

Aloha mai

As you wait for our papa to begin, we invite you to do the following

1

Clear your mind of things happening around you that are distracting you from getting the most out of this experience.

2

Take some deep breaths!

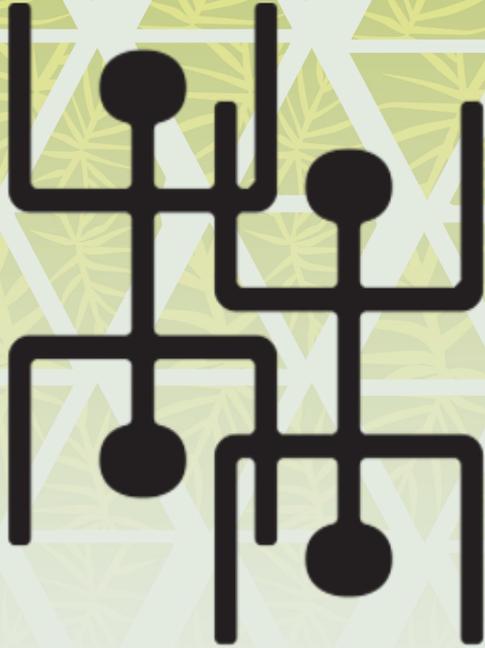
3

Exhale any stress, negativity, worries or anger and inhale pure, pono air.



EA E-LEARNING
HO‘OMĀKAUKAU ‘AI
Food Preparation
Pule #7





KUMU:

‘Anakē Kū Kahakalau

PAPAĀHANA:

‘Aina Kakahiaka



ALOHA E (Greeting Chant)

Nā Nālei and Kū Kahakalau

Aloha e

Greetings

Aloha e nā akua

Greetings deities

Aloha e nā ‘aumākua

Greeting ancestors

Aloha e nā ali’i o Hawai‘i

Greetings to the chiefs of Hawai‘i

Aloha e nā kūpuna

Greetings elders

Aloha e nā makua

Greetings adults

Aloha e ka lehulehu

Greetings to the multitudes

Aloha e

Greetings



E HŌ MAI (Centering Chant)

Nā Edith Kanaka 'ole

E hō mai i ka 'ike mai luna mai e

'O nā mea huna no'eau o nā mele e

E hō mai, e hō mai, e hō mai e

Grant us knowledge from above

About the wisdom hidden in the chants

Grant it, grant it, grant it.





**‘O Kū Hinahinakūikahakai
Kahakalau ko‘u inoa.**





**‘O Honolulu
ku‘u one hānau.**



KŪ-A-KANAKA

www.kuakanaka.com

When Natives Thrive Everyone Benefits



‘O Hāmākua ku‘u moku.



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‘O Kīlauea ku‘u mauna.



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‘O Makua ku‘u kai.



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‘O Waipi‘o ku‘u awāwa.



KŪ-A-KANAKA

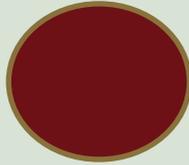
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When Natives Thrive Everyone Benefits

**Daniela
Kekino
Kahakalau**



=

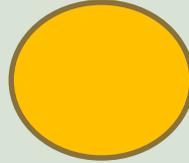


**Keao
Opupele**

**William
Keahonui
Kahakalau**



=

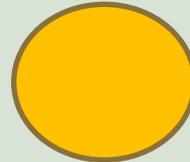


Irene Dow

**Robert A.
Kahakalau**



=



**Frieda B.
Schmidt**

Kū Hinahinakūikahakai Kahakalau



HO‘OLAUNA

‘O _____ ko‘u inoa. (Entire name please)

‘O _____ ku‘u one hānau. (Birthplace)

‘O _____ ku‘u *mauna/kai/awāwa/kahakai/pu‘u*... (Choose at least 2)

Share at least 2 of the above to your ‘ohana.



KU‘U MO‘OKŪ‘AUHAU

‘O _____ ke kāne. ‘O _____ ka wahine. Noho pū lāua, hānau ‘o _____.

O _____ ke kāne. ‘O _____ ka wahine. Noho pū lāua, hānau ‘o _____.

O _____ ke kāne. ‘O _____ ka wahine. Noho pū lāua, hānau ‘o _____.

‘O wau ‘o _____. E ola ka ‘ohana _____.

ALL: E ola!



HE AHA KA HANA?



E 'IMI I KA 'ŌLELO NO'EAU.

Find the Proverb and write literal meaning in CHAT.

'A'ohe mea e manalo ai.

Nothing can sweeten it.

Nothing can change a bad situation into a good one.

(O.N. 184)



NĀ HUA ‘ŌLELO HOU (VOCABULARY WORDS)

___ aina kakahiaka

___ pahuhau

___ kapuahi

___ ‘ūlau

___ pā pālai

___ kāwele pepa

___ apu

___ kōpa‘a

___ koiū

___ ‘aila

___ na‘aukake

___ wai‘alani

___ huamoā

___ waiūpaka

___ palaoa

___ ‘ākau

___ hema

___ ho‘ā

___ ho‘opio

___ kau

‘AINA KAKAHIKA

‘AINA AWAKEA

‘AINA AHIAHI



LOCATION: Showing where something/somebody is.

EIA shows location when something is HERE.

EX: Eia ka pahi.

Eia nā hua moa.

Eia ‘o Pōlani.

ONE PERSON IN ‘OHANA INTRODUCE FAMILY MEMBERS:

Eia ‘o _____.

AIA shows Location when something is THERE

Aia ke/ka/nā/‘o _____ **i/ma** ke/ka/nā _____.

Example:

Aia ka liliko‘i **ma** ka pola. Lit: There is the passionfruit in the bowl.

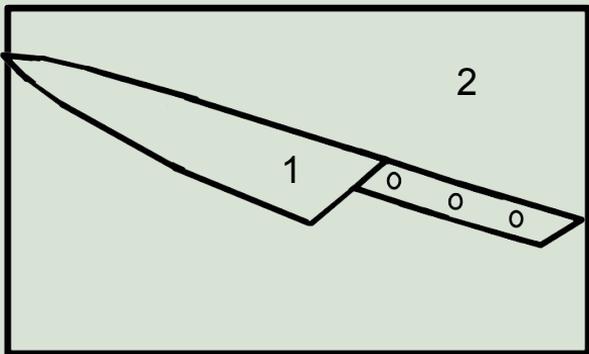
The passionfruit is in the bowl.

Aia ke kalo **i** ka lo‘i. The taro is in the taro patch.

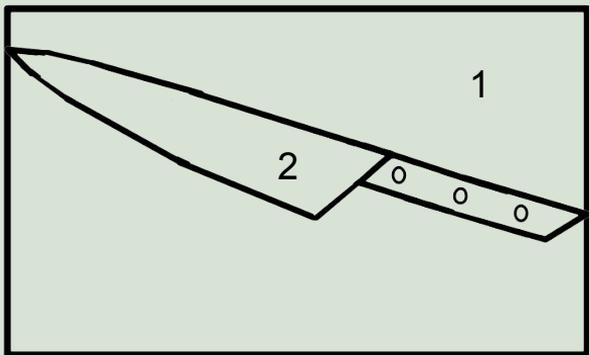
Aia nā hua‘ai **i** ke kinika. The fruits are in the sink.

Aia ‘o Pōlani **ma** Hilo. Pōlani is in Hilo.



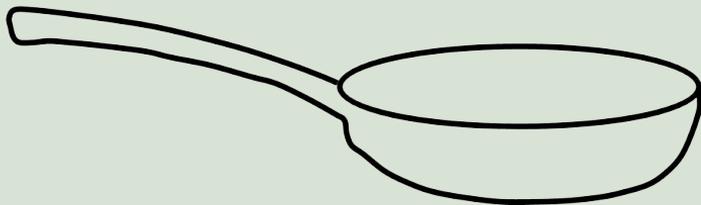


Aia ka pahi ma *luna* o ka papa'oki.

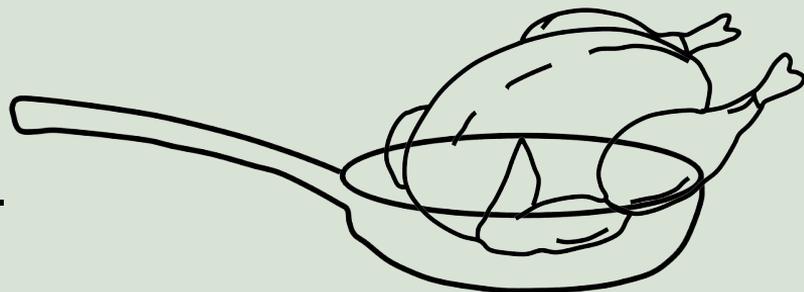


Aia ka papa'oki ma *lalo* o ka pahi.

Aia ka moa ma *waho* o ka pā palai.

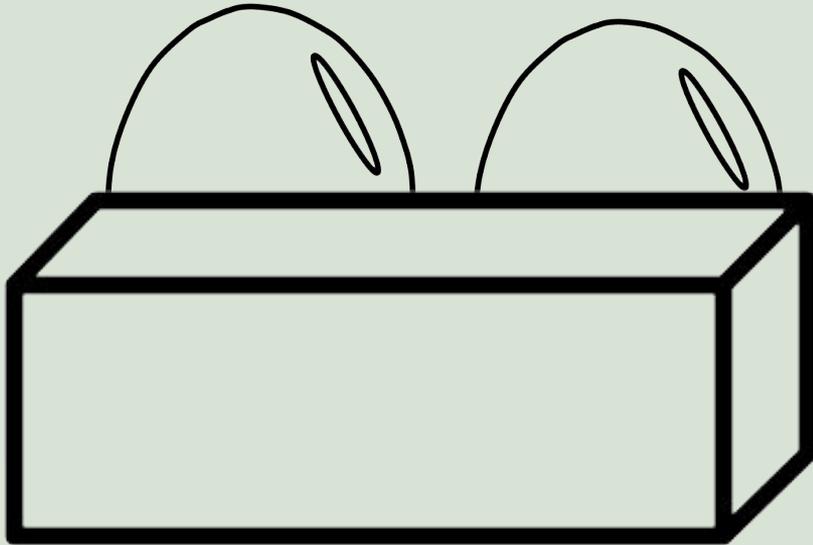


Aia ka moa i *loko* o ka pā pālai.

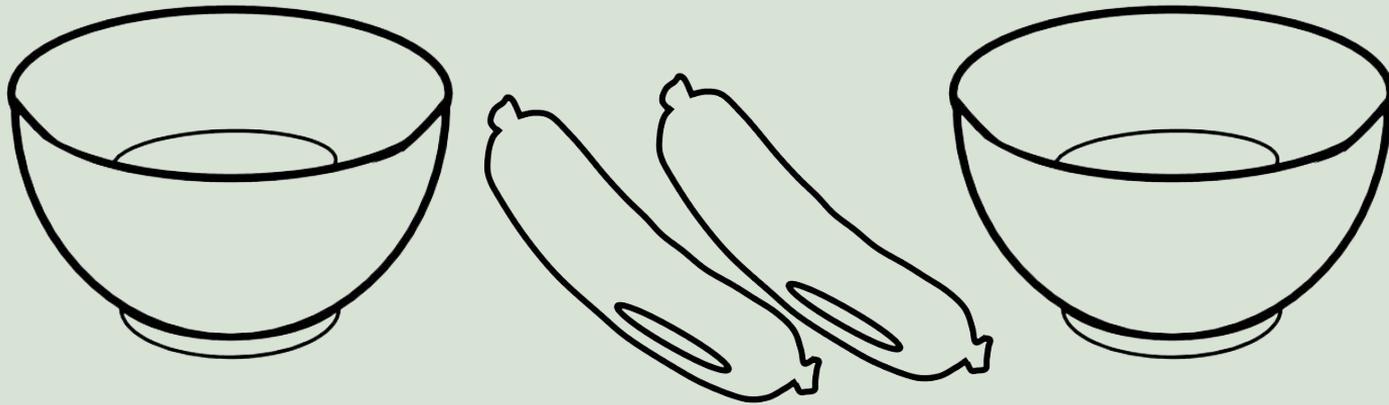


Aia ka waiūpa‘a **ma** *mua* **o** nā hua moa.

Aia nā hua moa **ma** *hope* **o** ka waiūpa‘a.



Aia nā na‘aukake **ma** *waena* o nā pola.





Aia ke kupunahine ma *uka* o
ke kupunakāne.

Aia ke kāne ma *kai* o ka
wahine.

Aia nā kūpuna ma *uka* o ka
wahine.



I ola nō ke kino i ka mā‘ona o ka ‘ōpū.

The body enjoys health
when the stomach is well filled.



NĀ LAKO ‘AI:

- 2 hua moa (1 kanaka)
- na‘aukake
- palaoa
- waiūpaka
- mea inu (ex: wai‘alani)
- ‘aila
- koiū
- pa‘akai
- pā pālai
- ‘ūlau
- kawele pepa
- apu
- pā
- ‘ō
- pahi
- papa ‘oki



HA‘AWINA HALE (HOMEWORK ASSIGNMENT REVIEW)

- Memorize BREAKFAST vocabulary using Quizlet and Kupua‘e App
- Study first 9 OPPOSITES in Basic Vocab on Kupua‘e APP
- Re-watch BREAKFAST video and continue to figure out what’s going on.
- Continue to practice I OLA NŌ KE KINO.
- Watch HO‘ONANI video and practice pule.
- Review ALOHA E and MAHALO E and be able to chant it as ‘ohana.
- Do your HO‘OLAUNA to 5 NEW people until next class.



HE MAU NĪNAU?



MAHALO E (Gratitude Chant)

Nā Nālei and Kū Kahakalau

Mahalo e

Gratitude

Mahalo e la lehulehu

Gratitude to the multitudes

Mahalo e nā makua

Gratitude adults

Mahalo e nā kūpuna

Gratitude elders

Mahalo e nā ali'i o Hawai'i

Gratitude to the chiefs of Hawai'i

Mahalo e nā 'aumakua

Gratitude to the ancestors

Mahalo e ka akua

Gratitude to the deities

Mahalo e

Gratitude





A hui hou kākou i kēia pule a‘e.



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