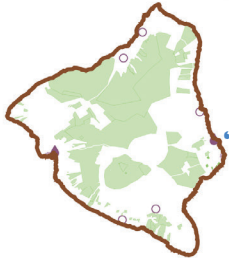




The "hula" is a Polynesian style dance, where the dance tells a story.



HAWAII!  
"The Big Island"

A Luau is a traditional Hawaiian meal where you sit on the floor on mats and have food such as salmon, kalua pork, poi, sweet potatoes, coconuts, and bananas. They decorate with the garlands of flowers (the lei), listen to Hawaiian music, and dance to the Polynesian hula.



In Hawaii, people often wear "aloha wear" - fun, bright clothing with floral prints.



Hawaii consists of 137 islands formed by volcanoes. But there are six main islands. You can see them on the map.

## The Hawaiian Islands

Hawaii is a group of islands - an archipelago - in the Pacific Ocean far off the United States and Mexico coast. Hawaii is part of the United States.



Because of its warm, tropical climate, they grow coffee, macadamia nuts, pineapples, and sugarcane in Hawaii!

When people greet each other in Hawaii, they say 'Aloha' (ah-LOW-ha) and kiss on the cheek.



KeeKee playing ukelele with 'Iwi bird

### - Learn Some Hawaiian Words -

Some good phrases to know in Hawaiian language.

**ALOHA**

(ah-LOW-ha)  
Hello/Goodbye

**MAHALO**

(mah-HA-loh)  
Thank You

**ALOHA KAKAHIKA**

(Ah-LOW-ha Ka-ka-he-AH-ka)  
Good Morning

**A HUI HOU**

(ah-HOO-wee-HO)  
Until we meet again

### - Local Hawaiian Foods to Try -

**Shave Ice**

Finely shaved ice topped with yummy flavored syrups.

**Haupia**

Coconut-based dessert. Often served at a luau.

**Pupus**

Fun to say Hawaiian appetizers.

**Poi**

(poy) Smooth, creamy Polynesian food made from the taro plant. You usually eat it with your fingers.



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KeeKee Kid's Corner



## The Islands of Hawai'i



Kid Travel Tips, Activities & Fun Facts

