

COOPERATION

Week 7

Alaska/Hawaii

Cooperation

Working well together.

Objectives

Cooperation States and Regions Week 7

General Objectives

- To learn about the character trait of Cooperation and practice cooperating within the family
- To learn about the people and history of Alaska
- To study the people and history of Hawaii

Specific Objectives

- To find landmarks in Alaska and Hawaii
- To learn the distance from Alaska and Hawaii to the mainland
- To learn about the animals of Alaska
- To learn about the crops of Hawaii
- To make an igloo, and dramatize dog sledding
- To study the kings and queens of Hawaii
- To learn about Pearl Harbor and the Japanese attack
- To learn to hula
- To study about volcanoes
- To host a Hawaiian luau

Alert

Cooperation States and Regions Week 7

Week 8

Pine cones

Week 9

Colored (dyed) sand for sand painting

Week 12

Continue collecting costumes from each region for the “Hats Across America” play. See cast (p.142b)

Weekly Supplies

Cooperation States and Regions Week 7

- Cardboard or egg cartons and pipe cleaners for Eskimo sunglasses 175 (p.125)
- Soap and paring knife 177 (p.125)
- Paper sack, newspaper, masking tape, ruler
- Wagon 179 (p.125)
- String and real OR fake flowers for a lei, head band, wrist and ankle band OR yarn, tissue paper, hole puncher OR crepe paper streamers
- Trash bags w/ drawstrings for grass skirts
- Girls: Bathing suits, pretty full skirt, sun dress
- Boys: Hawaiian shirts, shorts or bathing suit and trash bag grass skirt

Weekly Supplies

Cooperation States and Regions Week 7

Food for luau:

- 3 lbs. chicken
- 1 lbs. pork butt
- Chicken stock
- Liquid smoke
- Bell peppers
- Onions
- Soy sauce
- Lime juice
- Cream of coconut
- Corn starch
- Butter
- Canned pineapple
- 1-2 fresh pineapple
- Bananas
- Strawberries
- Real coconut to crack
- Sweet potatoes
- Tropical punch Kool Aid

Bible Verse

Cooperation States and Regions Week 7

But God has {so} composed the body, giving more abundant honor to that {member} which lacked, so that there may be no division in the body, but {that} the members may have the same care for one another.

And if one member suffers, all the members suffer with it; if {one} member is honored, all the members rejoice with it.

1 Cor 12:24b-26

Focus Books

Cooperation States and Regions Week 7

A Books on:

polar bear

caribou

seal

pineapple

coconut

sugar cane

tundra

volcano

The Eskimo: Arctic Hunters and Trappers by Sonia Bleeker

The Igloo by Charlotte and David Yue

Ootah's Lucky Day by Peg Parish

Websites Alaska

Cooperation States and Regions Week 7

- <http://www.youtube.com/watch?v=4Nrr7nZVdQQ> (Polar Bear Mother)
- <http://www.youtube.com/watch?v=xZ6zJrnJNCo&feature=PlayList&p=155D948380372467&index=0&playnext=1> (Cute cub)
- http://www.youtube.com/watch?v=DkQr-_up6B4 (Huskies eager for training)
- <http://www.youtube.com/watch?v=IPQqyVzdDKo> (Iditarod overview)
- <http://www.youtube.com/watch?v=ATESRt0cuEQ&NR=1> (Dog sled racing)
- <http://www.youtube.com/watch?v=YJBrMXSn-hU> (Aurora Borealis)
- <http://www.youtube.com/watch?v=b-XP30aG8bE> (Incredible film of Eskimo life 50 yrs. ago. This is a must see.)
- <http://www.youtube.com/watch?v=R-x5QOSqP3E&NR=1> (How to Build an Igloo)

Websites Hawaii

Cooperation States and Regions Week 7

- <http://satftp.soest.hawaii.edu/space/hawaii/virtual.field.trips.html> (Virtual field trip)
- <http://www.youtube.com/watch?v=mcKQIJq1zXY> (Hula to Hukilau)
- <http://www.youtube.com/watch?v=n0CD1AmRhFw&NR=1> (Hula to *Farewell to Thee*)
- <http://www.youtube.com/watch?v=PwAHChnrymiQ> (Hawaiian traditional dances)
- http://video.google.com/videosearch?hl=en&q=hula+lessons&um=1&ie=UTF-8&ei=st_jSaOcDo-EmAf3yqGTDA&sa=X&oi=video_result_group&resnum=4&ct=title# (Beautiful hula contest and music to do own hula to)
- <http://www.youtube.com/watch?v=huFf0uZGKEg&NR=1> (Simple hula)

Websites Hawaii

Cooperation States and Regions Week 7

- <http://www.youtube.com/watch?v=zKqnIxdaHmY&feature=related> (Basic kaholo step)
- <http://www.youtube.com/watch?v=BoK5rbHCCLM&feature=related> (Basic awi and uwehe step)
- <http://www.youtube.com/watch?v=JhIoQBn3ymU> (Hula v1 Little Brown Gal)
- <http://www.youtube.com/watch?v=3dy3q3MYDUO&NR=1> (Hula v2 Little Brown Gal)
- <http://www.youtube.com/watch?v=OJUahtjcvTw> (Hula v3 Little Brown Gal)
- <http://www.youtube.com/watch?v=eJtezcyJONO&feature=channel> (Hula v4 Little Brown Gal)

Websites Hawaii

Cooperation States and Regions Week 7

- <http://www.youtube.com/watch?v=sIl5oyCLkB&feature=related> (Hula Little Brown Gal chorus)
- <http://www.youtube.com/watch?v=c6Yx-5l8d-g&NR=1> (Hula to Little Brown Gal complete)
- <http://www.youtube.com/watch?v=HAnOtWm5OrM> (Attack on Pearl Harbor)
- <http://www.youtube.com/watch?v=Vx6A-Otv1NE> (FDR Infamy speech about Pearl Harbor)

Websites Hawaii

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- <http://www.coconutresearchcenter.org/> (Coconut info)
- http://www.ehow.com/how_2034033_make-grass-skirt.html (Make grass skirt)
- <http://video.about.com/thaifood/How-to-make-a-pineapple-boat.htm> (Make pineapple boat)
- <http://www.angelfire.com/bc/incredible/menuhawaiian.htm> (Luau menu w/ music)
- <http://www.youtube.com/watch?v=LK6G7iT4xZE&feature=related> (Roasted pig in imu)
- <http://www.youtube.com/watch?v=1uDHYOvxoSg&feature=related> (Don Ho singing)
- http://www.youtube.com/watch?v=_ekvBj_itSE&feature=related (Hawaiian War Chant from Lawrence Welk)

Writing Assignment

Cooperation States and Regions Week 7

Y-M-O

Pick a topic to write about:

- Dog sledding
- Eskimo seal hunt
- Polar bear life
- How to Build an Igloo
- Hula dancing
- Growing pineapple

Video/Music

Cooperation States and Regions Week 7

White Fang by Buena Vista Pictures
Distribution

Iron Will with Mackenzie Astin

North to Alaska by Johnny Horton

<http://www.youtube.com/watch?v=JStONEESrUA&feature=PlayList&p=27484C4A42C59E5A&index=0&playnext=1>

Tora! Tora! Tora! (parts of)

Pearl Harbor (parts of)

South Pacific

Timeline Characters

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Hawaiian

Capt. James Cook
Earl of Sandwich
Kamehameha the Great
Queen Ka'ahumanu
King Kamehameha III
Queen Lili'uokalani
Sanford Dole
Father Damien
FDR
Dwight D. Eisenhower

Alaskan

Sarah Palin
Dwight D. Eisenhower

Map Study

Cooperation States and Regions Week 7

Alaska

Cities:

Juneau

Anchorage

Nome

Oceans and Lakes:

Bering Strait

Arctic Circle

Artic Ocean

Bering Sea

Mountains and Flats:

Mt. McKinley

Tundra

Landmarks:

Iditarod sled race

Alaskan pipeline

Siberia

Hawaii

Islands:

Hawaii

Oahu

Molokai

Lanai

Maui

Kauai

Niihau

Kahoolawe

Cities:

Honolulu

Oceans:

Pacific Ocean

Landmarks:

Pearl Harbor

USS Arizona

Diamond Head

Waikiki beach

Punch Bowl

Volcanoes:

Mauna Loa

Japan

Vocabulary

Cooperation States and Regions Week 7

Geography

Strait-water passage connecting 2 large bodies of water

Arctic Circle-66°latitude marking the Arctic zone and the 24 hr. day

Tundra-treeless plain where subsoil is permafrost; only 60 day growing season

Permafrost-soil permanently frozen; 1,600' in Canada; 5,000' in Siberia

Sea-large body water partially or nearly surrounded by water

Archipelago-group islands

Vocabulary

Cooperation States and Regions Week 7

Eskimo

Paddle w/ ivory rings

Inuit

Parka

Sled

Mittens

Runners

Umiak- woman's boat

Mush

Square stone pot

Dogs

Harpoon

Shoeing

Sun goggles

Igloo-15' across

Snow knife-drift wood
and whale bone

Sleeping platform

Seal skin floats

Stone lamp-12-30 inches

Aurora Borealis

Kayak

Vocabulary

Cooperation States and Regions Week 7

Alaskan Animals

Blubber

Walrus

Tusks

Breathing hole

Seal

Caribou-Reindeer

Cud

Velvet antlers

Split hoof

Polar bear

Carnivore

Still hunting

Maternity den

Hibernation

Vocabulary

Cooperation States and Regions Week 7

Hawaiian Words

Hula-Hawaiian dance

Mele-song/chant

Aloha-welcome

Lei-garland

Luau-feast

Imu-underground oven

Polynesian-many islands

Ukelele-tiny guitar-shaped

Ali'i-chief

Kahuna-priest; witch doctor

Kapu-keep off

Hukilau-pull leaves/fish net

Products

Pineapple

Sugarcane

Taro-makes poi

Coconut

Kona coffee

Cattle

Pigs

Mango

Guava

Papayas

Avocado

Macadamia nuts

Orchids

Vocabulary

Cooperation States and Regions Week 7

Volcano Parts

Crater

Magma chamber

Pipe

Vent

Kinds of Volcanoes

Shield

Cinder

Composite=strato

Acid lava cone

Volcanoes Products

Eruption

Gas, Dust, Ash

Basalt

Magma (in ground)

Lava (out of ground; 6 mph)

Activities

Cooperation States and Regions Week 7

Monday: Geography/Eskimos/Arctic animals

171 (p.124) Find landmarks on US map.

Research seals and caribou.

175 (p.125) Read and research interesting facts about Eskimos.

Make one igloo block out of a paper sack stuffed with newspaper and wrapped w/ masking tape.

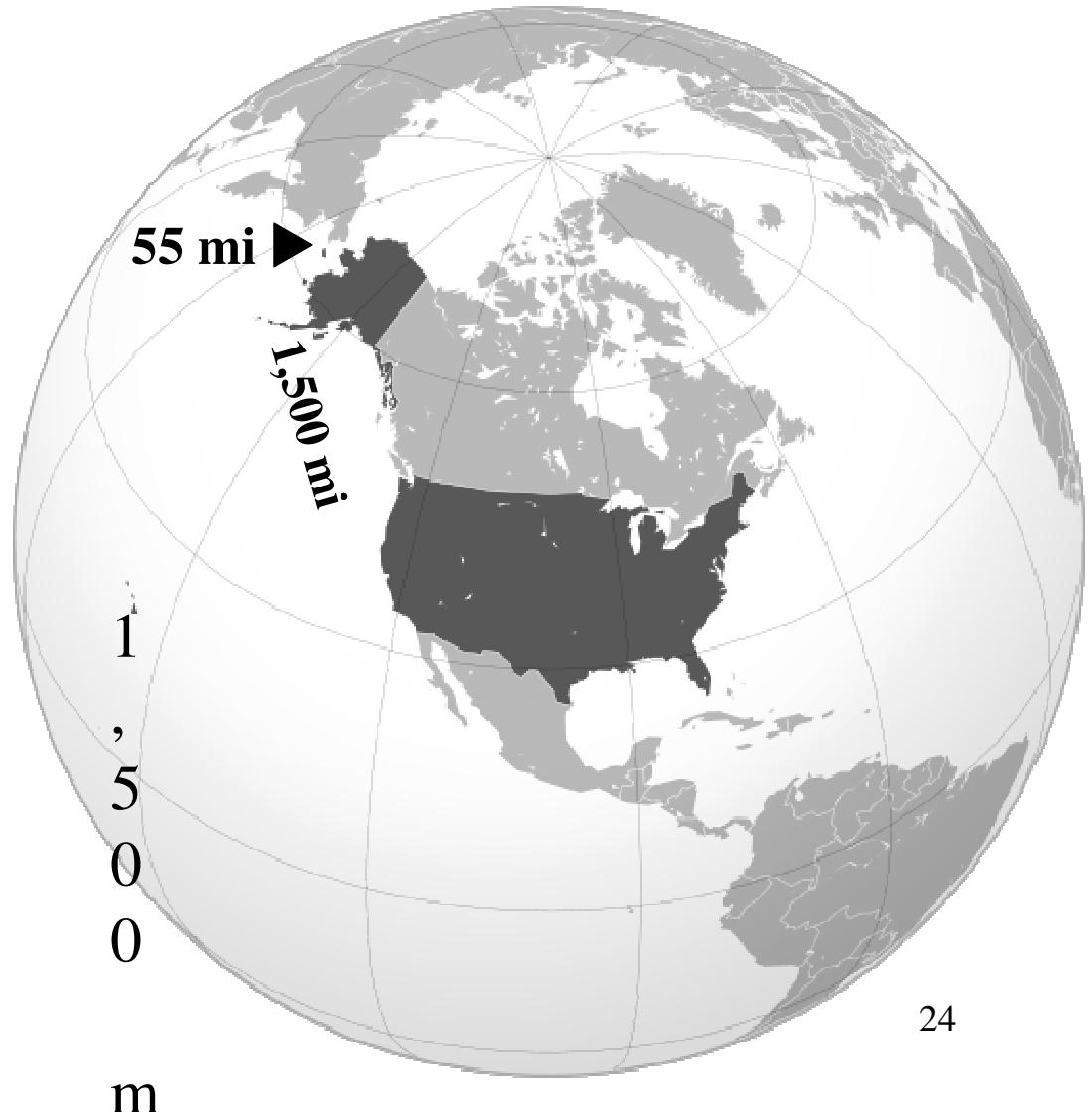
Make Eskimo sunglasses from egg cartons.

Older kids research aurora borealis, the northern lights.

Alaska

Cooperation States and Regions Week 7

- 49th state in the union
- Largest state in land area
- Juneau is capital
- Anchorage is largest city
- 55 mi. from Russia
- 1,000 mi. from WA to Southern tip
- 1,500 mi. from WA to main body
- Mt. McKinley - tallest peak in US, 20,320'



A Little Alaskan Humor

Cooperation States and Regions Week 7

Teacher to student: Juneau the capital of Alaska?

Student: Nome

Sarah Palin in acceptance speech as GOP Candidate for Vice President 2008, explaining the toughness of an Alaskan woman, "They say the difference between a hockey mom and a pit bull is ... Lipstick!"

<http://www.youtube.com/watch?v=9jSL7qWC284>

Seals

Cooperation States and Regions Week 7

- Mammals living in Artic regions
- Well adapted to frigid sea life:
 - No ears
 - Short limbs
 - Sleek, streamlined body
 - Great swimmers
 - Blubber for insulation from cold
- Ringed seals weigh 150 pounds
- Spend most of the year under the ice and breathe through breathing holes in the ice; polar bears hide in wait by these breathing holes for the seals to come up for air.
- Young are born in dens and nurse for a few weeks, then learn to swim and hunt.

Caribou - Reindeer

Cooperation States and Regions Week 7

- Mammals from deer family; used by Russians to pull sleds.
- Young nuzzled by mothers to walk 1 hr. after birth.
- Have split hooves, have no upper teeth, chew cud; make clicking sound when walk/run as part of legs rubbing together
- Habitat:
 - Woodland caribou lives in forest and mountains.
 - Barren-ground caribou live on frozen tundra.
- Two-layered fur keeps warm w/ outer coat of hollow guard hairs that insulate; crinkly underfur traps body heat and holds it.
- All body parts of covered in fur, even the nose and tail.
- Tundra caribou have lighter colored coats than the woodland caribou; coats shed in short summer.
- Antlers grow to 3' in a few months; shed each yr.; shovel in front
- Barren-ground caribou often live in herds of 1,000 animals and migrate up to 800 miles to forested areas for protection from snows/ blizzards.
- Wolves are the biggest danger for caribou; if danger is near, caribou lift head, point ears up, raise tail, and hold one leg out to the side.

Activities (cont'd 2)

Cooperation States and Regions Week 7

Tuesday: Eskimos/Dog Sledding/Polar bears

177 (p.125) Carve soap into a whale, seal, or a face.

174 (p.125) Learn about polar bears.

Research dog sledding and the Iditarod Race.

Watch *White Fang* or *Iron Will*.

179 (p.125) Dramatize traveling by dog sled. Be sure to shoe sled rails.

Eskimos

Cooperation States and Regions Week 7

- Native tribe of Indians of Arctic Circle regions who lived off of sea catches using kayak made from seal skin w/ single or double paddle; live in igloos.
- Catch most food from the sea for last 1,000 yrs.
- Diet mainly fish, seals, some caribou; eat raw meat when active giving more energy; eating internal organs prevented scurvy.
- They make their clothes and tools from these animals; loose/fur side in creating trapped air; caribou shorts; grass boot liners; caribou stockings; caribou hooded-jacket; fur out outer jacket; mitten; caribou boots; seal skin shoes; can survive blizzard if sitting up straight.

Igloo

Cooperation States and Regions Week 7

- All Eskimos carry a 8-12" snow knife to cut igloo blocks of 2-3' long by 1-2' tall and 4-6" thick.
- Parallel lines the width facing south to cut out entrance
- Builds 1st row, then cuts angle on two 1st row blocks to send 2nd row up angle; each block leans a little more in
- Passing knife up and down between blocks melts/seals
- Average house=40 blocks; platform left inside
- Chinking w/ snow; hole chimney; ice window over door
- Board on platform edge then furs; soapstone lamp is light and stove; square soapstone pot suspended on sq. frame from cords
- Skins lined inside igloo; bring inside temp. up 50 or 60°
- Storage rooms can be added

Dog Sledding

Cooperation States and Regions Week 7

- Most important mean of transportation
- Sleds made of wood w/ caribou antler handles
- Substitute runners-frozen fish laid end to end and wrapped in old, wet seal skin sheets frozen solid
- Shoeing runners- applying kneaded mud/moss smoothed w/ knife then frozen; glazed w/ ice shoeing from mouthfuls of water or urine on bear skin then rubbed on frozen mud.
- Many different dog breeds used today; 16 dogs for racing.
- Dogs can pull as much as 85 lbs. at 20 mph. for 25 mi. a day.
- Sleds have traveled as much as 80 miles in single day.
- Eskimo family usually owned 4-6 dogs.



Iditarod Sledding Race

Cooperation States and Regions Week 7

- Most popular sporting event in Alaska.
- Mushers travel 1,161 miles from Anchorage to Nome, retracing the "Great Race of Mercy" where medicine was mushed over the same trail to save the lives of Eskimo children during a 1925 diphtheria epidemic.
- Mushers must have dogs inspected at certain checkpoints and must take 1, 24 hr. break and 2, 8 hr. breaks.
- They can run at night, through blizzards.
- Dogs wear booties to protect feet.

Polar Bear

Cooperation States and Regions Week 7

- Found in Arctic Circle near north pole.
- Largest carnivore found on land (tied w/ Kodiak Bear).
- Adult male can weigh as much as 1,500 lb.= 5 refrigerators; female weighs half as much.
- Adapted for cold climate:
 - 12" paws - pads covered in fur for snow traction
 - 4" of blubber for insulation
 - White coat for camo over black skin to absorb heat of sun
 - Great swimmers; can swim dozens of miles at sea
 - Can smell a seal buried under 3' of snow from several miles away.
- Main diet - seals, mostly the blubber; will eat young walrus too.
- Young are born on land in maternity dens dug out of snow.
- No hibernation but males deep sleep 50 days a year.
- Expectant mothers deep sleep for 4 mo.; give birth to 2 blind cubs weighing 2 lbs.
- Mothers go for 6 mo. w/o eating; living on their body fat.
- Cubs nurse for 2+ yrs and gain 20-30 lbs in 1st 3 months.

Activities (cont'd 3)

Cooperation States and Regions Week 7

Wednesday: History/Pearl Harbor/Lei

219 (p. 130) Locate and mark on your map Hawaiian landmarks. Be sure to mark and name all 8 islands.

Research the history of Hawaii from its discoverer to it's kings and queens.

Learn about the US military base, Pearl Harbor.

Make a lei and tell what it means to Hawaiians.

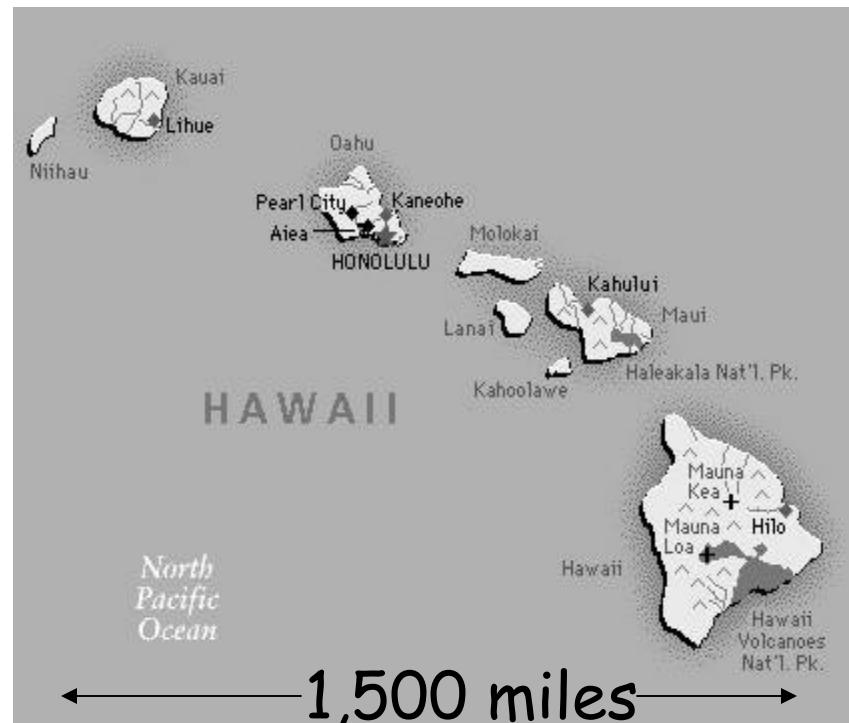
Begin learning to hula to Little Brown Gal.

Research the kinds of recreation that Hawaii offers and the amount of tourism Hawaii supports. (optional)

Geography of Hawaii

Cooperation States and Regions Week 7

- Archipelago islands formed by volcanic eruptions under the Pacific Ocean; islands really tops of volcanic mountains.
- Eight main islands spread out over 1,500 mi. (1/2 US width)
 - Oahu-Honolulu; Pearl Harbor; Punch Bowl; Diamond Head; Waikiki beach
 - Molokai-6,000 people; lepers
 - Lanai-pineapple island
 - Maui-largest sugar cane plantation in world
 - Kauai-taro, "land of plenty"
 - Hawaii-largest; Mauna Loa volcano
 - Niihau-*kapu* island; private owned
 - Kahoolawe-island death; Navy target



History of Hawaii

Cooperation States and Regions Week 7

- Polynesians were 1st to come, bringing pigs, taro roots, coconut trees, banana trees, breadfruit, sweet potatoes and sugarcane in 500-700 AD.
- Capt. James Cook, English explorer discovered islands 1778; named Sandwich Islands after his sponsor, Earl of Sandwich.
- Cook returned a year later; natives took one of his boats; fight broke out; Cook was killed; men sailed back to England.
- Ships began arriving from all over the world.
- Merchants traded supplies for sandalwood from the islands, which was burned in religious ceremonies in China for scent; in 25 yrs., the sandalwood forests were wiped out.
- <http://maps.google.com/maps?hl=en&tab=wl> (see the satellite map of Hawaii in the Pacific)

History of Hawaii

Cooperation States and Regions Week 7

- Each islands controlled by chieftain called aliis.
- Under each alii was priest called a kahuna.
- Aliis and kahunas put in harsh codes and laws called the kapu; aliis had life and death authority.
- Human sacrifices were done to please the gods.
- Chief Kamehameha overtook each island, uniting the Hawaiian people
- Queen Kaahumanu took Kamehameha's place when he died; did away with many Kapu laws that gave women no rights; soon the Kapus were abandoned.
- Missionaries from US taught Hawaiians English, set up schools for the children, and shared Christianity.³⁷

History of Hawaii

Cooperation States and Regions Week 7

- King Kamehameha III had divided his land among the royal family
- Missionaries and others trick Hawaiians into selling land for nothing.
- Five families took over all sugarcane and pineapple production and became very powerful.
- They were fearful new queen, Lili'uokalani, would take land away from foreigners, so Sanford Dole and others pushed for Hawaii to become Amer. territory.
- Dole became territorial governor; Queen was locked up.
- Dec., 7, 1941 Pearl Harbor bombed by Japan; WWII.
- 1959, Hawaii became the 50th state in the union.

Missionaries to Hawaii

Cooperation States and Regions Week 7

- Missionaries came to Hawaii from MS in 1820
- The missionaries:
 - Taught English
 - Translated the Bible into the native Hawaiian language
 - Set up schools
 - Banned the hula
- Belgian Catholic, Father Damien, was beloved missionary; ministered to lepers.
- Later, missionaries intermarried; took over large amounts of land to build plantations; became very wealthy
- “The missionaries taught us to close our eyes and pray. When we opened our eyes they had taken our land.”³⁹

Pearl Harbor

Cooperation States and Regions Week 7

- Natural, deep water harbor south side of Oahu.
- Territorial Gov., Sanford Dole, allowed US Navy to estab. several military bases in Hawaii in 1900.
- Sunday morning, Dec. 7, 1941, Japanese Navy attacked the US Pacific fleet at Pearl Harbor, w/o declaring war killing 2,500 American military men and sinking many huge ships including the USS Arizona with 1,200 men aboard; memorial today
- Pres. FDR gave "Day of Infamy" speech.
- Japan failed to destroy ship repair facilities called dry docks; ships repaired; sent into battle in Pacific.
- US still maintains a huge naval base at Pearl Harbor.

Activities (cont'd 4)

Cooperation States and Regions Week 7

Thursday: Hula/Songs/Pineapple/Sugar cane

Practice hula to Little Brown Gal.

Sing Hawaiian War Chant.

Research the pineapple and the pineapple plantations.

Research about sugarcane and the sugarcane plantations.

Research or review about volcanoes of Hawaii.
(optional)

Go shopping for luau menu.

Hula Dance

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- Dance form accompanied by chant or song called mele.
- Developed in the Hawaiian Islands to dramatize or give hand motions on mele.
- Dancers are mostly women but men also use hand and arm motions, movement of the feet and hips.
- Traditional dress is used where dancers wear grass skirts of colorful cloth wrapped skirts.
- Adornments are placed in the hair and colorful leis are worn around the neck, on wrist and ankles.

Pineapples

Cooperation States and Regions Week 7

- Columbus found growing in West Indies; brought back to Europe; grown in hothouses for royalty; called "fruit of kings"
- Not known how it got to Hawaii; 1st a weed w/ small, bitter fruit in 1800's; 1880's, new variety intro
- By 1900 had begun canning by James Dole; 80% pineapple grown in Hawaii
- Requires very little water; 1 fruit per plant; gray-green sword-like leaves
- Red soil is plowed; black mulch paper laid out over soil; holes punched in paper and pineapple slip is planted; mulch paper keeps ground warm, moist, weed free
- 15 mo. buds w/ dozens of flowers; 20 mo. harvest; after harvest a 2nd plant grow a year later from same root

Sugarcane

Cooperation States and Regions Week 7

- Hawaii's 1st industry
- Cook discovered islanders chewing sugar cane in 1718
- Planted in furrows; stalks cut in 2-3' lengths; requires 1 ton water for every pound of sugar
- After 2 years ready to harvest; set fire to field; fire will not harm cane, but burns off trash and cane leaves; tractor grabs cane.
- Mill crushes cane squeezing out liquid sugar; brown raw sugar forms in crystals when liquid put in whirling, drying tub; refinery makes raw sugar shiny white
- New crop will grow from planted cane for another 2-8 years.

Volcano Kinds by Form

Cooperation States and Regions Week 7

Volcanoes form 3 Ways:

- **Suduction**
 - Continent to continent (Indo-Australian Plate meets Eurasian Plate = fold mountains)
 - Ocean to continent (Pacific Plate meets North American Plate = Mt. St. Helens/ Mt. Rainier)
 - Ocean to ocean (Islands meet ocean) Japan or Aleutians Islands
- **Rift**
 - Rift Valley of East Africa
 - Mid-Atlantic Ridge
 - Iceland which straddles Mid-Atlantic Ridge
- **Hot Spot**
 - Hawaiian Islands

Kinds of Lava

Cooperation States and Regions Week 7

- Amount of silica determines how sticky (viscous) magma is
- Water creates explosive potential of steam
 - low water, low silica = runny lava flows
 - low water, high silica = pasty lava (builds domes)
 - high water, low silica = fountain of runny lava
 - high water, high silica = explosion

Hot Spots

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Volcanoes form 3 Ways:

- In the Theory of Plate Tectonics, most geological structures are explained by tension between plates.
- However, hot spots, fixed places within the continental or oceanic lithosphere interior, are places where rocks melt forming magma, which forms volcanoes/geysers.
- Hot spots in oceanic lithosphere build shield volcanoes which may be built high enough to rise above sea level as volcanic islands.
- Hawaiian hot spot producing a chain of shield volcanoes extending 3,750 miles across Pacific Ocean.
- Yellowstone hot spot producing chain of calderas along the Snake River Plain extending 400 mi. west from NW Wyoming to Idaho-Oregon border.

Activities (cont'd 5)

Cooperation States and Regions Week 7

Friday:

220 (p.130) Contrast the geography of Alaska and Hawaii.

Research the coconut and its many uses.

Make costumes for your luau.

Practice hula to Little Brown Gal.

Learn to sing the Hawaiian War Chant.

222 (p.130) Have a Hawaiian luau.

Coconut

Cooperation States and Regions Week 7

- Spanish explorers called it coco, meaning "monkey face" due to 3 indentations on the hairy nut
- Provides a nutritious source of meat, juice, milk, and oil; nourishes populations around the world; many islands coconut is staple in the diet
- 1/3 world's population depends on coconut to some degree for food economy.
- Highly nutritious; rich in fiber, vitamins, and minerals; coconut oil possesses healing properties
- Pacific Islanders consider coconut palm "The Tree of Life"; 2 trees can support family of 10
- 6mo. to sprout from indentation; 1 yr. grow roots to plant; 7 yrs. before bears fruit
- The best use of coconut is the coconut cream pie!

Hukilau Words

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Oh we're going to a Hukilau
A Huki, Huki, Huki, Huki, Huki Lau
Everybody loves a Hukilau
Where the mau-mau eats the pau-pau at the
luau.

We throw our nets out into the sea
And all the oma-oma come swimming to me
Cuz we're going to a Hukilau,
To the Huki, Huki, Huki, Huki, Hukilau!

Hawaiian War Chant

Cooperation States and Regions Week 7

Tahuwai la a tahuwai wai la
Ehu hene la a pili koo lua la
Pututui lu a ite toe la
Hanu lipo ita paalai

Tahuwai la a tahuwai wai la
Ehu hene la a pili koo lua la
Pututui lu a ite toe la
Hanu lipo ita paalai

Au we ta huala
Au we ta huala

Hawaiian War Chant (cont'd 2)

Cooperation States and Regions Week 7

There's a sunny little, funny little melody
That was started by a native down in Waikiki
He would gather a crowd down beside the sea
And together they'd play his gay Hawaiian
Chant

Soon the other little natives started singin' it
And the hula hula maidens starting swingin' it
Like a tropical storm that's the way it hit
Funny little gay Hawaiian chant

Ow way tah
Tualan
Me big bad
Fightin' man

Luau Menu

Cooperation States and Regions Week 7

In a traditional luau, whole pigs are roasted in a pit dug in the ground called an imu.

Baked sweet potatoes w/ butter

Pineapple boat w/ bananas and
strawberries added to pineapple

Easy Island Chicken OR Cooked pork

Tropical punch Kool Aid

Coconut - milk to drink and meat to eat

Easy Island Chicken

Cooperation States and Regions Week 7

3 lbs. chicken cut in pieces

2 Tbsp. butter

$\frac{3}{4}$ c. Cream of Coconut (in drink mixer section)

$\frac{1}{4}$ c. lime juice

1 Tbsp. soy sauce

2 tsp. cornstarch

1 c. diced green or red bell pepper

1 c. pineapple chunks

1 onion cut into wedges

Preheat oven to 350°.

In large skillet, brown chicken in margarine

Arrange in lightly greased 13x9-inch baking dish.

In same skillet, combine cream of coconut, lime juice, soy sauce and cornstarch; bring to a boil.

Add bell peppers, onions, and pineapple.

Pour over chicken.

Bake uncovered 45 minutes or until tender. Serves 4 to 6.

Crock Pot Pork

Cooperation States and Regions Week 7

4 lbs. boneless pork butt

$\frac{1}{2}$ to $\frac{3}{4}$ can of chicken stock

1 Tbsp. regular salt or handful of Hawaiian salt

1 Tbsp. liquid smoke

Cook on high 6-8 hrs. and shred when done.

Permission Slip

Permission Coupon

Free pass to skip one activity
or other assignment

(Feel free to copy as often as needed)

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Field Trips

Cooperation States and Regions Week 7

Shopping for luau menu

Suggestions for Dad

Cooperation States and Regions Week 7

- Be a husky and pull your kids in a wagon (sled) on the route of the Iditarod.
- Teach the Scripture verse to your kids.
- Read about and teach them the events Pearl Harbor.
- Help with the Hawaiian luau.

Focus of the Week

Cooperation States and Regions Week 7

- Learning about the character trait of Cooperation and practicing cooperating within the family
- Learning about the people and history of Alaska
- Studying the people and history of Hawaii
- Finding landmarks in Alaska and Hawaii
- Learning the distance from Alaska and Hawaii to the mainland
- Learning about the animals of Alaska
- Learning about the crops of Hawaii
- Making an igloo, and dramatizing dog sledding
- Studying the kings and queens of Hawaii
- Learning about Pearl Harbor and the Japanese attack
- Learning to hula
- Studying about volcanoes
- Hosting a Hawaiian luau

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Thanks,
Wade and Jessica Hulcy