

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 #5





KUMU:

‘Anakē Kū Kahakalau

PAPAHANA:

Laulau



ALOHA E (Greeting Chant)

Nā Nālei and Kū Kahakalau

Aloha e

Aloha e nā akua

Aloha e nā ‘aumākua

Aloha e nā ali’i o Hawai‘i

Aloha e nā kūpuna

Aloha e nā makua

Aloha e ka lehulehu

Aloha e

Greetings

Greetings deities

Greeting ancestors

Greetings to the chiefs of Hawai‘i

Greetings elders

Greetings adults

Greetings to the multitudes

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.



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



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**‘O Honolulu
ku‘u one hānau.**



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‘O Hawai‘i ku‘u mokupuni.



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‘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

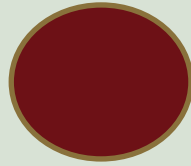
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**Daniela
Kekino
Kahakalau**



=

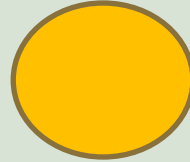


**Keao
Opupele**

**William
Keahonui
Kahakalau**



=

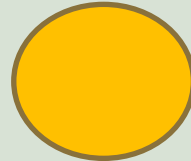


Irene Dow

**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 3)



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!



**The branches grow because of the trunk.
Without our ancestors we would not be here.**

I ulu nō ka lālā i ke kumu.



HE AHA KA HANA?



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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



HO‘O - TO CAUSE

EX: make ho‘omake
 nani ho‘onani

_____ ho‘omo‘a

_____ ho‘ā

_____ ho‘opio

_____ hōa‘o



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

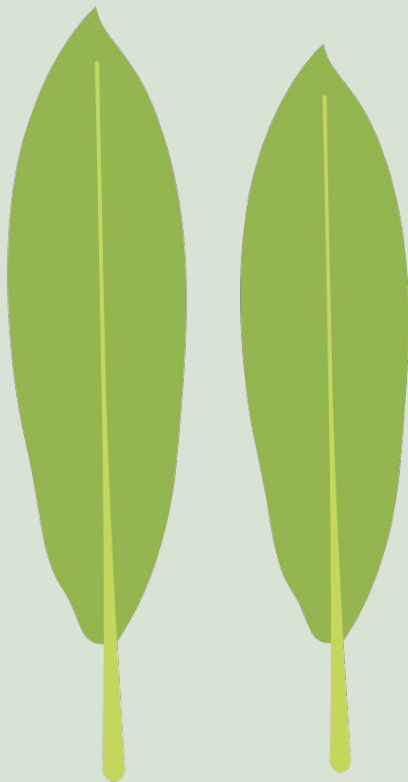


LAKO 'AI

1 kanaka:

- 2 lā'ī
- 2 lau kalo nui / 4 lau kalo li'ili'i
- ½ paona i'o (pua'a, moa, pelehū, pipi)
- ½ paona 'ai ('uala, kalo, 'ulu mo'a)
- pa'akai
- pahi
- papa 'oki
- ipuhao





‘Ehia lā‘ī no ho‘okahi kanaka?

‘Elua lā‘ī no ho‘okahi kanaka.

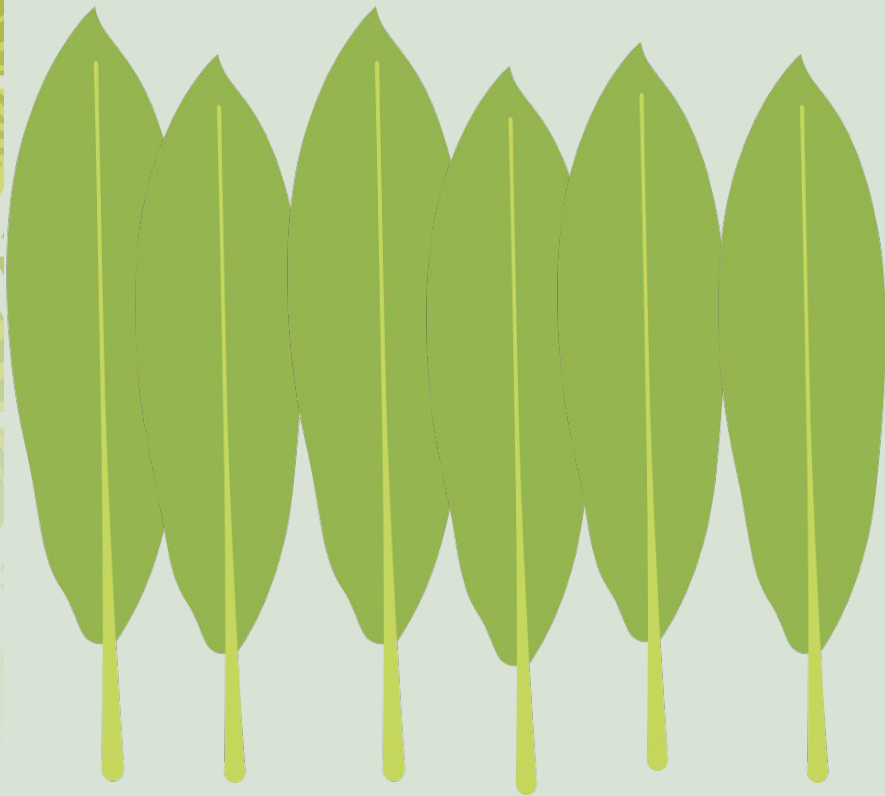




‘Ehia lā‘ī no ‘elua kanaka?

‘Ehā lā‘ī no ‘elua kanaka.

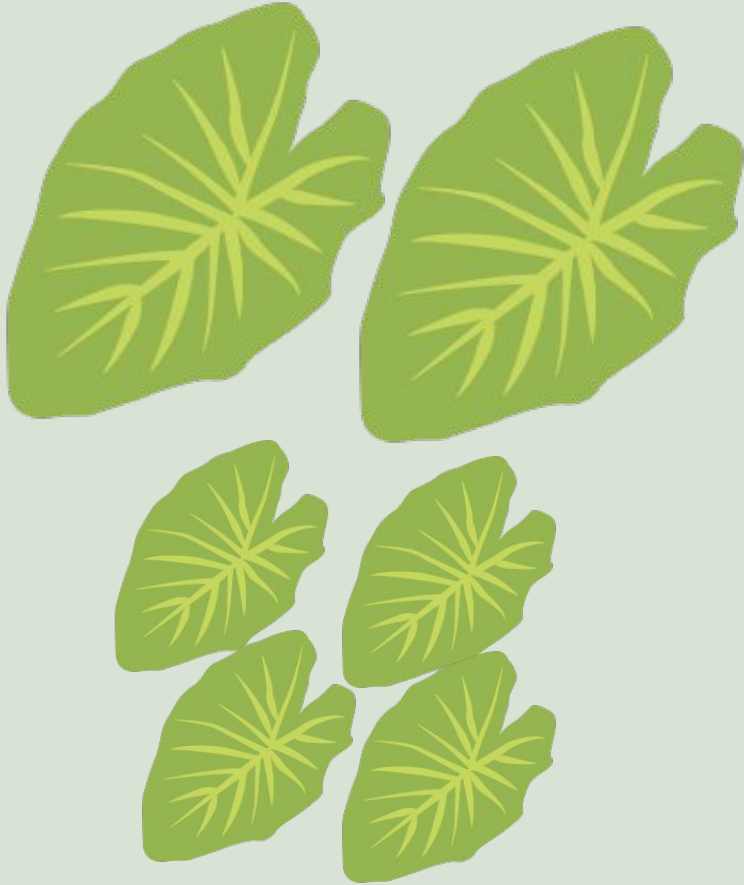




‘Ehia lā‘ī no ‘ekolu kanaka?

‘Eono lā‘ī no ‘ekolu kanaka.





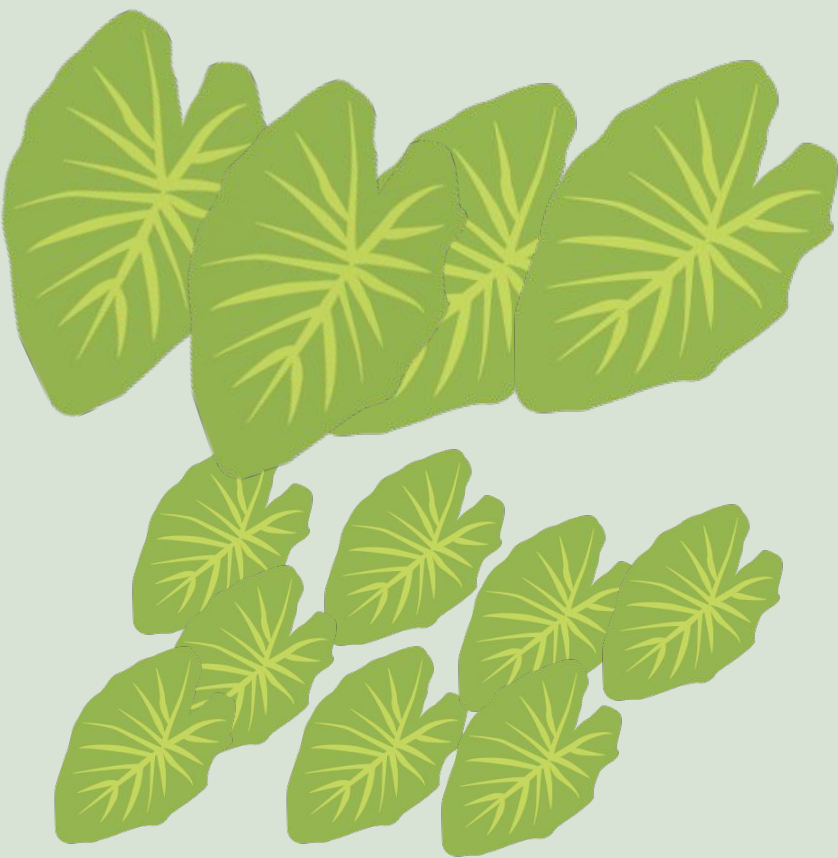
‘Ehia lau kalo nui no ho‘okahi
kanaka?

‘Elua lau kalo nui no ho‘okahi
kanaka.

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

‘Ehā lau li‘ili‘i no ho‘okahi
kanaka.





‘Ehia lau kalo nui no ‘elua
kanaka?

‘Ehā lau kalo nui no ‘elua
kanaka.

‘Ehia lau li‘ili‘i no ‘elua
kanaka?

‘Ewalu lau li‘ili‘i no ‘elua
kanaka.



Ho‘okomo i ko waho i ko loko!

Put inside that which is outside.

Eat!



HA‘AWINA HALE (HOMEWORK ASSIGNMENT REVIEW):

- Memorize LAULAU vocabulary using Quizlet and Kupua‘e App
- Rewatch LAULAU video until most of it makes sense
- Watch I OLA NŌ KE KINO video and practice pule
- Memorize ALOHA E and MAHALO E and be able to chant it as ‘ohana.
- Introduce yourself to 5 NEW people until next class to practice your HO‘OLAUNA.



HE MAU NĪNAU?



MAHALO E (Gratitude Chant)

Nā Nālei and Kū Kahakalau

Mahalo e

Mahalo e ka lehulehu

Mahalo e nā makua

Mahalo e nā kūpuna

Mahalo e nā ali'i o Hawai'i

Mahalo e nā 'aumakua

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.



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