

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 #6





KUMU:

‘Anakē Kū Kahakalau

PAPAHANA:

Laulau



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.



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



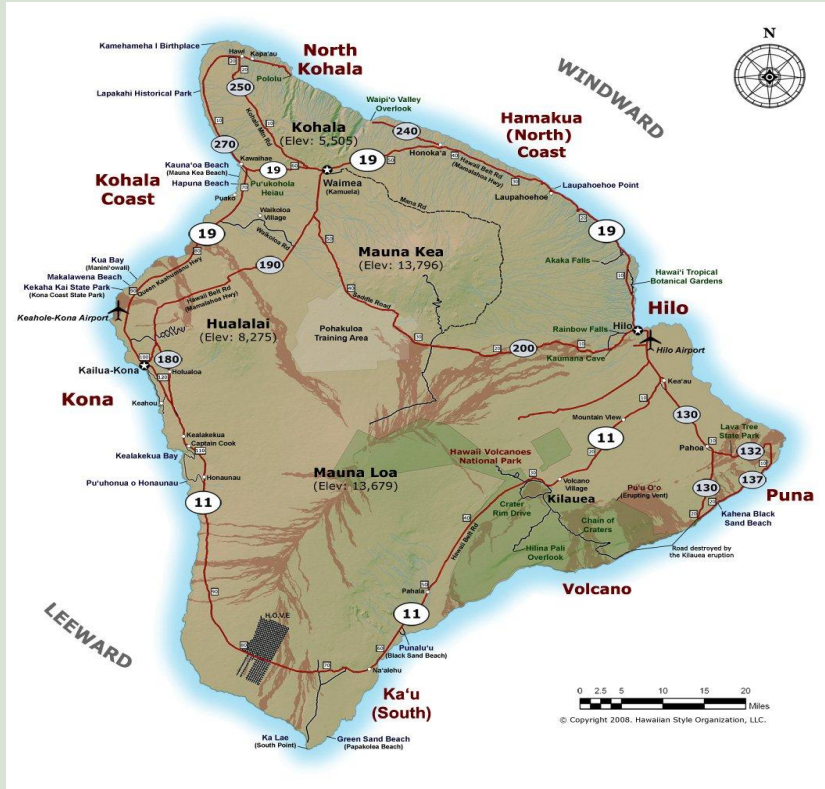
**‘O Honolulu
ku‘u one hānau.**



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

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 4)



QUIZLET LIVE



KŪ-A-KANAKA

www.kuakanaka.com

When Natives Thrive Everyone Benefits

NĀ HUA ‘ŌLELO HOU (VOCABULARY WORDS)

___ ‘aina ahiahi

___ ‘uala

___ ‘ulu

___ kalo

___ moa

___ pua‘a

___ pipi

___ lau

___ lā‘ī

___ pa‘akai

___ laiki

___ ipuhao

___ pā

___ ‘ō

___ ‘ūpā ahi

pule

ho‘omo‘a

ho‘ā

ho‘opio

hōa‘o



UA LAULAU.

Is a wrapper. (It is wrapped.)

Said of a pregnant woman. She is the
wrapper of the new life within her.



NĀ PONO HANA LAULAU

- 2 lau kī = lā‘ī
- 2 lau kalo nui / 4 lau kalo li‘ili‘i
- ½ - 1 paona i‘o (pua‘a, moa, pelehū, pipi, ‘uala)
- pa‘akai
- pahi
- papa ‘oki
- ipuhao
- ‘ūpā



KA HO‘OMĀKAUKAU ‘ANA

1. E holoi i ka lā‘ī
2. E holoi i ka lau kalo.
3. E lawe i ka lā‘ī
4. E hemo i ka iwi.
5. E poke i ka ‘i‘o. / E poke i ka ‘uala.



KA LAULAU ‘ANA

1. E lawe i nā lau kalo. (‘Elua lau nui ‘ai‘ole ‘ehā lau li‘ili‘i)
2. E kau ka ‘i‘o (‘ai‘ole ka ‘uala) 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.
5. E kau ka laulau ma luna o ka lā‘ī.
6. E pū‘olo i nā lā‘ī.
7. E ‘oki i nā iwi o ka lā‘ī.



KA HO‘OMO‘A ‘ANA

1. E komo i ka wai i loko o ka ipu hao hākui.
2. E komo i ka laulau i loko o ka ipuhao.
3. E ho‘ā i ke kapuahi.
4. E hākui nā laulau no ‘ehā hola a mo‘a. E maka‘ala i ka wai.
5. E hōa‘o i ka laulau.
6. Inā mo‘a, e pule. Inā ‘a‘ole mo‘a e hākui hou a mo‘a ka lau.
7. 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



HA‘AWINA HALE (HOMEWORK ASSIGNMENT REVIEW)

- Begin to study BREAKFAST vocabulary using Quizlet and Kupua‘e App
- watch BREAKFAST video and try to figure out what is going on.
- 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?



MAHALO E (Gratitude Chant)

Nā Nālei and Kū Kahakalau

Mahalo e

Mahalo e la lehulehu

Mahalo e nā makua

Mahalo e nā kūpuna

Mahalo e nā ali'i o Hawai'i

Mahalo e nā 'aumakua

Mahalo e ka 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

