**Food Studies 30: Pysanka (Ukrainian Easter Eggs)**

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**Outcomes/Objectives**

**Foundational Objectives**

To be creative when applying knowledge about nutrition to food preparation

To understand better the social and cultural aspects of food for all people.

**Learning Objectives**

18.1 - To develop an understanding of our Canadian food heritage.

18.2 - To examine the food customs and patterns in Canada's past.

18.3 - To identify cultural influences of food patterns within the community.

18.4 - To recognize the cultures represented in Canada and identify some foods for each.

19.5 - To understand the role food plays in the social, cultural, and psychological well-being of people.

**Summary**

My creative artifact is about Ukrainian Easter Eggs also known as Pysanka. Students made authentic Pysanka using the traditional methods for a cultural Ukrainian expression of the Easter celebrations

Supplies

The supplies are purchased from the Ukrainian Museum on Spadina Ave. in Saskatoon, SK. Supplies I purchased: dyes, kistkas, bees wax and an instructional video by Luba Perksysan. (A similar instructional video is linked [HERE](https://www.youtube.com/watch?v=Vy0CiVogfeI))
My own supplies include: Eggs (washed in soapy water and rinsed in vinegar water), a nail board (a piece of wood with finishing nails in a ½ inch grid so the eggs can dry but pressed paper eggs cartons would work), candles in tin cans (salmon or tuna cans work best), lighter, saucers to hold bees wax, large containers (peanut butter containers)for dye, large spoons to lower eggs into the dye, elastics to draw circles on the eggs, pencils, empty egg cartons to store finished eggs, and paper towels to wipe off the wax.

**Process**

1. Students watch video
2. Process is discussed
3. Vegreville Easter egg is investigated. Link [HERE](http://en.wikipedia.org/wiki/Vegreville_egg)
4. Read *Symbolism of the Ukrainian Easter Egg* by Sofia Zielyk. Link [HERE](http://www.uazone.net/holidays/EasterEggs.html)
5. Students research colours and meanings for their eggs.
6. Students attempt to decorate eggs using the authentic process - patterns and colours



