was first made in 1864 out of necessity.

In that year, the United States government forced Navajo Indians to move from their homelands in what is now northern Arizona to the eastern New Mexico area. This was a walk of 300 miles, and hundreds and hundreds of people died.

In their homeland, Navajo people had hunted, found berries in the woods, and grew beans and other vegetables. The new land in New Mexico was not suitable for growing any of these familiar foods. Instead, the government gave them flour, salt and lard. Yuck! It was pretty ingenious that the Navajo Indians made fry bread out of so little. This was their main food until a treaty in 1868 allowed them to return home.

Today, fry bread contests take place at powwows and people wait in long lines to buy it from vendors. Sometimes fry bread is topped with honey, but it also seems popular to use it as the base of a special taco.



Read *Fry Bread: A Native American Family Story* by Kevin Noble Maillard and Juana Martinez-Neal. Kevin is from Oklahoma, a member of the Seminole Nation, Mckusukey band.

Before sharing this story with your students, read the Author's Note pages at the back of the book. There, Maillard provides a lot more detailed information and context for you.

Here is the link to a read aloud of the story.  
<https://youtu.be/MibEeGiFThM> (4:45)

**Final thoughts?** Fry bread is an important tradition in American Indian tribes and communities. Is there a special food or tradition in your heritage? Music can be a part of expressing what is important to us.

## Meet Keith Secola!



Keith Secola was born in Cook Minnesota and is affiliated with the Anishinaabe tribe. Keith is an accomplished artist—musician, singer, songwriter, composer, and producer. He plays guitar, flute, mandolin, banjo, harmonica, and piano. A seven-time Native American Music Award winner, Secola has earned NAMMYS not only for his music, but also his abilities as a producer. In 2011, Keith Secola was inducted into the Native Music Hall of Fame.  
(<https://www.secola.com>)

Keith Secola sings his song, “Fry Bread,” as part of a cultural celebration at the Vancouver Centre of Performing Arts. <https://youtu.be/kqZgU5mBozs> (2:46)

### I can respond to the steady beat of the music.

Audience members have been invited onstage to participate in this song. They are clapping on the beat as if they were flattening the fry bread dough (hands parallel to the floor, alternating one hand on top and then the other). Your students can join in!

### I can listen to and describe the music.

Is the beat in groups of 2s or 3s? \_\_\_\_\_

What instrument is Keith playing? \_\_\_\_\_

What mood or feeling do you get from the music? \_\_\_\_\_

### “Fry Bread” lyrics in this performance

“He said that you said he said That she said you said he said That she said you said he said That she said you said he said	He wants to settle down Out on the edge of town Far from the neon lights Under the stars so bright	Fire glows and flickers Between the cactus breakers Out on the edge of town He wants to settle down
All I’m askin’ for fry bread, fry bread, fry bread, fry bread		All I’m askin’ for fry bread, fry bread, fry bread, fry bread”