

# Hawaiian Food

Adapted from <http://www.alternative-hawaii.com/hacul/food.htm>

Read about Hawaiian food. Label the pictures with the **underlined** words.

The traditional Hawaiian diet is very healthy. Ancient Hawaiians farmed, fished, hunted, and gathered food.

**farming, fishing, hunting, gathering**



Ancient Hawaiians ate vegetables like **taro, yams, breadfruit, and seaweed**.



They ate fruit like **bananas, coconuts, raspberries, strawberries, and apples**.



They ate animals like **chickens** and **dogs**. They ate seafood like **fish, shrimp, crab, and squid**. The monarchy ate **pigs**.



What do you think of the ancient Hawaiian diet? Which of the foods do you like?



Do you think that Hawaiians today eat the traditional diet? What do they eat? Is their diet healthy? Which of the foods do you like?



A luau is a Hawaiian traditional feast. Ancient luau sometimes lasted for days.

← Luau food

Before 1819, women and men could not eat together at luaus. Women could not eat bananas, coconuts, **pork, turtle**, and some **fish**.



At luaus, pigs are wrapped in leaves, then cooked underground for about four hours.

← Pig wrapped in leaves

Underground cooking →



Every luau has poi. Poi is made from pounded taro. It is very important in the Hawaiian culture. People must not fight when taro is on the table.

← Pounding taro

In 1947, King Kamehameha III held a luau for 10,000 people. Food was made for 12,000 people. They had 271 pigs, 602 chickens, 55 pineapples, 2,245 coconuts, and 180 squid. What else do you think they had?

Think about this sentence:

Hawaiians don't eat until they are full. They eat until they are tired.

What do you think it means?

When do you stop eating? When you are full? When you are tired?

Some other time?

Do you know what Captain Cook called the Hawaiian Islands?



(from <http://www.alohafriendsluau.com/recipes.html>)  
Have you ever eaten butter mochi?

To make it, you need

- 1 pound of **butter**
- 2.5 cups of sugar
- 5 **eggs**
- 1.5 cups of evaporated milk
- 1 pound of mochiko flour
- 2 teaspoons of baking powder
- 12 ounces of **coconut milk**
- 1 teaspoon of **vanilla extract**



Number the steps.

Bake everything in an oven for 1 hour.

Cut the butter mochi with a plastic knife.

Put everything in a pan.

Mix everything in a bowl.

Heat the oven to 350 degrees.