



FEAST Family Guide

Food Experiences for
Agriculture Science Training

crdg.hawaii.edu/feast

In this book, students will explore food, gardening, and the science ideas that explain how our choices help the environment.

Two very important ideas connect the lessons in this book.

People are connected to their islands through the food that they eat.

People have a responsibility to take care of their islands.

Each of the eight lessons has activities that include opportunities to talk with others. Students are encouraged to talk to trusted adults, friends, and elders about what they are learning and why it is important.

Your child will ask you questions as part of the activities. Students engaging with their families and communities to talk about important ideas is an essential part of this book.

Use question starters to talk to students about what they are learning. You can see some question starters in the box below. Asking and answering questions helps to strengthen student learning.

Question starters for science talk at home

I wonder why...
Look at the pattern...
I think this... because...
Oh... tell me about that
What is that?
Have you seen anything like that before?
What is happening?
What would happen if...?
How do you think that is happening?
How do you think that works?
How could we test our idea?
How could we design that better?
Is there anything we need to measure here?
What evidence do you have?
How do you know?



We want to hear from you. After your child uses the book, please take our survey and tell us about your experience with FEAST.

FEAST Family Survey
<http://go.hawaii.edu/QcJ>

What to expect from this book

Students will learn more about the place where they live. They will explore the two-way relationship between people and place. Students will learn that when they take care of the place, the place takes care of them.

Lesson	Question	Materials needed NOT found in the kit	Questions you may ask your child or they may ask you
1	Why are the patterns of the moon important?	None for required activities. Art supplies for optional 3-D art activity.	What is happening during a lunar cycle? Why does the moon look different at different times of the month?
2	How is a bean plant life cycle like other life cycles?	3 different seeds collected from fruit or plants. 1 quart container, soil, paper towel, rubber band, clear plastic	What pattern describes the growth of a bean plant? How does a bean plant life cycle compare to other life cycles?
3	How can we recycle food waste?	1 cup food scraps, 3 cups brown material, 1 quart or larger zip top bag, straw	How do you think composting happens? What evidence do you have?
4	How do the parts of a plant work together?	None	How do the parts of a plant work together? What is happening inside the plant as it grows?
5	What foods grow well in this place?	None	Why do certain plants grow well here? What is different about the places plants grow?
6	Why should we eat local foods?	Foods to design their own healthy musubi	Why does food come from far away? What local foods can we use to make musubi?
7	What can we learn from our elders about how to garden?	Materials to grow plants at home: repurposed containers, soil, and seeds or cuttings.	What do different plants need to be healthy? What can we grow here? How can we grow food?
8	How does preserving food help us to reduce waste?	Food pickling materials such as vinegar and salt.	What are some ways to preserve food? Which preserved food does our family like to eat?