Contents of Student Folders
(Nā Mea `Ai o Hawai`i)

1. Nā Mea `Ai o Hawai`i cover sheet (Lesson #1)
2. My ancestors came to Hawai`i from these places (Activity: Lesson #1)
3. Individual rights (Lesson #2)
4. World map: Where have Hawaii’s families come from? (Lesson #2)
5. Hawaii’s earliest settlers (Lesson #3)
6. Classes of nutrients poster (Lesson #3)
7. Nutrient definition poster (Lesson #3)
8. What did the early Hawaiians eat (Activity: Lesson #4)
9. Ahupua`a map (Lesson #4)
10. Blank food wheel (Lesson #4)
11. Kalo plant (Lesson #5)
12. Write the things you know about kalo. (Activity: Lesson #5)
13. Feel the food game (Activity: Lesson #6)
14. Foods from the ocean (Activity: Lesson #7)
15. Body-Building foods (Activity: Lesson #8)
16. Fruity Tooty activity (Activity: Lesson #10)
17. Making Healthy Choices (Optional Activity: Lesson #11)
18. My story: What I have learned (Optional Activity: Lesson #13)
19. Early Hawai`i food wheel
20. Today food wheel

Other Possibilities:
- Recipes
- A nutritious snack for today’s families- taro, sweet potato, and musubi
Foods for Good Health

___ Servings a day

___ Servings a day

___ + ___ = ___ Servings a day

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Foods of Hawai‘i Program
1991
KALO


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1991
Write things you know about kalo:

Group Members: ________________________________________

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Feel the Food Game

Name the energy foods you discover:

1.

2.

3.

4.

5.

Name: ___________________________ Date: ________________

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Food from the Ocean

When the first polynesians landed in these islands, they found food on land and in the sea.

Circle all of these early Hawaiian ocean foods you have eaten.

Name: ___________________ Age: _______

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Body Building Foods

Early Hawaiians are a variety of body-building foods from the land and sea. Today we eat many of these same foods and other body building foods as well.

Circle the body building foods eaten in Early Hawaiʻi:

Place a ★ (star) on the foods you have eaten.

Name: __________________________ Date: __________________________

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1991
FRUITY TOOTY

COLOR ONLY THE SQUARES OF HAWAII'S FRUITS, TO FIND THE VITAMIN THEY HAVE IN COMMON TO MAKE YOU HEALTHY!

<table>
<thead>
<tr>
<th>ICE CREAM</th>
<th>PINEAPPLE</th>
<th>MANGO</th>
<th>GUAVA</th>
<th>MILK</th>
</tr>
</thead>
<tbody>
<tr>
<td>BEANS</td>
<td>GRAPEFRUIT</td>
<td>STEAK</td>
<td>ORANGE</td>
<td>HOT DOGS</td>
</tr>
<tr>
<td>BUTTER</td>
<td>PAPAYA</td>
<td>CHICKEN</td>
<td>BREAD</td>
<td>SUSHI</td>
</tr>
<tr>
<td>EGGS</td>
<td>TANGERINE</td>
<td>SODA</td>
<td>CANDY</td>
<td>NOODLE</td>
</tr>
<tr>
<td>POTATO CHIPS</td>
<td>LEMON</td>
<td>RICE</td>
<td>GUAVA</td>
<td>PORK</td>
</tr>
<tr>
<td>NUTS</td>
<td>MANGO</td>
<td>ORANGE</td>
<td>PINEAPPLE</td>
<td>GUM</td>
</tr>
</tbody>
</table>

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Name: ___________________ Date: __________
# Making Healthy Choices

Be a food detective! **Circle** the name of the foods with less fat, sugar and sodium.

After your leader demonstrates the number of teaspoons of fat, sugar, and sodium in these foods fill in the correct number of teaspoons on this handout.

<table>
<thead>
<tr>
<th>Less Fat</th>
<th>Less Sugar</th>
<th>Less Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Candy Bar or Banana</td>
<td>Soda or Water</td>
<td>Brown Rice or Brown Rice</td>
</tr>
<tr>
<td></td>
<td></td>
<td>with 1T shoyu</td>
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<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuna fish (water pack) or</td>
<td>Frosted Flakes or Com Flakes</td>
<td>Salted Crack Seed or Taro</td>
</tr>
<tr>
<td>Canned Luncheon Meat</td>
<td></td>
<td></td>
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<td></td>
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</tbody>
</table>

Name: _____________________ Date: ________________

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1991
My Story
Nā Mea `ai o Hawai`i

What I have Learned:

Name: ___________________  Date: ___________________

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1991
Foods for Good Health

5+ Servings a day

6+ Servings a day

PROTECTIVE

vitamin A

ENERGY

carbohydrates

BODY-BUILDING

protein

vitamin C

calcium

iron

water

2 + 2 = 4 Servings a day

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**Foods of Early Hawai‘i - Prior to 1778**

### Energy Foods
- Banana (mai'a)
- Breadfruit (ulu)
- Coconut (niu and)
- Coconut Cream (wai oka niu)
- Sugar Cane (ko)
- Sweet Potato (uala)
- Taro (kalo)
- Yam (uhi)

### Protective Foods
- Akala Berries
- Coconut Water (wai niu)
- Mountain Apple (ohi'ai ai)
- 'Ohelo Berries
- Seaweed (limu)
- Sweet Potato Leaves (palula)
- Taro Leaves (luau)
- Tree Fern (hapu'u)

### Body Building Foods

#### Land Animals
- Chicken (moa)
- Dog ('ilio)
- Land Snail (pupu)
- Pig (pua'a)
- Wild Bird (manu)

#### Sea Animals
- Clam/Oyster (olepe)
- Conch (ku kani)
- Cowry (leho)
- Crab (papa'i)
- Fish (l'a)
- Lobster (ula)
- Octopus (he'e)
- Opihi (limpet)
- Sea Cucumber (loli)
- Sea Snail (pipipi, kupe'e)
- Sea Urchin (wana)
- Shrimp (opae)
- Turtle (honu)

*Polynesian introduced -- between 500-1200 A.D.*
### Food of Early Hawai‘i - Prior to 1778

#### Protective Foods
- Akala Berries
- *Coconut Water (wai niu)
- *Mountain Apple (ohi‘ai ai)
- *‘Oheio Berries
- Seaweed (limu)
- *Sweet Potato Leaves (paluia)
- *Taro Leaves (lua‘u)
- Tree Fern (hapu‘u)

#### Energy Foods
- *Banana (ma‘a)
- *Breadfruit (ulu)
- *Coconut (niu)
- *Coconut Cream (wai oka niu)
- *Sugar Cane (ko)
- *Sweet Potato (uaia)
- *Taro (kalo)
- *Yam (uni)

#### Body Building Foods
- *Chicken (moa)
- *Dog (*ilio)
- Land Snail (pupu)
- *Pig (pua‘a)
- Wild Bird (manu)

- Clam/Oyster (olepe)
- Conch (ku kenl)
- Cowry (leho)
- Crab (papa‘i)
- Fish (l‘a)
- Lobster (ula)
- Octopus (he‘e)
- Opihi (limpet)

*Polynesian introduced -- between 500-1200 A.D.

### Food of Hawai‘i Today - Introduced Since 1778

#### Energy Foods
- Bread
- Crackers
- Macaroni
- Noodles
- Oatmeal
- Potato
- Rice

#### Protective Foods
- Broccoli
- Carrots
- Guava
- Mango
- Marungay
- Orange
- Papaya
- Pineapple
- Pumpkin
- Tomato

#### Body Building Foods
- Beans
- Beef
- Cheese
- Cottage Cheese
- Eggs
- Milk
- Peanut Butter
- Tofu
- Yogurt

### Foods of Early Hawai‘i - Commonly Eaten Today

#### Energy Foods
- Breadfruit
- Sweet Potato
- Taro
- Yam

#### Protective Foods
- Mountain Apple
- Seaweed
- Sweet Potato Leaves
- Taro Leaves

#### Body Building Foods
- Chicken
- Fish
- Pork

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COOPERATIVE EXTENSION SERVICE  
UNIVERSITY OF HAWAII AT MANOA  
COLLEGE OF TROPICAL AGRICULTURE AND HUMAN RESOURCES  
UNITED STATES DEPARTMENT OF AGRICULTURE COOPERATING  
1420 LOWER CAMPUS ROAD  
HONOLULU, HAWAII 96822  
PHONE: 956-4124
Foods for Good Health

5+ Servings a Day

6+ Servings a day

2 + 2 = 4+ servings a day

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