## Traditional Foods

### What are favorite local dishes?
- Breadfruit, preserved breadfruit, coconut, banana, pandanus, and taro
- Poultry and fish

### What foods are eaten from other countries or Pacific Islands?
- None

### What are the taboos associated with food?
- Some families did not eat turtle meat
- Certain foods were not eaten by sick people, depending on illness
- Breastfeeding women did not eat raw fish

### What are the practices and beliefs about food giving, preparation, and handling?
- Baskets of cooked food (fish, local chicken, pigs, breadfruit, pandanus, taro, and coconut) were prepared by community and given to guests
- Only a few *alabs* (class of landowner) knew the special way to present food to chiefs
- Females did all the cooking
- Chiefs, guests, and males were served first
- Families provided potlucks for all occasions
- In big celebrations, men took part in handling, preparing, and serving food

## Contemporary Foods

### Oriental, American, and Filipino Foods
- Rice, Ramen, Bread, Cereal, Apple, Orange (imported food)
- Chicken quarter/leg, turkey tail, neck, imported chicken

### More people eat more turtle meat. More breastfeeding mothers eat more raw fish.

### Some other places & islands still using the basket w/local foods & some using the basin w/cooked imported foods.

### Fewer *alabs* know the way to present food to the chief.

### Men & women prepare the foods together.

### Females still do all the cooking

### Chiefs, guests, and males are still served first

### Men and women work together. Groups will separate the tasks e.g.food committee, clean-up, serve
What are the rules associated with meals within the family?

| • Older people, head of house, and very young children were served first | Each can serve themselves. Now we can talk while we are eating. Some people do, & some people don’t |
| • Talking was not allowed when eating |  |
| • Food was blessed before eating |  |

What food/dishes are related to good health?

| • Fish, clam, turtle, coconut crab, banana, pandanus, papaya, and other local produce | Plain rice, flour, ramen, turkey tail (imported foods). |

What are the rituals, stories, and proverbs associated with food?

| • Blessing/thanking for food before eating | You can do blessing on your own. Separate the church leaders, guests, adults table from the young people. You can select from who you want to do the speech. Songs now after all |
| • Traditional leaders, church leaders, guests, elders, and young children were served first |  |
| • Highly-recognized people and hosting family gave speeches |  |
| • Songs before or after eating |  |

What methods are used for gathering/acquiring food?

| • Fishing: spears and nets | From the Fishing Markets. Individual fisherman |
| • Group fishing for certain occasions |  |

Which seasons or times of year are associated with farming, hunting, and fishing?

| • Breadfruit and pandanus seasons | Breadfruit is different season from the pandanus. Because of the climate change, the food season are now changing |
| • Year-round fishing and banana, taro, and papaya planting/harvesting |  |

How important is food in social activity?

| • Very important because it brought people together for celebrations of special events (weddings, birthdays, deaths) and for welcoming/meeting new friends | Foods are prepared from each families events. |

Adapted from PREL Resources ‘ReSPCT – Food’ Pacific Resources for Education & Learning (PREL) www.prel.org