

BAKING SODA

The pioneers were farmers, doctors, blacksmiths, shop owners, and ministers. The pioneers traveled to Oregon because the land was free or very cheap. Before leaving, the pioneers had to make money for their trip. They would save the money, borrow money, or sell their



possessions. Settlers used covered wagons to carry their supplies across hazardous terrain through six states.

How many states did the Oregon Trail pass through?



2



4



6



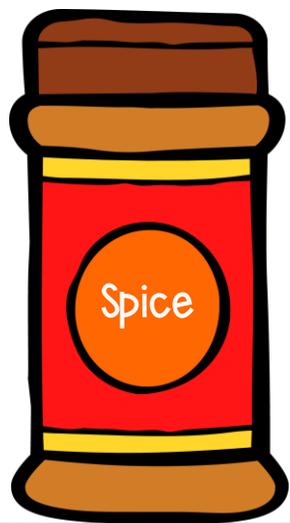
8

NEXT CLUE:

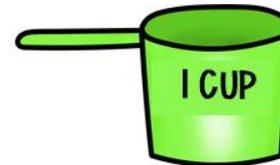
The next ingredient rhymes with power.
It's white and fluffy but is not sour.

SPICE

Settlers usually traveled in a "wagon train" which consisted of 20-40 wagons carrying supplies, food and families. Typical food included bacon, beans, coffee and flour. A four-person family needed about 1,000 pounds of food to survive the trip. Pioneers usually ate the same meals every day. Occasionally, they would eat fish, buffalo or antelope that was hunted along the trail. Some families took a cow so that they could have fresh milk. Children had chores on the trail such as herding the animals, gathering firewood, cooking and washing dishes.



How many pounds of food did a family of four need to survive?



100 pounds



500 pounds



1,000 pounds



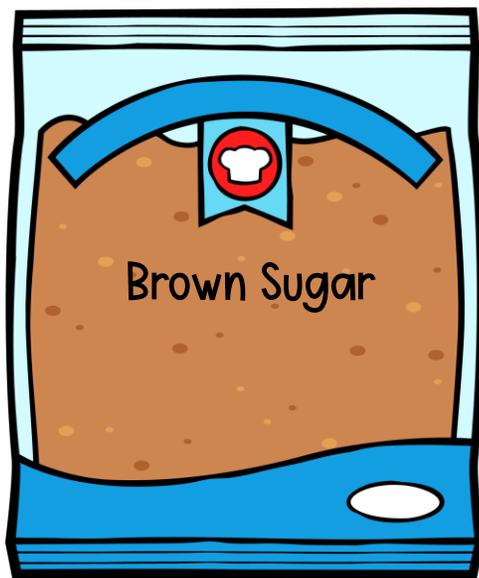
1,500 pounds

NEXT CLUE:

One more ingredient that's in a shaker is the opposite of pepper, used by a baker.

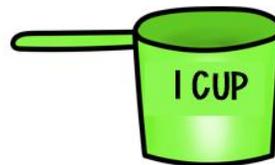
BROWN SUGAR

Chimney Rock was a landmark used to warn the settlers that the trail would get steep as they headed to the Rocky Mountains. Fort Laramie in Wyoming gave the pioneers the opportunity to refill their food and supplies. Trading posts and store owners convinced travelers to buy



more supplies than they needed. Therefore, many supplies were left behind on the trail.

Where was Fort Laramie?



California



Wyoming



Washington



Oregon

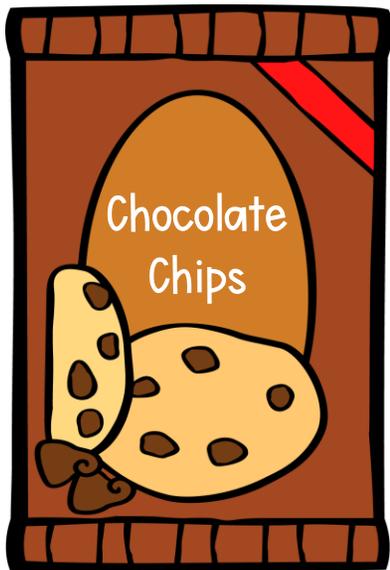
NEXT CLUE:

The next ingredient rhymes with lips, they're used in cookies and sometimes dips.

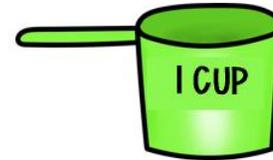
CHOCOLATE CHIPS

In 1845, a writer named John O'Sullivan first used the phrase "Manifest Destiny" in a newspaper article. He used the phrase to encourage people to move west. O'Sullivan believed it was the right of the American people to occupy the whole continent of North America.

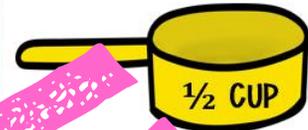
The idea behind Manifest Destiny was that Americans should spread "from sea to shining sea".



John O'Sullivan encourage people to move ____.



East



West



North



South

NEXT CLUE:

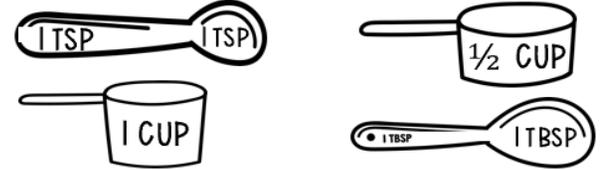
They're on the go, and kids want more, often use them for a fire for a smore.

Name: _____

Icing



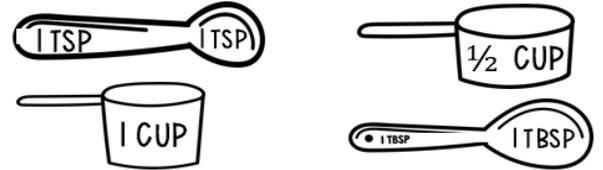
Spice



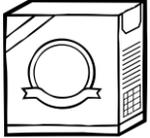
Chocolate Chips



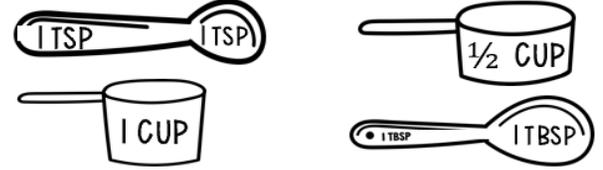
Cake Mix



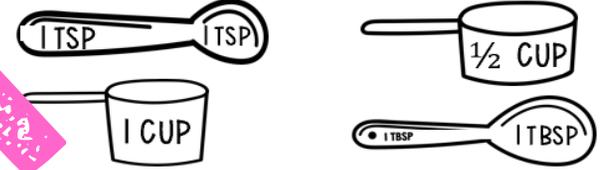
Baking Soda



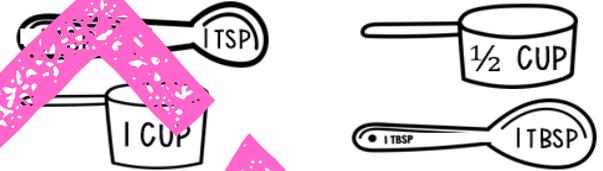
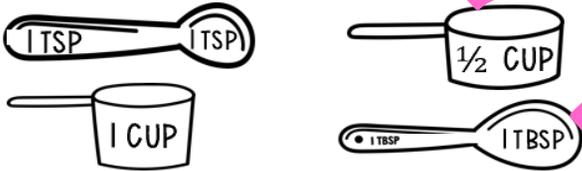
Sugar



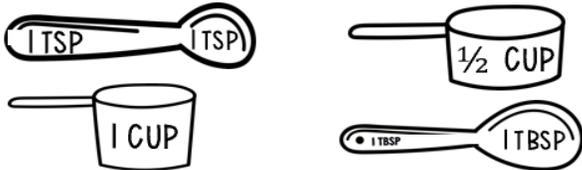
Oil



Brown Sugar



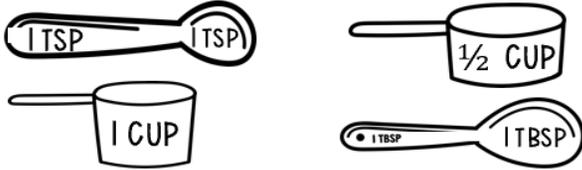
Sprinkles



Marshmallows



Salt



Eggs

