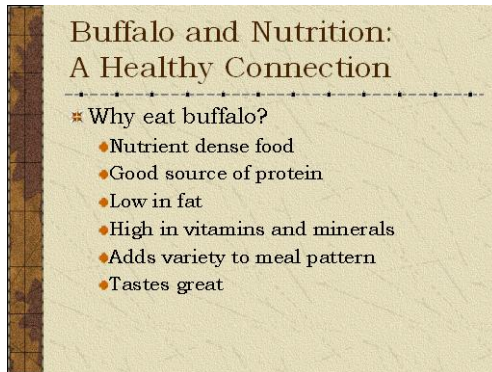


Workshop Directions



1. Preview each section of the binder.
2. Read through the workshop objectives and outline in the **Workshop Plan** section of the binder.
3. After the workshop outline, you will find the large group presentation notes. Review those before you give the workshop. They are set up in this format.

A.



B.

- Buffalo meat can be expensive, but you get a lot of nutrition for the price.
- It has less waste compared to other meats.
- Additional information can be found on the handout Buffalo and Nutrition: A Healthy Connection.

C.



Handout: Buffalo and Nutrition: A Healthy Connection

- Cover the section HOW DOES IT COMPARE TO OTHER MEATS? with the group.

- A. This is the overhead. Put this up first. (All the overheads can be found after the large group presentation notes.)
 - B. These are the talking points. Read them in the order they are listed after discussing the information on the overhead.
 - C. Directional boxes are marked with a light bulb. These are notes for the presenter such as when to give handouts, show videos, or do activities. All handouts can be found in the handout section and are copy-ready. Additional background information for the presenter about the topics discussed can also be found in the directional boxes.
4. To help become more prepared for the workshop, you will find additional information for each large group presentation after the overheads. These

can be read by the presenter prior to the workshop. They are not meant to be photocopied and given to the participants.

5. After the **Workshop Plan** section, you will find additional information for the presenter in the sections labeled **References, Additional Resources and Internet Sites, Recipes,** and **Cultural Foods**. The information from those sections can be photocopied and used as additional handouts.
6. Uses for this workshop include, but are not limited to,
 - a. Community Gatherings
 - b. Diabetes Education Classes
 - c. Diabetes Support Groups
 - d. Teacher In-services
7. When planning the workshop, points to consider include, but are not limited to,
 - a. Equipment needs: (An overhead projector will be needed if planning on using the overheads provided. The overheads can also be photocopied and given to participants as a handout if an overhead projector cannot be used.)
 - b. Setting the date, place and time
 - c. Advertising plan
 - d. Snacks and/or meals
 - e. Incentives and/or prizes
 - f. Photocopying handouts
 - g. Childcare and/or activities for children
8. An additional activity using the buffalo box is listed on the Workshop Outline to be done at the end of the workshop. The buffalo box is an educational resource that is filled with different parts of the buffalo used by Native Americans. The buffalo box can be purchased from the InterTribal Bison Cooperative (phone: (605) 394-9730, website: www.intertribalbison.com).

Buffalo and Native American Wellness



Length of Workshop: Two Hours
Audience: Community Members

Workshop Objectives

After completion of the lesson, the participants will be able to:

1. Explain the historical and cultural significance of the buffalo to Native Americans.
2. List several traditional uses of the buffalo by Native Americans.
3. Describe the nutritional value, food safety, and food preparation techniques of buffalo meat.
4. Recognize the relationships between buffalo, Native people and the prevention of diabetes.

Workshop Outline

1. Introduction
 - a. Introduce the lesson and briefly describe what will be covered.
2. Icebreaker
 - a. Buffalo Brain Busters activity
3. Large Group Presentation
 - a. Historical and Cultural Connection to the Buffalo
4. Small Group Discussion Questions
5. Buffalo Video Presentation
6. Break (optional)
7. Large Group Presentation
 - a. Buffalo and Nutrition: A Healthy Connection
8. Optional Group Activity
 - a. Buffalo Box
9. Closing Remarks
 - a. Workshop Evaluation

