

Intended for Grades: 4-6 **Est. Time:** 35-45+ min.

Lesson Title: FOOD - MEA 'AI

Lesson Purpose: Students will understand the importance of a healthy diet.

Materials & Preparation:

* Access to Food as Fuel for the Body DVD from Kukulua Na Uapo Curriculum, Unit 2 - Est. 7 min. Find video on line at: <https://vimeo.com/105705046>.

* Preview the video to help you guide discussion after watching with students.

Background Information:

Lokelani McMichael from Kailua-Kona is featured in this video, courtesy of the *Kukulua Na Uapo* Curriculum. She is a tri-athlete from Kona who shares her passion about keeping a healthy lifestyle and eating well.

Hawaiians from ancient days ate a very good diet based on what they grew and gathered from abundant forests, gardens, and oceans. In modern times, sticking to a fresh organic diet like the Hawaiians of old experienced can be very challenging and costly. Gathering and growing food still occurs with some families who are able to hunt, get to a forest, grow a garden, or fish. Yet many people can only afford a less expensive diet, which includes more processed and fast foods.

This lesson helps students think about healthy lifestyle choices, including how they fuel their bodies. Encouraging awareness is a first step.

Steps:

1. Ask *haumana* (students) the following questions to find out their prior knowledge:

- * *What does mea 'ai mean? (food)*
- * *Why is food so important for living things, such as humans, animals & plants?*
- * *What does the word "lifestyle" mean?*

2. Ask students if they know why healthy food, like fruits and vegetables, are more important than foods like chips and soda. Reiterate that healthy food is important to fuel your body.

3. Introduce the DVD; ask students to watch for what Lokelani McMichael shares about living a healthy lifestyle.

4. Show the video and debrief with students by asking them to share what they learned is important to living healthy. Possible questions:

- * *What does Lokelani mean by lifestyle? By living a balanced lifestyle?*
- * *What are Lokelani's beliefs about exercise?*
- * *What did you learn about the traditional Hawaiian diet?*
- * *What did you learn about food as fuel for your body?*

5. Have students pair-share briefly and come up with a list of healthy foods choices and unhealthy food choices.

- * Allow students to share their lists.
- * Consider ways that students can teach others about this information, including their families and the school community.

6. Ask each student to write down 2-3 small changes they can make in their diet, exercise, or other lifestyle choices to become healthier. They can write them up as resolutions or goals on a 3x5 card and put it in a place where it can be seen often.
7. Re-visit student goals or resolutions periodically to help them evaluate their progress.

Reflection Questions:

- * *What did you learn about healthy lifestyles?*
- * *What did you learn about food as fuel for your body?*
- * *What small changes can you make in your daily life to become healthier?*

Resources:

- * Food as Fuel for the Body - see curriculum website
- * *Kukulu Na Uapo* curriculum: www.kukulu.hawaii.edu