

# Guiding Questions

Helpful questions to encourage discussion and activities related to Kumukahi videos



Topic: ‘AI PONO  
 Part of: Maui ola chapter, Nā Kānaka realm  
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 URL: [http://www.kumukahi.org/units/na\\_kanaka/mauliola/aipono](http://www.kumukahi.org/units/na_kanaka/mauliola/aipono)

## Specific questions

1. What does ‘ai pono mean?
2. Why is it important to eat well?
3. Are school lunches healthy? What is the healthiest food you eat? If you wanted to eat healthier, what kinds of things would you need to change?
4. What are some differences between the food people ate in old Hawai‘i and what we eat today?
5. What do you think would happen if you decided to eat only healthy foods? Would this make things hard for your friends or family?
6. Create a menu of healthy foods for you and your family. Share the menu with the person who does most of the shopping and cooking. Talk about how the menu might be used in your household.

## General questions

- What does this video teach us about Hawaiian knowledge and its relevance today?
- How does this video relate to other aspects of Hawaiian culture you’ve learned or experienced?
- How can we keep these cultural practices alive today and in future generations?