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| <u>Foods</u><br>Honey                      Elk<br>Salt                        Fish<br>Moose                     Bear<br>Buffalo<br>Deer<br>Waterfowl<br>Grouse<br>Squirrel<br>Antelope<br>Mt. sheep<br>Sage hens  | <u>Berries</u><br>Juneberry<br>Twinberry<br>Hollyberry<br>Indian Toyon<br>Juniper berry<br>Raspberry<br>Serviceberry<br>Chokecherry<br>Buffalo berry<br>Elderberry<br>Currents              | <u>Budding Flowers</u><br>Alfalfa<br>Clover<br>Milkweed<br>American yaw<br>Grassnut<br>Sego lily<br>Wild garlic<br>Wild onions  | <u>Fruits</u><br>Avocado<br>Barberry<br>Cherry<br>Giant cactus<br>Sumac<br>Yucca<br>Gourds  |
| <u>Roots and tubers</u><br>Aloe<br>Balsam root<br>Camas western<br>Camote (ganeate)<br>Elk thistle<br>Indian aloe<br>Indian root<br>Indian thistle<br>Wild celery<br>Wild rocket<br>Yampa (wild<br>carrots)<br>Bear root – Osha<br>Cattail roots  | <u>Grains</u><br>Wild wheat<br>Corn (maize)<br>Islay<br>Cedar ash<br><u>Pod-Pulp</u><br>Beargrass<br>Mesquite<br>Spanish<br>bayonet<br>Tormillo bean<br>Yucca<br>Skeleton week<br>Resin sap | <u>Leaves</u><br>American rocket<br>Bayberry<br>Indian lettuce<br>Miner's lettuce<br>Tall lettuce<br>Keerless<br>Indian salad<br>Watercress<br><br><u>Seeds</u><br>Chia<br>Goosefoot<br>Mustard seeds | <u>Teas</u><br>Yerba buena<br>Peppermint<br>Sage<br>Willow<br><u>Nuts</u><br>Pine nuts<br><u>Plants</u><br>Celery<br>Pickle plant<br>Soap plant<br>Sorrell (alpine<br>and mountain) |
| For more information refer to the following charts available from the USOE:<br>1. Contributions of Native Americans – Navajo Dyes and Weaving<br>2. Contributions of Native American – Edibles<br>3. Indian Sports and Games<br>4. Indian Art – Navajo Weaving<br>5. Contributions of Native Americans – Medicinal and Pharmaceutical<br>6. Contributions Native American – Utah – Great Basin – Medicinal and Pharmaceutical<br>Most charts are part of “The Conquest of Indian American” Project – USOE (in revision) |   |   |   |

## Contributions of Utah Indians



### American Indian Sports/Games

Navajo –

Dice games, hidden ball, guessing games, archery  
ball race, hoop-pole ball, cat's cradle, quaits,  
running, races

Paiute –

Dice games, four sticks, guessing games, hand games,  
doubleball, football, hoop-pole ball, ring and pin, top spinning

Shoshone –

Dice games, hand games, guessing games, ball juggling,  
doubleball, hoop-pole ball, ring and pin, skinning, stilt walking,  
top spinning

Goshute –

Hand games, ring and pin, ball juggling

Ute –

Dice games, hand games, guessing games, ball juggling,  
doubleball, foot cast ball, hoop-pole ball, shinny

The following sites have information about Native American games Native American games:

- BYU Education -The Museum of Peoples and Cultures  
<http://fhss.byu.edu/anthro/mopc/pages/Education/EarthActivities/agames.htm>
- NativeTech: Native American Technology and Art  
<http://www.nativetech.org/games/index.php>