Unit 3 Lapaʻau & Meaʻai

PART D. Meaʻai a Ola (Food for Health) Question Bank

DIRECTIONS: Write the letter of the correct answer in the blank on the LEFT. Use capital letters only (e.g. ‘A’ not ‘a’). 1 point given for each correct answer.

1. _____ The basic food category Hawaiians traditionally ate the most of was...
   a) meat
   b) vegetable
   c) fruit
   d) grain

2. _____ The menu items that do not describe the food normally eaten by Hawaiians before Western contact are ...
   a) yams, luʻau, coconut and fish
   b) breadfruit, turtle, poi and squid
   c) seaweed, lomi tomato, pineapple, and chicken adobo
   d) taro, arrowroot, ferns and fan palm.

3. ______ Ola is the Hawaiian word that means ...
   a) life & health
   b) hello
   c) life
   d) health

4. _____ In 1985 no state in America had more than 15% obesity, but in 2002 states with more than 15% obesity increased to ...
   a) half of all states
   b) all 50 states
   c) ten states
   d) five states

5. ______ The biggest influence on our health is ...
   a) environment
   b) genetics
   c) medical care
   d) lifestyle choices
Directions: Write, speak or perform your answers as directed below.

6. On the back of the paper, create a table showing the medical conditions members of your immediate family have (or choose ones that you’re interested in knowing more about), plus the medicines they take to control their conditions and alternative medicines that may help. Also identify what type of diet can relieve and alleviate symptoms.

7. Research one of the common food borne pathogens and create a poster on its history, effects and prevention. Try to focus your research on local problems and food sources. Use clear titles and cite your sources. When done, ask permission to hang your poster in the school or a community place of gathering.

8. In groups of 3, identify one item in your normal diet that does not belong to the main food groups. Create a plan to eliminate it from your diet and share this plan and item with the group. For two weeks, instead of consuming this item, research its nutritional content, discover good alternatives, and make a Powerpoint or other presentation of your experience. At the end of two weeks the group which has successfully completed the restriction earns the most points. All groups share their results with the class.