



Science Lesson 14: Hawaiian Ocean Harvest and Food Preparation

Hawaii DOE Content Standards:

Science standards: 2, 3, 4

Key concepts:

Knowing how to identify, harvest, and prepare edible natural resources makes our lives healthier and less difficult.

Performance indicators: After completing this lesson, students will . . .

- identify edible organisms in the near shore reef ecology
- describe traditional and modern methods of ocean harvesting and food preparation

Note to the Student:

"When you have completed this lesson, you will be able to identify edible seaweeds or other marine organisms, and understand sustainable food harvesting and preparation methods, such as how to gather seaweed, and how to create a seaweed salad.

Activity at a glance:

Students will collect seaweed and make a salad.

Time:

One class period

Prerequisite skills:

None

Skills to be introduced:

Plant and marine life identification, harvesting and food preparation methods

Assessment:

Journals, seaweed press herbarium

Vocabulary:

Sustainability, seaweed, edible

Materials:

Working gloves, seaweed key, bowl

Activity Overview

1. Discuss harvesting and preparation methods for marine organisms drawing on students personal and familial experiences.
2. Lead students on a seaweed collection walk or dive.
3. Identify the seaweeds you collect, and describe their life histories.
4. Make and eat a salad from the edible seaweed collected.
5. Discuss the role of humans as consumers on the reef ecology.

Cultural Values

Kokua

Taking initiative, service, clean up maintenance

Lokahi

Unity, harmony, leadership skills

Adaptations/ Extensions

- Recipes (See Appendix E.)
- Discuss difference between percent saturation and milligrams per liter measurement of dissolved oxygen.

Safety

When gathering seaweed and other organisms near the shoreline, be aware of breaking waves, rising tides, and strong currents. Also, wear working gloves when harvesting or handling seaweed and other marine organisms until it is determined they are safe to carry with your bare hands.

