

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 #4





KUMU:

‘Anakē Kū Kahakalau

PAPAHANA:

Laulau



HOUSEKEEPING

- Rename ZOOM: ‘Ohana _____
- Mute your microphone unless you are speaking to all.
- Keep your camera on - unless internet is very poor.
- Participate in all activities
- Remember, the more you talk Hawaiian, the better you will sound.....



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 mākua

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

Grant us knowledge from above

‘O nā mea huna no'eau o nā mele e

About the wisdom hidden in the chants

E hō mai, e hō mai, e hō mai e

Grant it, grant it, grant it.

HANU MAI I KA PONO

HANU AKU I NĀ MEA PONO ‘OLE



KŪ-A-KANAKA

www.kuakanaka.com

When Natives Thrive Everyone Benefits



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



KŪ-A-KANAKA

www.kuakanaka.com

When Natives Thrive Everyone Benefits



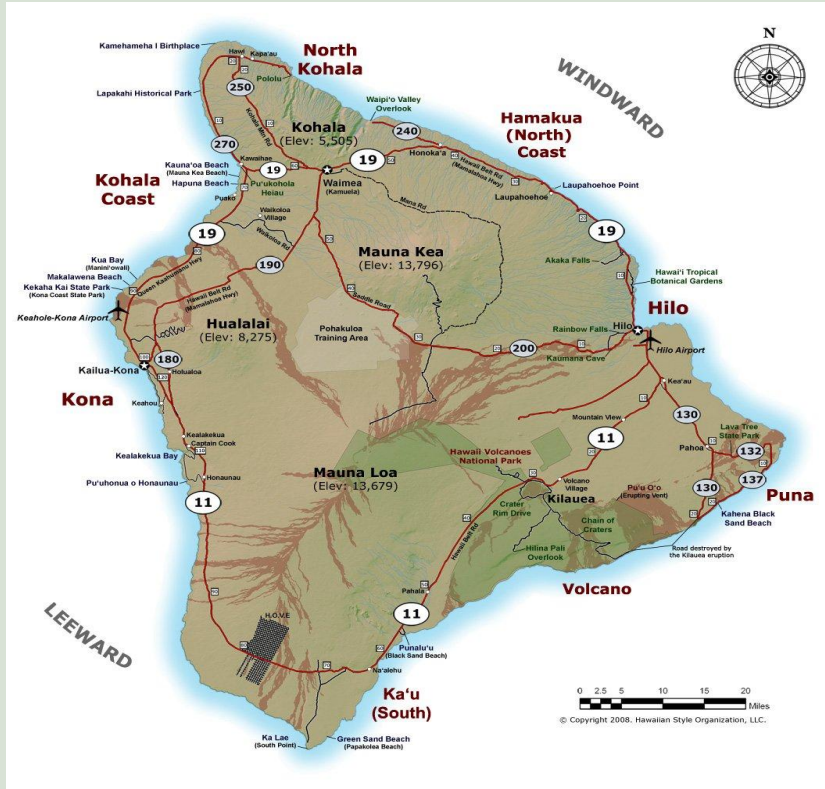
**‘O Honolulu
ku‘u one hānau.**



KŪ-A-KANAKA

www.kuakanaka.com

When Natives Thrive Everyone Benefits



‘O Hawai‘i ku‘u mokupuni.



KŪ-A-KANAKA

www.kuakanaka.com

When Natives Thrive Everyone Benefits



‘O Hāmākua ku‘u moku.



KŪ-A-KANAKA

www.kuakanaka.com

When Natives Thrive Everyone Benefits



‘O Kīlauea ku‘u mauna.



KŪ-A-KANAKA

www.kuakanaka.com

When Natives Thrive Everyone Benefits



‘O Makua ku‘u kai.



KŪ-A-KANAKA

www.kuakanaka.com

When Natives Thrive Everyone Benefits



‘O Waipi‘o ku‘u awāwa.



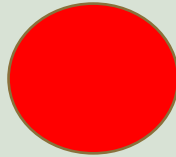
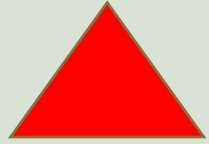
KŪ-A-KANAKA

www.kuakanaka.com

When Natives Thrive Everyone Benefits

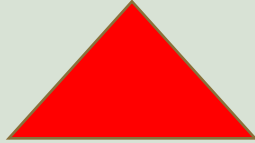
KU'U MO'OKŪ'AUHAU

**Daniela
Kekino
Kahakalau**



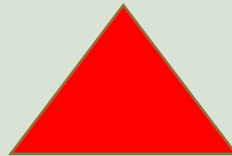
**Keao
Opupele**

**William
Keahonui
Kahakalau**



**Irene
Dow**

**Robert A.
Kahakalau**



**Frieda B.
Schmidt**

Kū Hinahinakūikahakai Kahakalau



HO‘OLAUNA (Handout)

Introduce yourself by sharing your full name, your birthplace, your island and 4 more places that have shaped you into who you are today.

ALOHA

‘O _____ ko‘u inoa.	<i>My name is _____.</i>
‘O _____ ku‘u one hānau.	<i>My birthplace is _____.</i>
‘O _____ ku‘u mokupuni.	<i>My island is _____.</i>
‘O _____ ku‘u	<i>My is _____.</i>

mauna, ‘āina, ahupua‘a, kai, pu‘u, wailele, awāwa,

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 _____.

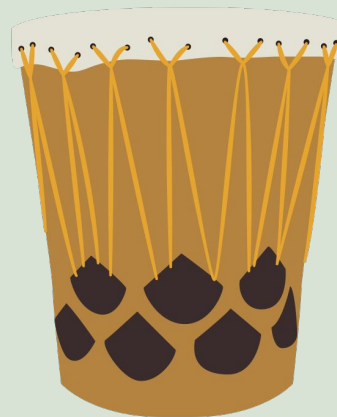


‘A‘ohe pau ka ‘ike i ka hālau ho‘okahi.

Not all knowledge is contained in one school.

One can learn from many sources.

(O.N.203)



I ulu nō ka lālā i ke kumu.

The branches grow because of the trunk.

Without our ancestors we would not be here.

(O.N.1261)





UA LAULAU.

Is a wrapper.

(It is wrapped.)

Said of a pregnant woman.

She is the wrapper of the new
life within her.



HE AHA KA HANA?



KŪ-A-KANAKA

www.kuakanaka.com

When Natives Thrive Everyone Benefits

KA HANA LAULAU



QUIZLET LIVE



KŪ-A-KANAKA

www.kuakanaka.com

When Natives Thrive Everyone Benefits

NĀ HUA ‘ŌLELO HOU (VOCABULARY WORDS)

___ ‘aina ahiahi

___ laiki

pule

kau

___ ‘uala

___ pa‘akai

ho‘omo‘a

kāpī

___ ‘ulu

___ ipuhao

ho‘ā

laulau

___ kalo

___ pā

ho‘opio

pū‘olo

___ moa

___ ‘ō

ho‘ā‘o

maka‘ala

___ pua‘a

___ ‘ūpā

lawe

___ pipi

___ ‘ūpā ahi

hākui

___ lau

poke

___ lā‘ī

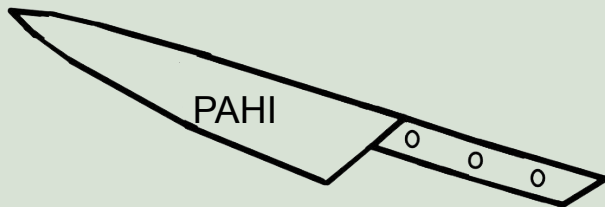
hemo



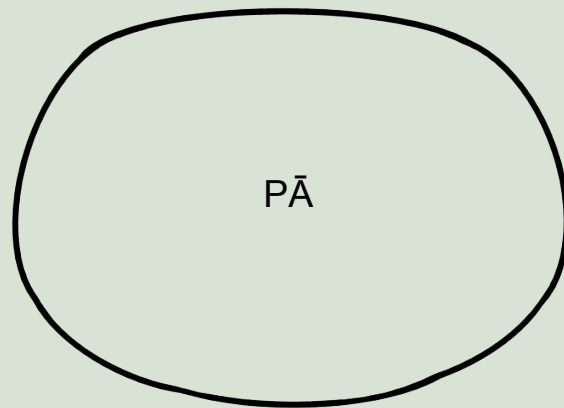
HO‘OMĀKAUKAU



‘Ō



PAHI



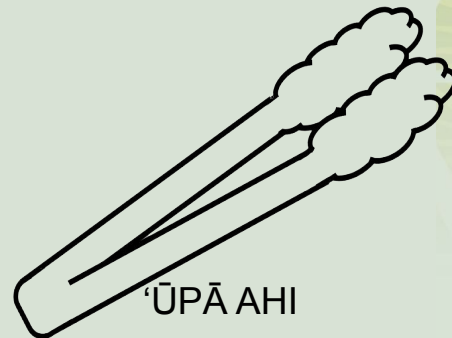
PĀ



IPUHAO HĀKUI



PAPA‘OKI

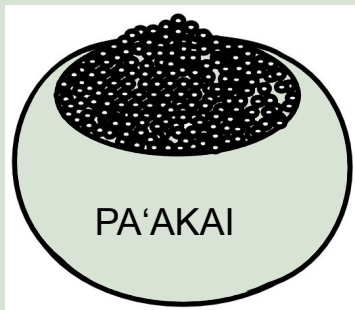
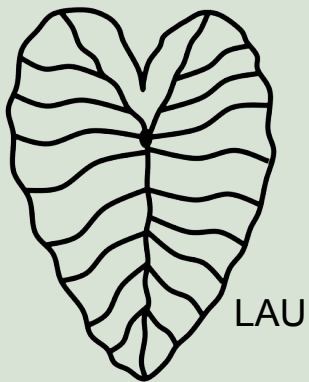


‘ŪPĀ AHI



HŌ‘IKE MAI A HO‘OPILI MAI
HOLD UP YOUR COOKWARE
AND REPEAT AFTER ME



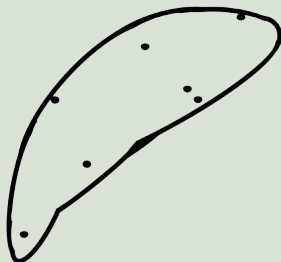


HO'OMĀKAUKAU

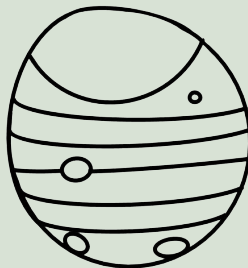
PIPI



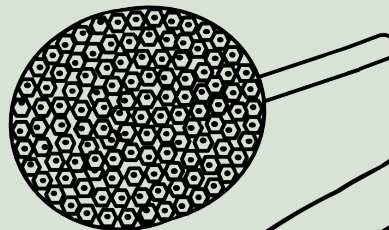
'UALA



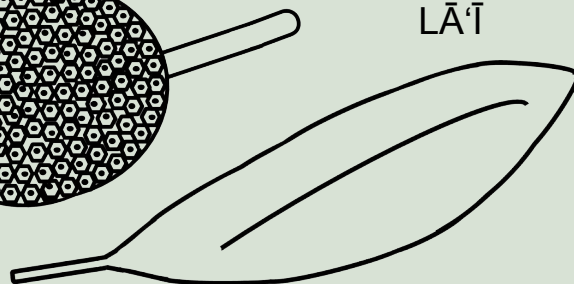
KALO



'ULU



LĀ'Ī



HŌ‘IKE MAI A HO‘OPILI MAI
HOLD UP YOUR INGREDIENTS
AND REPEAT AFTER ME



HO‘O - TO CAUSE

EX: make
 nani

ho‘omake
ho‘onani

ho‘omākaukau

ho‘omo‘a

ho‘ā

ho‘opio

ho‘ā‘o





HOLOI LIMA WASH HANDS



KŪ-A-KANAKA

www.kuakanaka.com

When Natives Thrive Everyone Benefits

Helu ‘Ekahi (#1)

1. E holoi i ka lau kalo.
2. E holoi i ka lā‘ī.



Helu ‘Elua (#2)

1. E hemo i ka iwi o ka lā‘ī.



Helu ‘Ekolu (#3)

1. E poke i ka ‘i‘o a me ke kalo/ka ‘uala/ka ‘ulu



Helu ‘Ehā (#4)

1. E lawe i nā lau kalo.
2. E kau i ka ‘i‘o ma luna o ka lau.
3. E kāpī i ka pa‘akai.
4. E laulau i ka ‘i‘o i loko o nā lau kalo.



Helu ‘Elima (#5)

1. E kau i ka laulau ma luna o ka lā‘ī.
2. E pū‘olo i nā lā‘ī.
3. E ‘oki i nā iwi o ka lā‘ī.



Helu ‘Eono #6)

1. E komo i ka wai i loko o ka ipuhao hākui.
2. E komo i ka laulau i loko o ka ipuhao hākui.
3. E ho‘ā i ke kapuahi.
4. E hākui i nā laulau no ‘ehā hola a mo‘a. E maka‘ala i ka wai!



Helu ‘Ehiku #7)

1. E ho‘ā‘o i ka laulau.
2. Inā mo‘a, e pule. (Inā ‘a‘ole mo‘a, e hākuī hou a mo‘a ka lau.)
3. A laila, e ‘ai i ka laulau!



I OLA NŌ KE KINO (Eating Prayer)

Nā Larry Kimura and Pila Wilson

I ola nō ke kino

The body is healthy

I ka mā‘ona o ka ‘ōpū

Because the stomach is full

I mā‘ona nō ka ‘ōpū

The stomach is full

Me ke aloha o nā kūpuna (mākua)

Because of the love of our ancestors (parents)

E pū pa‘akai kākou me ka mahalo

Let us share our food together in thanks

Ua loa‘a ho‘i iā kākou ka ‘ai

We have nourishment

A me ke aloha

And love

Mahalo

Mahalo



E helu kākou!

1 ‘ekahi / ho‘okahi

2 ‘elua

3 ‘ekolu

4 ‘ehā

5 ‘elima

6 ‘eono

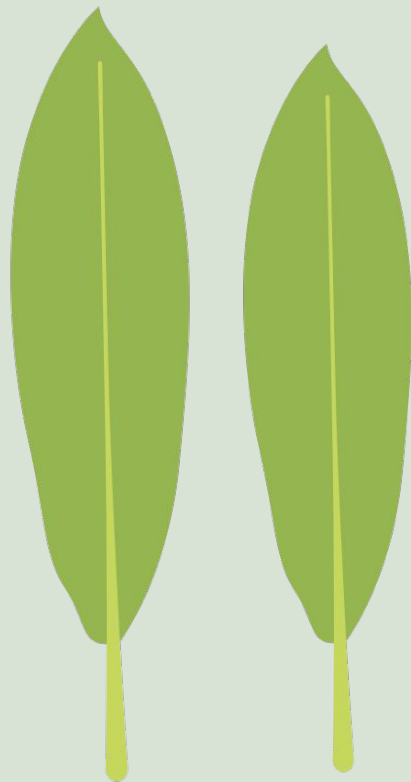
7 ‘ehiku

8 ‘ewalu

9 ‘eiwa

10 ‘umi

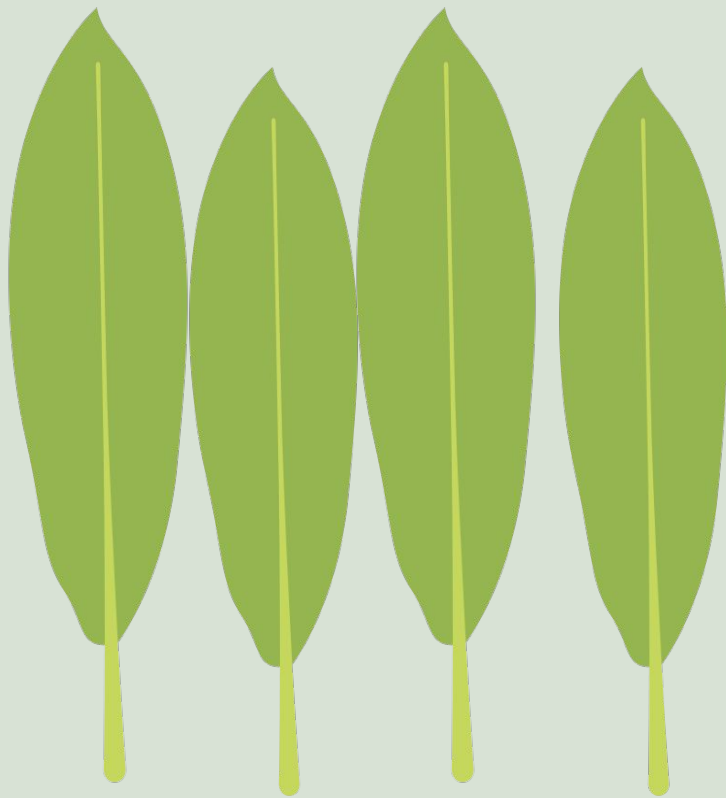




‘Ehia lā‘ī no ho‘okahi laulau?

‘Elua lā‘ī no ho‘okahi laulau.

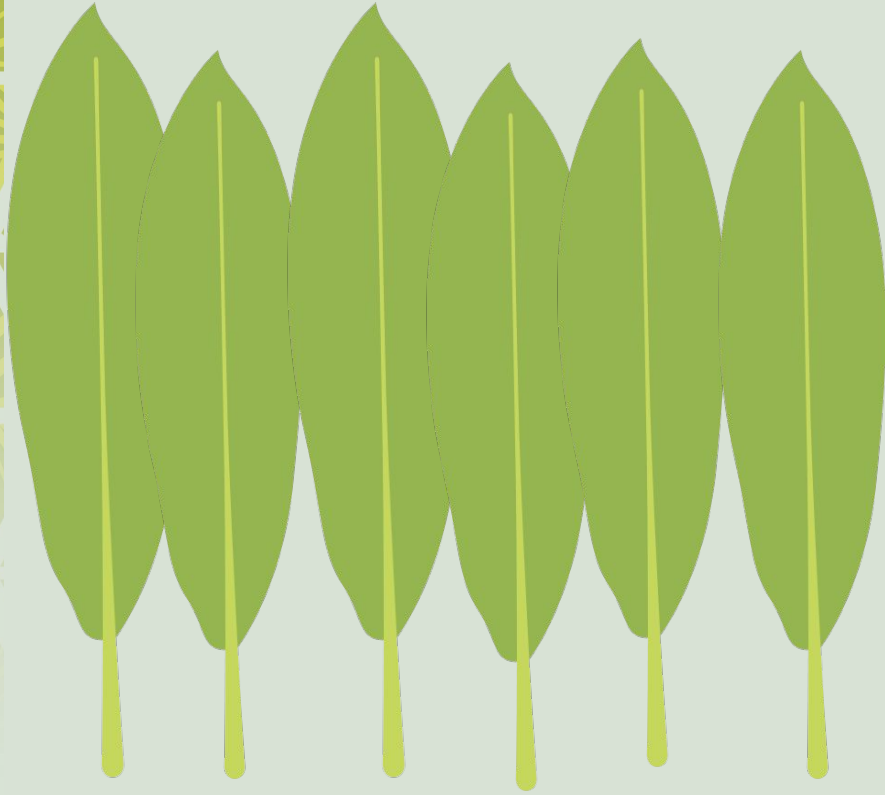




‘Ehia lā‘ī no ‘elua laulau?

‘Ehā lā‘ī no ‘elua laulau.





‘Ehia lā‘ī no ‘ekolu laulau?

‘Eono lā‘ī no ‘ekolu laulau.

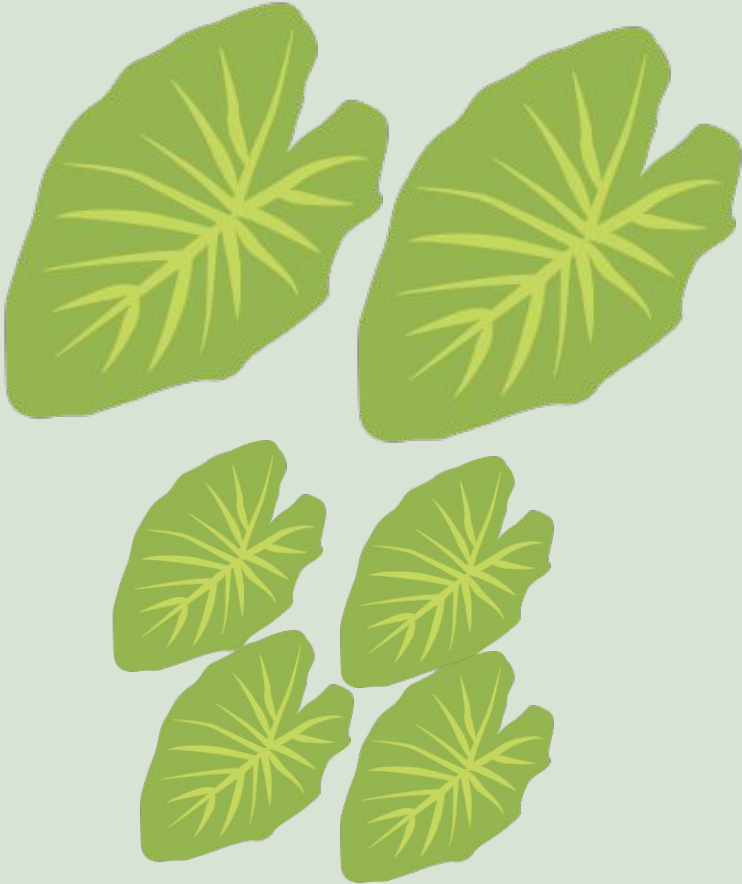


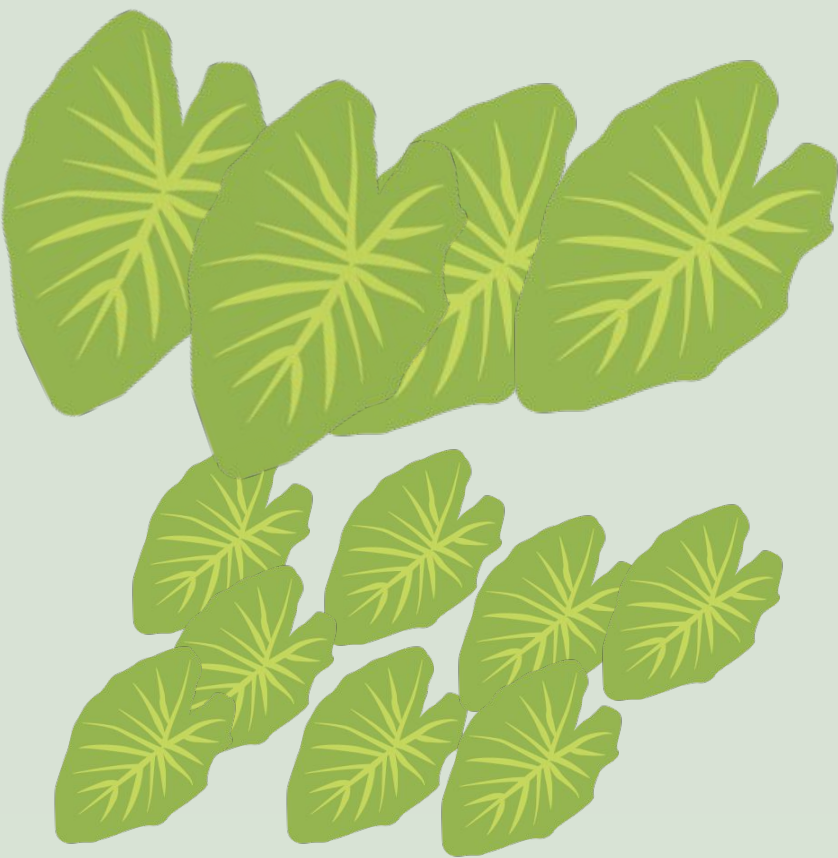
‘Ehia lau kalo nui no ho‘okahi
laulau?

‘Elua lau kalo nui no ho‘okahi
laulau.

‘Ehia lau li‘ili‘i no ho‘okahi
laulau?

‘Ehā lau li‘ili‘i no ho‘okahi laulau.





‘Ehia lau kalo nui no ‘elua
laulau?

‘Ehā lau kalo nui no ‘elua
laulau.

‘Ehia lau li‘ili‘i no ‘elua
laulau?

‘Ewalu lau li‘ili‘i no ‘elua
laulau.



Put in chat how you are feeling:

1



2



3



4



HA‘AWINA HALE (HOMEWORK ASSIGNMENT REVIEW)

- Begin to study BREAKFAST vocabulary using Quizlet and App.
- watch BREAKFAST video and try to figure out what is going on.
- Review Laulau video.
- Continue to watch I OLA NŌ KE KINO 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?



WEBPAGE

www.kuakanaka.com/hoomakaukauai

PW: aloha1234



MAHALO E (Gratitude Chant)

Nā Nālei and Kū Kahakalau

Mahalo e

Mahalo e ka lehulehu

Mahalo e nā mākua

Mahalo e nā kūpuna

Mahalo e nā ali'i o Hawai'i

Mahalo e nā 'aumākua

Mahalo e nā akua

Mahalo e

Gratitude

Gratitude to the multitudes

Gratitude adults

Gratitude elders

Gratitude to the chiefs of Hawai'i

Gratitude to the ancestors

Gratitude to the deities

Gratitude





A hui hou kākou i kēia pule a‘e.



For more information about Kū-A-Kanaka LLC
products and services contact:

Kū Kahakalau, Ph.D.
KŪ-A-KANAKA LLC

ku@kuakanaka.com

(808) 315-8157

www.kuakanaka.com

