

‘Ohana Recipe Journal

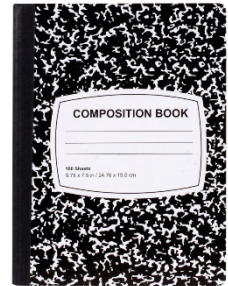
O- ‘Ohana goal (Why do the activity?) *Family Goal*

“Ku i ka māna”

Like the one from whom he received what he learned.

The child receives knowledge from the mouth of his teacher (caregiver).

There are many benefits of cooking which is a life skill everyone may use. Combining cooking and journal writing is a fun way to have children build their language and literacy skills. ‘Ohana recipes have rich mo‘olelo (stories) behind them, such as where they came from, why you use a certain brand food, or what the food reminds you of. Cooking and talking about a recipe allows you and your child time to communicate and strengthen your relationship.



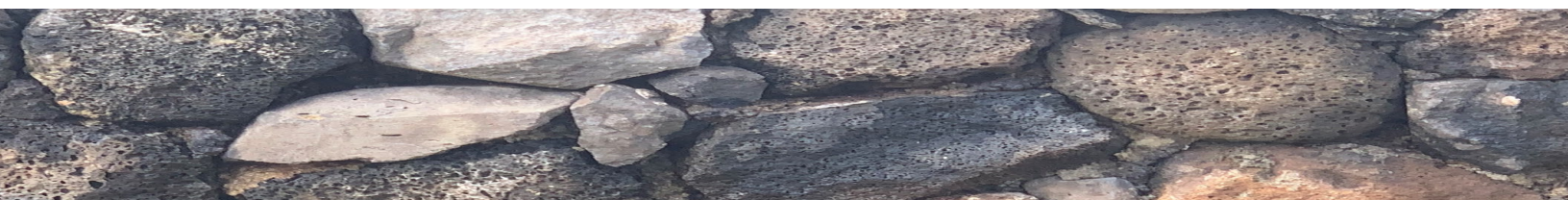
Benefits:

Making a ‘ohana recipe journal may help your child learn to express their feelings and enhance their writing and communication skills. A ‘ohana recipe journal may build excitement for the ‘ohana to learn about their family history.

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

Create a ‘Ohana Recipe Journal

1. To begin, you and your child work together to find and gather recipes you want to pass down to the next generation, and recipes you and your child enjoy eating or cooking together.
2. Find a book to put your recipes in for example a composition book or binder.
3. Caregiver Strategies:
 - a. Children
 - i. Allow them this time to write or draw thoughts freely



- b. Younger children (that cannot write)
 - i. Have them draw their thoughts in their journal
 - ii. After they draw write their thoughts in the journal for them
 1. Writing their thoughts help them to see words and letters have meaning
- c. Older children (encourage practicing writing skills)
 - i. Write a short story about the recipe while practicing narrative writing:
 1. Introduction- Hook, significance of topic to you/reader, & thesis statement
 2. Body (Paragraphs)- Setting, background, characters, short anecdote(story), & climax
 3. Conclusion- Moral & significance
- d. Add fun
 - i. Make this a time to be creative together by adding pictures of recipes and design your journal to fit your personality such as stickers or drawings.

Tips:

- Model for your child and create your own 'ohana recipe journal with your child.

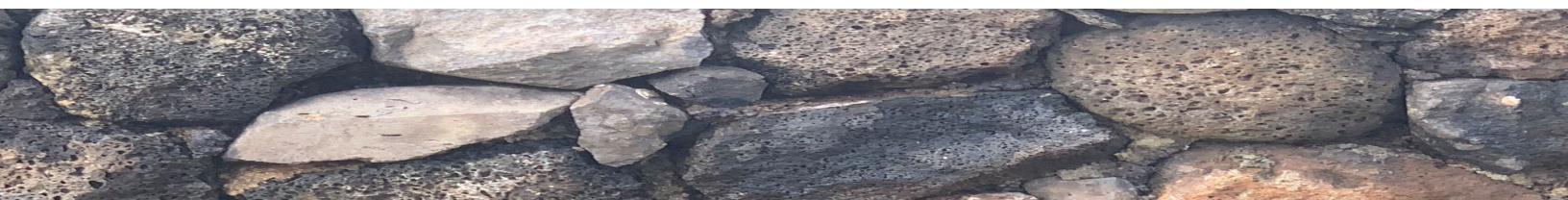
A-Alaka'i (What did you learn? What can you teach?) To Lead, Guide, Direct

Extension activities:

- Share your 'ohana recipe journal with other 'ohana members.
- Ask other 'ohana members (aunties, uncles, cousins, etc.) to share their favorite recipes.
- Have your child help someone else for example another 'ohana member or friend create their own 'ohana recipe journal.

Observe:

When you create a recipe journal together this allows an opportunity for quality time. Talk to your child about how it feels to spend this special time together. Also, talk about "What is one new story you learned about your 'ohana or an 'ohana member?".



Sample Recipe Journal

