

## 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. Fruitty 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

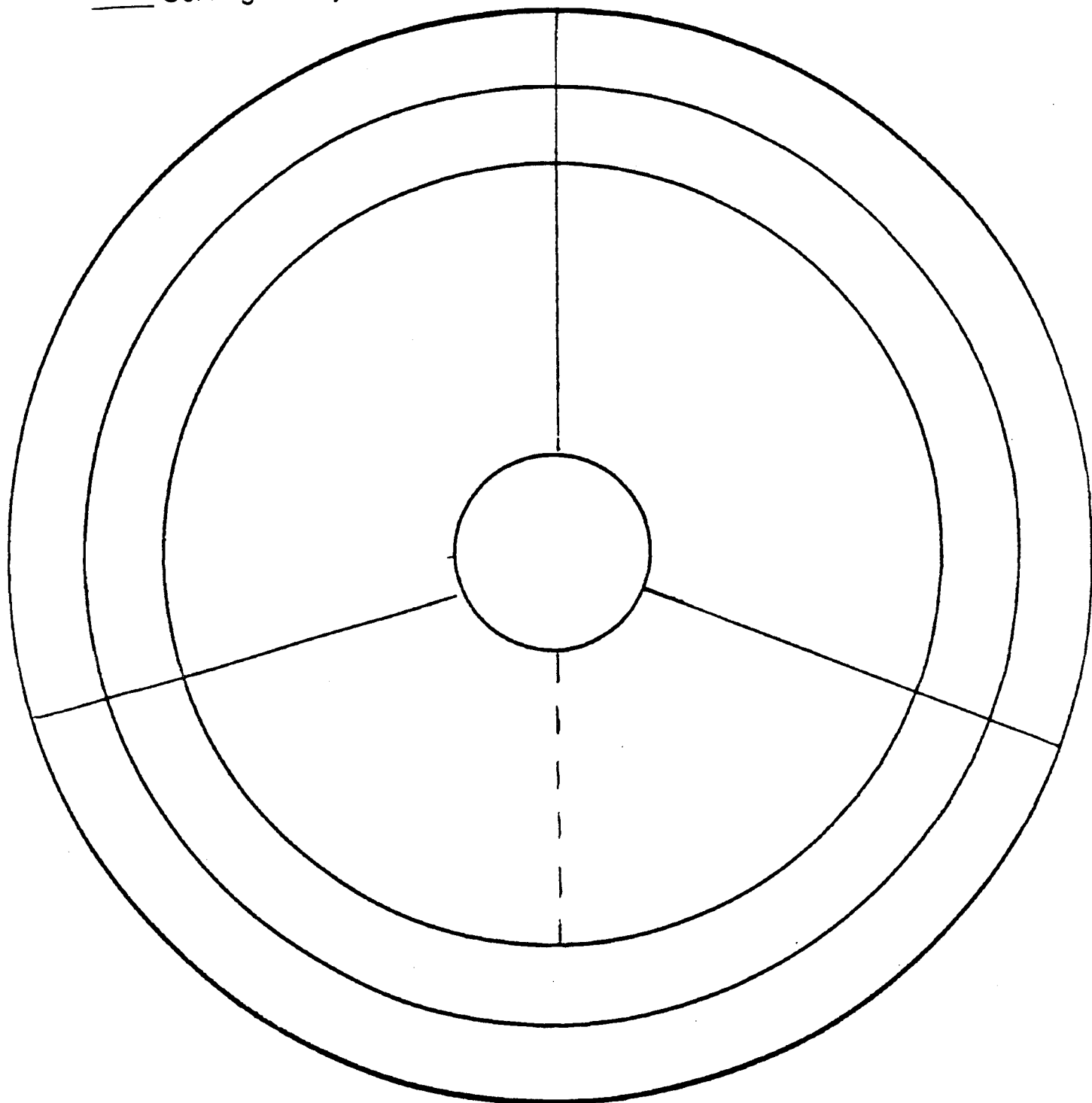
### Other Possibilities:

- Recipes
- A nutritious snack for today's families- taro, sweet potato, and musubi

# Foods for Good Health

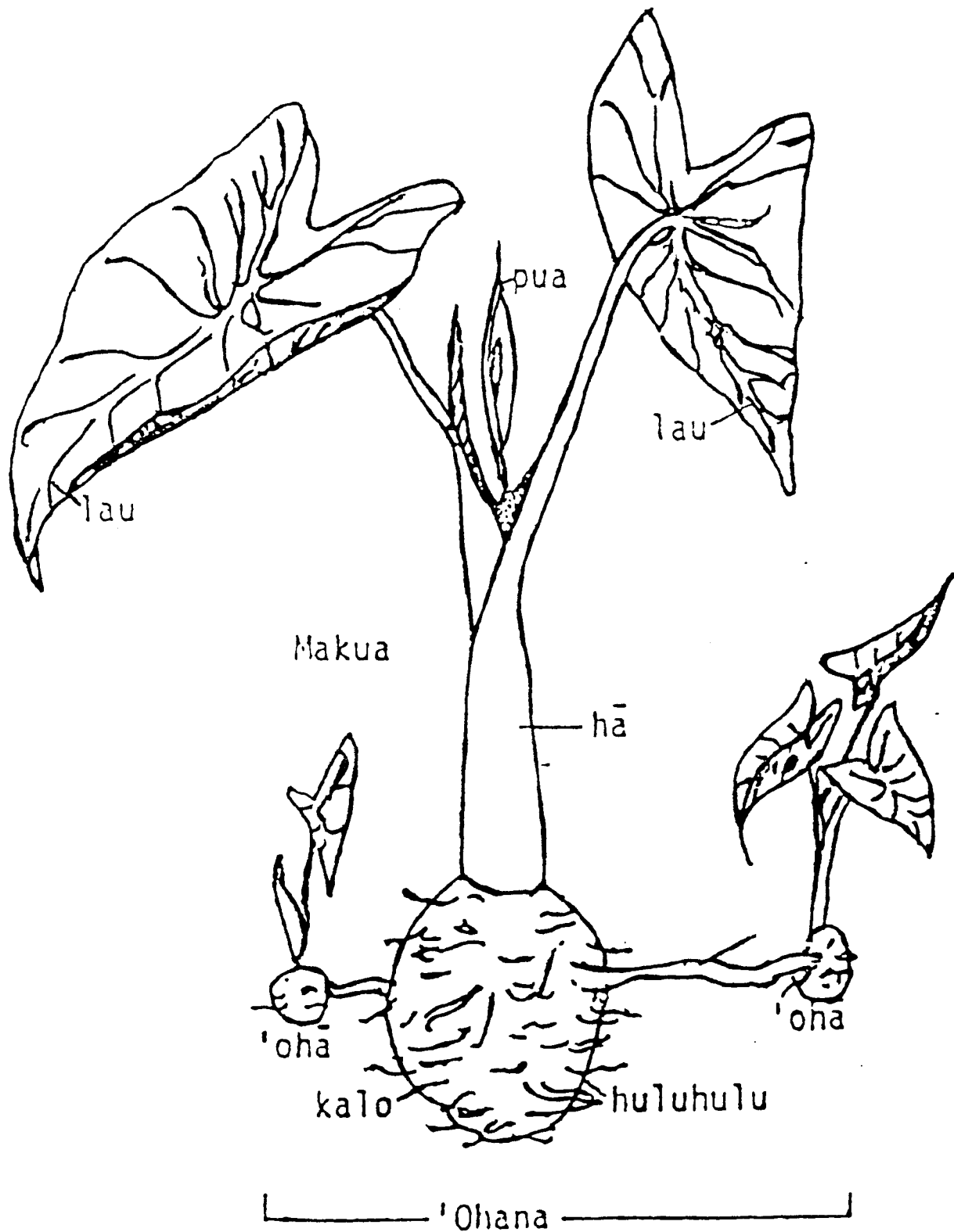
\_\_\_ Servings a day

\_\_\_ Servings a day



\_\_\_ + \_\_\_ = \_\_\_ Servings a day

# KALO



Source: KA WAI OLA O OHA, Dec. 1988, Vol. 3, No. 2

UH Manoa, CTAHR, CES  
EFNEP, Foods of Hawai'i, Lesson #5  
1991

**Write things you know about kalo:**

**Group Members:** \_\_\_\_\_

# Feel the Food Game

Name the energy foods you discover:

1.

2.

3.

4.

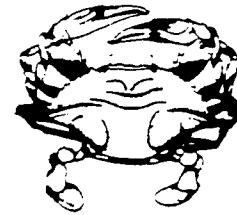
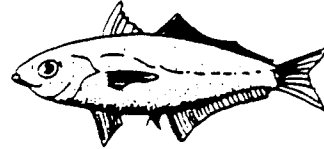
5.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Food from the Ocean

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



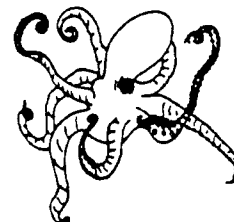
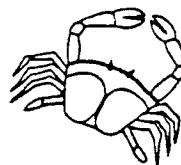
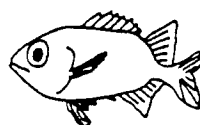
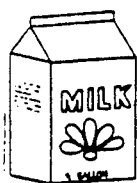
Circle all of these early Hawaiian ocean foods you have eaten.

Name: \_\_\_\_\_ Age: \_\_\_\_\_.

## Body Building Foods

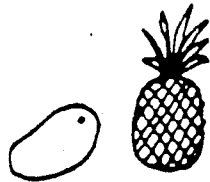
Early Hawaiians ate a variety of body-building foods from the land and sea. Today we eat many of these same foods and other body building foods as well.

Circle the body building foods eaten in Early Hawai'i:



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

Name: \_\_\_\_\_ Date: \_\_\_\_\_



# FRUITY TOOTY



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

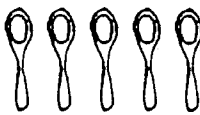
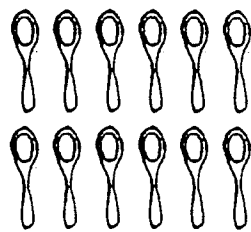

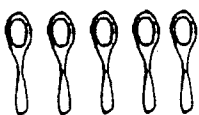
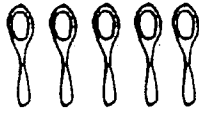

ICE CREAM	PINE-APPLE	MANGO	GUAVA	MILK
BEANS	GRAPE-FRUIT	STEAK	ORANGE	HOT DOGS
BUTTER	PAPAYA	CHICKEN	BREAD	SUSHI
EGGS	TAN-GERINE	SODA	CANDY	NOODLE
POTATO CHIPS	LEMON	RICE	GUAVA	PORK
NUTS	MANGO	ORANGE	PINE-APPLE	GUM



# 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.

Less Fat	Less Sugar	Less Sodium
Candy Bar or Banana 	Soda or Water 	Brown Rice or Brown Rice with 1T shoyu 
Tuna fish (water pack) or Canned Luncheon Meat 	Frosted Flakes or Corn Flakes 	Salted Crack Seed or Taro 

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# My Story

## Nā Mea `ai o Hawai`i

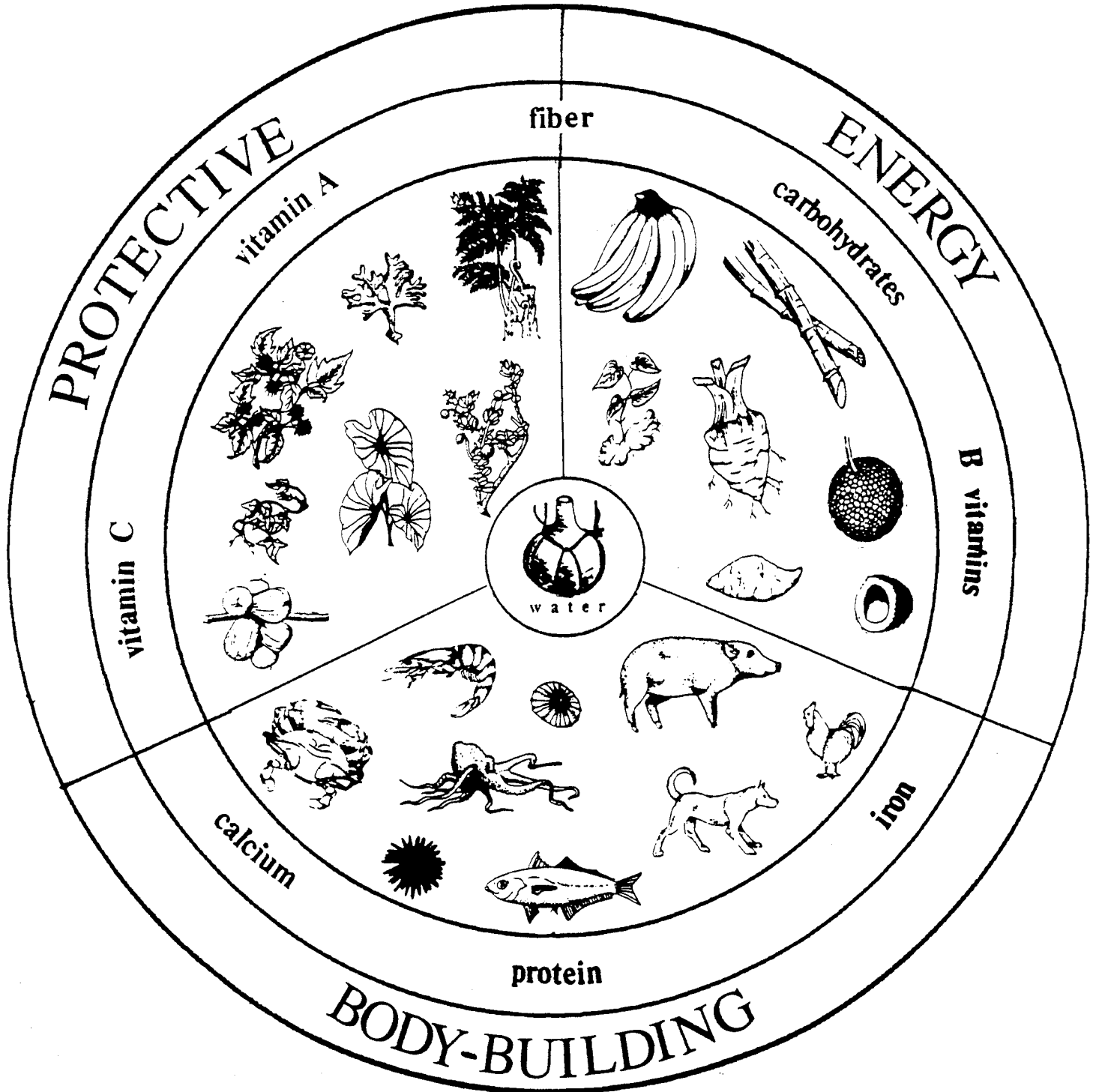
What I have Learned:

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Foods for Good Health

5<sup>+</sup> Servings a day

6<sup>+</sup> Servings a day



2 + 2 = 4 Servings a day

## 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.

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## 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 (luau)  
Tree Fern (hapu'u)

### Energy Foods

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\*Breadfruit (ulu)  
\*Coconut (niu)  
\*Coconut Cream (wai oka niu)  
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\*Sweet Potato (uaia)  
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\*Yam (uhi)

### Body Building Foods

*Chicken (moa)	Clam/Oyster (olepe)	Sea Cucumber (loil)
*Dog ('Ilio)	Conch (ku kenl)	Sea Snail (pipipi, kupe'e)
Land Snail (pupu)	Cowry (leho)	Sea Urchin (wana)
*Pig (pua'a)	Crab (papa'i)	Shrimp (opae)
Wild Bird (manu)	Fish (l'a)	Turtle (honu)
	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

# Foods for Good Health

5+ Servings a Day

6+ Servings a day



2 + 2 = 4+ servings a day