



The Inuit

The Native Americans in Alaska and other arctic regions are called the The Inuit. We used to refer to the Inuit as Eskimos, but that is an outdated term.

They live in the coldest and most unforgiving areas of the world, and the weather around them affects their daily life.

From the building materials for their houses, to the extra clothing they wore to survive the brutal weather, their lives were influenced by their cold climate. Instead of building their houses out of wood or mud as other Native Americans might, they used whalebones or driftwood.

In the coldest weather, they survived by wearing extra layers of clothing, usually lined with fur, to keep warm.

The Inuit people hunted on land and by sea for food, as it was too cold to farm. Their diet consisted mostly of meat, including bear, sheep, squirrels, rabbits and caribou.

The Inuit also gathered food when it was easily obtained. In the spring they gathered berries, herbs for cooking in the summer and roots in the fall.