

Kalo Unit Plan:

Subtopic 1: Cooking with Hawaiian Plants

Unit Goal:

Bring back healthy eating in the Hawaiian and Children's Ethnic Cultures.

Justification for inclusion of Topic 1: Kalo as the world's perfect food.

I ka wā kahiko, Kalo was served at every meal. Hawaiians ate two pounds of *Poi* a day as a traditional part of their diet. *Kalo* is the world's most perfect food. It is Hypoallergenic. It has all the minerals and vitamins that the body needs for daily living. It is easily digestible.

Place-based connection for Subtopic 1:

We have many plants growing on campus.

Learning objectives for Subtopic 1¹:

Include science content, skills, practices and processes.

How to grow, care for, harvest, parts of the plant used for food, and how to process *kalo* (taro) to make *pa'i 'ai*.

How indigenous cultures use plants for food, shelter and daily living using the *kalo* as an example.

All parts can be eaten. Corm pounded into *Pa'i 'ai*. Leaves and stalk can be eaten. The leaves are used to wrap *laulau*. The leaves can be steamed and eaten like spinach. Medicinal Uses: Corm can be used to stop bleeding. Corm can also be mixed with white coconut meat to treat 'ea (thrush). Raw *kalo* juice can be mixed with other juice to reduce fevers. Hard *poi* can be used as a poultice for infected sores. *Poi* also used as glue.

Subtopic 2: What is your ethnic food?

Justification for inclusion of Topic 2:

To build community in our classroom around sharing food and family stories. Families will be invited to come and help us to prepare food and share their stories. Providing an opportunity for each family to share food like families and ethnic groups did during Hawai'i's early sugar plantation heritage.

Learning objectives for Subtopic 2¹:

TBA based on what the families bring in.

We will make a classroom cookbook to combine literacy skills.

Subtopic 3: To learn the scientific changes in food. How heat changes food.

Place-based connection for Subtopic 3:

Kumulipo Soup as an example of how heat changes food.

Learning objectives for Subtopic 3¹:

How the digestion process works. Why we eat soup first and end the meal with hot tea.

Liquid to solid.

- Relate these concepts to the Montessori Math and Science Curriculum.
- Grace and Courtesy as food is prepared together as a class.