

‘Ulu Chips

O- ‘Ohana goal (Why do the activity?) Family goal

Purpose:

- Introduce keiki to Scientific Concepts and Life Skills.
- Promote healthy eating habits.
- How does eating local produce or food from my garden benefit my ‘ohana?

‘Ōlelo No‘eau:

‘A‘ohe ‘ulu e loa‘a i ka pōkole o ka lou
There is no success without preparation

Benefits:

Your ‘ohana will engage in preparing an alternative healthy snack, while supporting local farmers or eating from your garden as well as learn the benefits of ‘ulu (breadfruit).

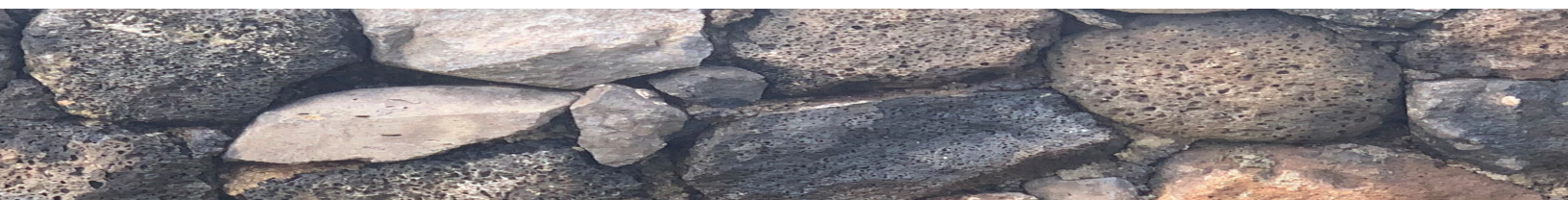
H- Ha‘awina (Let’s do the activity) Lesson, Assignment, Task

Ingredients:

- 1-2 small/ medium sized ‘ulu
- Cooking oil (Olive oil preferred)
- Pa‘akai (Hawaiian salt)

Process:

1. With a peeler, peel skin of ‘ulu.
2. Cut skinned ‘ulu in half and remove seed
3. on both halves.
4. Slice ‘ulu into thin slices (the thinner the better!)



5. Heat oil in frying pan, deep fryer or wok.
6. Fry 'ulu slices until golden brown.
7. Cool 'ulu chips and season with Hawaiian salt.
8. Enjoy your homemade 'ulu chips!

*This is a great snack or pupu (side-dish) that is healthy and easy to make.



Parent Tips:

When cooking with your keiki:

- Focus on Exposure not Outcome. (Especially with the younger keiki.)
- Engage their senses.
- Incorporate learnings. (Ex. cooking etiquette, math, culture, language, etc.)
- Be patient and enjoy this experience with your keiki!

A-Alaka'i (What did you learn? What can you teach?) To lead, Guide, Direct

Extension activities:

- Try cooking 'ulu in other ways, example; 'ulu mash, 'ulu hash, 'ulu pancakes, 'ulu fries/wedges, baked 'ulu, 'ulu poke, 'ulu mochi, etc. (See resource links below)
- Start a Family Recipe book (or add this recipe to an existing Recipe book)

Observe:

How did the 'ulu look, feel, smell & taste before frying it and after frying it? Explain. Why do you think the 'ulu changed its form before and after the cooking process?

Resources:

- <https://eatbreadfruit.com/> 'Ulu recipes, history of 'ulu in Hawai'i, grow your own 'ulu.
- <https://ntbg.org/> More information on 'ulu.
- www.justonecookbook.com/easy-recipes-to-cook-with-kids/ Cooking tips for parents



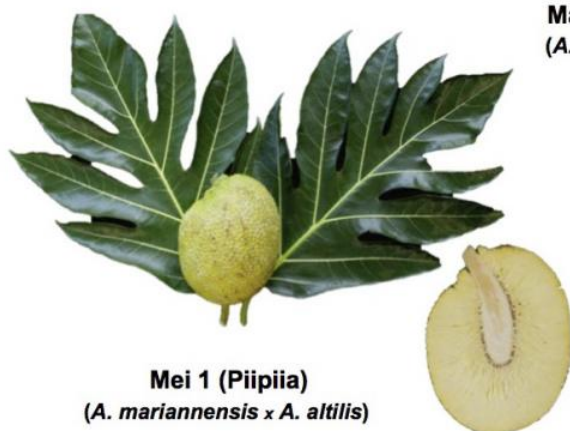
Otea
(*A. altilis*)



Puaa
(*A. altilis*)



Ma'afala
(*A. altilis*)



Mei 1 (Piipiia)
(*A. mariannensis* x *A. altilis*)



Ulu fiti
(*A. altilis*)

