

Lesson #13 - Field Trip
Educational Materials and Supply List

Visuals: as needed

Food Activity Supplies

- _____ Water/Ice
- _____ Paper Towels
- _____ Garbage Bags
- _____ Home Lunches
- _____ Cooler
- _____ Cups
- _____
- _____
- _____
- _____
- _____

Optional:

- _____ Camera
- _____ Rain gear
- _____ My Story: What we have learned
- _____ Our story: Activity Directions

FOODS OF HAWAII YOUTH PROGRAM
UH Manoa, CTAHR, CES,
Expanded Food & Nutrition Education Program

Lesson #13

Field Trip

This is an optional lesson which should support one or more of the suggested objectives. Field trips can be completed around lesson four (Ahupua`a), lesson six (kalo) or lesson twelve. Multiple field trips can be coordinated at the discretion of the School staff and EFNEP County Coordinator depending on time and resources available.

As an alternative to a field trip; children can spend the day in class completing "Our story - What we have learned" or work in small groups to make group stories. Food preparation is optional.

Concepts:

1. Field trips can reinforce and bring to life class room experiences.
2. There are many sites throughout the State of Hawai`i which illustrate agricultural and conservation practices of an *Ahupua`a* or the cultural heritage of Hawai`i.
3. Youth can demonstrate their ability to make healthy choices by bringing a healthy lunch, one which includes all the food groups and is moderately low in fat, sugar and salt.

Suggested Objectives to reinforce:

1. Youth will appreciate that the Early Hawaiians grew, harvested, shared and ate all the foods needed through the Ahupua`a system.
2. Youth will appreciate that planning and conservation are important practices in Hawai`i: "You borrow from the future that which we use up today".
3. Youth will realize that all of Hawaii's ethnic groups have contributed to the diets of people in Hawai`i today.
4. Youth will demonstrate that they can make healthy choices by bringing a lunch which contains all of the food groups and is moderately low in fat, sugar and salt.
5. Youth will understand that the Early Hawaiian lifestyle of working and playing hard (exercise) was healthy.

I. Possible Sites:

- A. Ahupua`a or Lo'i: Hanohano Farm, Makaha Farms, Opelu Project, Kanewai Lo'i.
- B. Fishponds: He`eia, Kualoa.
- C. Cultural Sites: Waipahu Cultural Gardens, Hilo Cultural Gardens, Maritime Museum.
- D. Taro or poi factories.
- E. Nature parks: Hawai'i Nature Center.

II. To Set up a field trip:

- A. If you have not been to the site recently, visit the site and discuss potential youth activities with Site Coordinator. (If needed make tentative reservations).
- B. Early in the semester (preferable a year ahead) approach Teacher, Principal and Kupuna, etc. to discuss potential field trips and funding (usually the school manages bus transportation and site fees).
- C. Ask classroom teacher to coordinate youth permission slips, bus arrangements, healthy lunches, appropriate clothes, footwear, parent volunteers, etc.

III. One Week Before:

Reconfirm details with teacher, Site Coordinator and youth especially in regards to timing. Discuss cancellation possibilities for rainy weather. Have optional activity (perhaps group story) ready.

IV. Day of Trip:

A. Discuss with youth

- 1. Safety: Review Kuleana and the buddy system.
- 2. `Opala (garbage) and *mālama i ke ola āina* (conservation)
- 3. Ahupua`a land divisions (if needed).
- 4. Courtesy to Site Coordinator.

B. Discuss with teacher & Kupuna - Pā`ina (Lā Ho`ohanohano) for Lesson 14, or coordinate another time to discuss this.

These lessons have been piloted at the following elementary schools on O`ahu: Kapunahala, Kuhio, Palolo, Pope, Pū`ōhala and Waimanalo. Lesson materials have been revised with the cooperation of the Department of Education, Windward Hawaiian Studies Program.

For more information please contact the Expanded Food and Nutrition Education Program (EFNEP) at 956-8161. EFNEP is a part of the Cooperative Extension Service, College of Tropical Agriculture and Human Resources, University of Hawai`i at Manoa, USDA Cooperating.

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Our Story (What we have learned)

Activity and Directions

Supplies

_____ Large Blank Poster Paper
_____ Color pens/crayons/pencils

Directions:

1. Introduce activity: By discussing what children have learned. Have a few children share "My stories" or what they have learned.
2. Group story titles (write on top of posters)
 - _____ What the early Hawaiians ate
 - _____ Ahupua`a/Voyage
 - _____ Today Foods
 - _____ Making Healthy Choices
 - _____ Others:
3. Break into groups: Student work on posters by themselves; writing stories and adding art work.
4. If time allows discuss.
Post on Graduation Day (*Pā`ina*)