

# 'Ewa 'Āina Education Initiative

Unit Plan: The Plants of the `Ewa Moku  
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`Ewa `Āina Site: Hanekēhau Learning Farm

Unit Plan: The Plants of the `Ewa Moku, link to unit plan available via the following URL:  
<https://cutt.ly/PKsTkMA>

Detailed Lesson-Project Plan #3  
Middle/High School (SPED)

Lesson Title: Daily Uses of Native Plants

Essential Unit Questions Addressed: How can I use local/native plants in my daily life?

Educational Standards that the lesson will help students achieve

Standard 6: DECISION MAKING AND GOAL SETTING: Use decision: making and goal: setting skills to enhance health  
Benchmark [HE.9-12.6.1](#) - Explain decision-making strategies used to make health-related decisions

HĀ framework and/or Hawaiian Culture integrated into this lesson

Students will learn how to use the plant that they grew in an actual dish or as a “gift” that will be shared with others. Students will be taught the meaning of the following terms through discussion, verbal reinforcement, a word wall display and activity: *Aloha, Kokua, Laulima, Mahalo, Malama, `Ohana*

Materials needed

Supplies

Recipe for Stuffed Sweet Potatoes (there are multiple recipes online so it is recommended to try a simple one with locally available ingredients that can easily be stored in a cooler for a day) - sample recipe available via the following URL:

<https://drive.google.com/file/d/1RNDxqqL8sE9fo7KA61X27BvFLjk6Ji4J/view?usp=sharing>

Cooking materials including measuring cup, mixing bowl, large saucepan, slotted spoon, paper towels, oven, whisk, plates

Food handler gloves for each teacher and student.

Flowers, string, lei needle or fishing line for students who might injure themselves using a lei needle

Pedagogy (methods) Used

**Lesson Introduction** (Engagement, Attention Getter, Bell-ringer, Anchoring Phenomenon, etc)  
 Show students the sweet potato and flowers. Ask students what they might be able to do with the two items.  
 Give students the option to cook or to make a lei.

**Instructional Sequence**

Teacher Does	Students Do
Teacher demonstrates each step of the stuff potato recipe preparation and coaches students to complete it (recommend teacher completes all chopping in advance)	Cooking group to review visual recipe Students gather cooking tools Students prep potatoes One student to do the mixing, all students to shape into balls
Adults to do the frying	Students to offer prepared stuffed potatoes to peers and staff after they sample
Set up lei making group to do a practice “sewing” task using a variety of items (beads, straws, paper flowers). Teacher demonstrates technique of threading the needle or fishing line with practice materials.	Have Lei making group practice “sewing” a variety of items (beads, straws, paper flowers) using visual procedure.
Take students to pick flowers (plumeria, stephanotis, etc)	Students collect flowers in plastic bags
Teacher demonstrates technique of threading the needle or fishing line with picked flowers - teacher may need to help with knotted lei closure.	Students create flower lei
Teacher helps students store lei in newspaper and plastic baggy if they want to present it to someone at home	Students present lei to a person of their choice

**Closure** (Review, formative/summative assessment)  
 Completed lei and presenting their lei to the person of their choice.  
 Sharing of food item and getting feedback from peers and adults (“Did you like it? Yes or No”)

**Accommodations for diverse learners**  
 May need to provide hand-over-hand assistance and/or partial assistance in cooking and/or lei making.

**Formative Assessment Method/s For This Lesson**  
 Sequencing the steps of the task they completed. Students answers when asked whether they enjoyed the activity or not and why (or why not).

**Explain How This Lesson Relates To the Unit Summative Assessment**  
 Students will be making either something to eat or an item from a plant that was grown as their final product.

