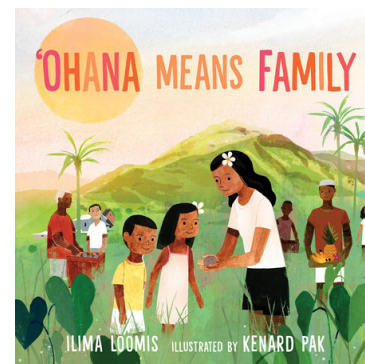


'Ohana Means Family

Activity Ideas



ART PROJECT

Poi is a very special food in Hawai'i. Is there a food that is special to your family, your culture, or your community? Use clay or Play Doh to make a sculpture of it. Or draw or paint a picture of your family or friends enjoying a special meal together, making sure to give this favorite food a place of honor on the table!

GARDENING

It takes soil, water, air, sun, and people to grow a food like kalo. Try growing your own food by getting some vegetable seeds and planting them in the ground or in a container. Take pictures of your plant as it grows from sprout to harvest.

COOKING PROJECT

Kalo is steamed and pounded into a paste to make poi. To learn where your food comes from, ask one of your family members to teach you how to cook a simple dish. Here are some ideas:

- Mash potatoes
- Steam rice
- Make a salad
- Cook noodles (and sauce)
- Make pancakes
- Bake bread

SOCIAL STUDIES

Find Hawai'i on a map. How many islands are there? What are their names? How big are they? How far away is Hawaii from where you live? What is the capital of Hawaii, and on which island is it located?

CREATIVE WRITING

'Ohana Means Family is a cumulative poem. That means each line builds on the one that came before, to show how each thing is connected. Pick your favorite food, and write a cumulative poem showing all the different things that go into making it. You don't have to make it rhyme (but it's fun to try)!