

Video Transcript: *What Is Food?*

| Timecode | Speaker | Dialogue |
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| 00:00:08 | Grace Tracy | Hello, my name is Grace Tracey. My clans are: I am Tł'izítání and born for Naʼtoh dine'é. Máíideeshgiizhnii dine'é are my maternal grandfathers and Kinyaa'áaai dine'é are my paternal grandfathers. I am from a place called Be'akid baa'ahoogééd near Tóhahadleeḥ (Indian Wells, AZ). Several of my brothers and I are medicine man singers (Hataaʼíí). |
| 00:00:37 | Grace Tracy | Through that practice, I was granted to work with medicinal herbs and plant food. Therefore, that is what I do. |
| 00:00:55 | Grace Tracy | Food keeps our human body alive. If there was no food, there would be no life. Digested food becomes fluid for our body to intake. It is called ats'íis too'. Nutritional fluids from digested food goes throughout our body to help keep us alive and healthy. |
| 00:01:22 | Grace Tracy | Food is available everywhere. It is called nanise' (edible plants). If you plant some seeds, it becomes food. With plenty of watering, it will grow nutritious food. We, the Navajo people know about nanise' (plant food). Naadaq̄ chiiyáán (corn) is our main source of food. Corn was put down and given to us by the Holy ones. Naadaq̄ éí nihisodizin at'é dóó nitsáhákees at'é dóó bee'iiná (corn is our prayer, thoughts, and livelihood). |
| 00:01:59 | Grace Tracy | How we had traveled with the insects into this world, we are still traveling with them in this life. When we plant corn, the insects are feeding off the roots. Today, we are living together with animals, birds, and insects. We share our food with them and they share their food with us. |