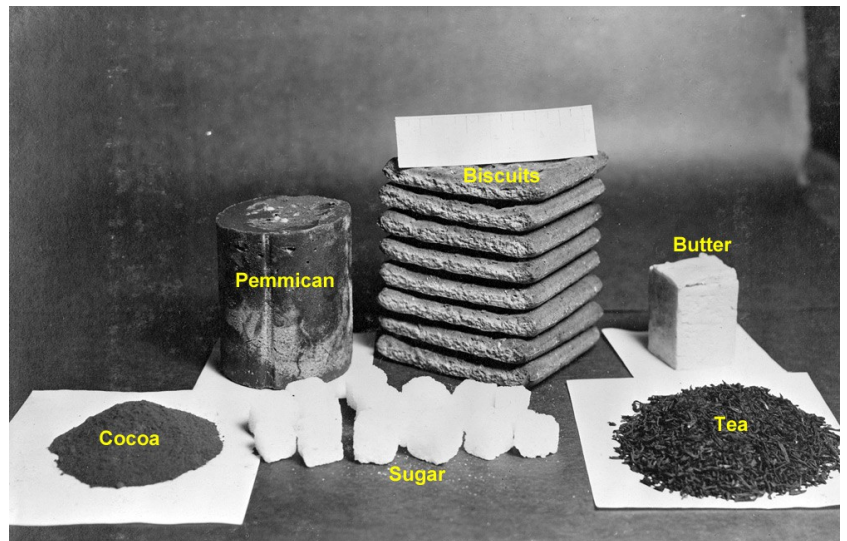


Robert Falcon Scott's rations

**Pemmican is highly calorific food
pemmican is :**

- animal fat
- ground dried meat
- Cramberries
- Bone marrow



Native Americans made this food because it's very high in energy and very easy to transport as a small portion only is necessary to satisfy hunger.

The Cree tribe from Canada were the first to make it .

