| CHUUK FOOD |
|-----------------|-----------------|-----------------|
| **Traditional** | **Contemporary** |
| **What are some favorite local dishes?** | • Pounded breadfruit, preserved breadfruit, taro, pounded taro, sweet taro, banana, and tapioca  
  • Fish, sea clams, sea cucumber, pig, and chicken | • Sweet potato, watermelon, papaya, orange, pineapple, pumpkin  
  • Turtle, crab, coconut crab |
| **What foods are eaten from other countries or Pacific Islands?** | • Mango, yam, and orange | • Watermelon, orange, pineapple, apple, pumpkin, grape, potato |
| **What are the taboos associated with food?** | • Eating food with or left over from people such as itang/souring (magician) would lead to illness or death if immediate medical attention was not received  
  • Certain types of food/meat were forbidden to believers in ghosts or God by their clans | • Abnormal child caused by pregnant woman who eats turtle.  
  • Eating preserved bread fruit will lead to hatred towards the person who used to love magic.  
  • For a magician, eating certain types of fish will cause sickness or death. |
| **What are the practices and beliefs about food giving, preparation, and handling?** | • Angaang chik aramas: If you have more people to do a job, the job will be done easily and efficiently  
  • Belief in sharing and teamwork | • Mwen uwa—First fruits should be given to the high chief.  
  • Amwam—relatives bring food to a sick person so those taking care of the sick will eat. In return, when you are sick people will also bring food to you. |

Adapted from ‘ReSPCT – Food’: Pacific Resources for Education & Learning (PREL)  
www.prel.org)
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| **What are the rules associated with meals within the family?** | **Playing with food is not allowed.**  
**Asaunappo**—it is very shameful to visit sick people without bringing any food.  
Do not give brothers or men left over food. |
| - *Che-pew* (giving people food without using leaves as plates) was unacceptable  
- Talking while eating was culturally unacceptable  
- Males were served first | |
| **What food/dishes are related to good health?** | **Same as traditional** |
| - Food available in local environment, including pounded taro and breadfruit  
- Banana with coconut oil, fish/meat, and other sea meats | |
| **What are the rituals, stories, and proverbs associated with food?** | **Kiss**—Food is exchanged for the approval of marriage.  
**Mengen errek**—feast for all the relatives of a dead person.  
**Mengen pwilikeha**—when a woman gives birth, the husband and his relatives go fishing to bring fish to the wife. |
| - Certain ritual were used to ask for forgiveness or permission and to cure sickness  
- Story of *Feuwiimw*  
- Proverbs  
*Mwengeen kasopw*: Celebrate accomplishment of something that required involvement of many people  
*Mwenge kippwin*: Sour food/feeling of unwelcome  
*Mwenge chuu*: All things should be accomplished with joint hearts and hands (eating together/collective ownership)  
*Mwengenipwin*: People who eat at night are thieves | |
| **What methods are used for gathering/acquiring food?** | **Fish traps made with coconut rope and mangrove sticks**  
**Poison from certain kinds of plants used to catch fish**  
**Long stick with rope used to catch birds or chickens.** |
| - Taro dug from ground, breadfruit picked with a stick and long pole, and banana harvested with knives/machetes  
- Fishing line made from hibiscus bark, hooks made from fish/animal bones  
- Birds were caught using traps/sap of breadfruit stems and poisonous roots from certain plants and vines  
- Small fishing baskets were made from coconut’s young leaves (*sewa*/*tewerik*) | |

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| Which seasons or times of year are associated with farming, hunting, and fishing? | • Fishing was dependent on the position of moon and condition of sea (low and high tide)  
• *Nee-res* for breadfruit harvest season;  
• *Nee-fen* for taro harvest season  
• For other crops, farming done as necessary | • Same as traditional                                   |
| How important is food in social activity? | • Very important part of social activity                                      | • *Chii chok mongo*---  
No food, no strength                                      |
Sources:
Merry Jack: College students at COM- Chuuk campus, 5 students
Jayleen Rieuo: Employee, 5 employees
Gina David: Woman community leader, 10 women in the communities

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