

# HAWAII

*For the Busy Moms*

## Welcome to Hawaii!



Hawaii is located in the Pacific Ocean, over 2,000 miles west of California. Hawaii is made up of 137 volcanic islands, with 8 main islands.

Hawaii is the only U.S. state not located in North America. Its capital and largest city is Honolulu.

History: Approximately 1,500 years ago, Polynesians first arrived in Hawaii. Much later, in 1778, British explorer James Cook landed on the island of Kauai, and became the first European to arrive on the Hawaiian Islands. Spanish historians, however, say that the Spanish captain Ruy Lopez was the first European to see the islands in 1542. Almost immediately after Cook arrived, Americans came to the area and began to set up sugar plantations. Many people came from Japan, China, and the Philippines to work in the sugar fields. In 1810 Kamehameha became Hawaii's first king. The islands continued to have royal rulers into the 1880s. In 1898 Hawaii became a U.S. territory and in 1959, Hawaii became the 50th U.S. State!



WWII History: The Japanese attack on the Naval Base at Pearl Harbor on Dec 7, 1941 led the U.S. entry into WWII.

Fun Fact: Mauna Loa is one of five volcanoes which form the island state of Hawaii. It may have been erupting for at least 700,000 years!

Fun Fact: Hawaii is known as the Aloha State. Saying "Aloha" means both hello and goodbye in Hawaii.

## Pineapple Craft

Find a rock you can paint to look like a pineapple. While the paint is drying, cut several leaves out of a green sheet of construction paper. Glue the leaves together, then fasten the leaves to the painted pineapple rock with a hot glue gun. You have your own rock pineapple!



## Family Activities

1. Build your own volcano! Make a volcano cone out of paper mache or newspaper or a pile of dirt...anything you can find which resembles a volcano. Place the volcano outside your house! Put a small container—baby food jar, small plastic cup, old vitamin container—inside the volcano at the top. Add two spoonfuls of baking soda into the container. Add one spoonful of dish soap. Add 5-7 drops of red food coloring. When you are ready for the volcano to erupt, put on safety glasses then add one tablespoon of vinegar to the container. Stand back a safe distance and enjoy the eruption! If you prefer a ready made volcano kit, check out the Playz' Volcanic Eruption and Lava Lab available online!
2. Read: High Tide in Hawaii (Magic Tree House 28) by Mary Pope Osborne.
3. Check out National Geographic Kids Hawaii at <https://kids.nationalgeographic.com/explore/states/hawaii/>
4. Bring Hawaii to life by viewing links to several virtual reality 3D videos of Hawaii at [ForTheBusyMoms.com](http://ForTheBusyMoms.com)!

## Dole Whip!

Hawaii's featured recipe of Dole Whip is provided by Amy Pottinger. Amy is a culinary master and was a season 13 finalist on Food Network Star. Her blog Caviar and Crayons is described as "an ode to how food, experiences, and life shape the food we love..." Check out her story and her amazing recipes at [www.caviarandcrayons.com](http://www.caviarandcrayons.com)!

I have visited the Dole Plantation on Hawaii several times and the Dole Whip served there never disappoints. Check out page two of this packet to recreate this delicious treat with an amazing recipe provided by Amy!



# Dole Whip

Recipe provided by **Amy Pottinger of Caviar and Crayons**. Amy was a season 13 finalist on Food Network Star! You can find more of her amazing recipes at [www.caviarandcrayons.com!](http://www.caviarandcrayons.com!)



## Ingredients

Serves 4-6 (feel free to freeze and reserve\*)

4 cups frozen pineapple chunks (If you can get your hands on fresh Hawaiian pineapple, dice and freeze it, awesome. If not, already frozen pineapple will do the trick.)

3/4 cups milk/cream (Amy used heavy whipping cream. But you can also use canned coconut milk. The heavy whip will have more of a creamy and pure pineapple flavor. Naturally, the coconut will leave you with a pina colada feel. The texture will be the same with either choice.)

1 tbsp vanilla, optional

1 tbsp white sugar, optional

waffle cone, optional

pineapple topping, optional

## Instructions

1. Add pineapple chunks and milk/cream of choice to the blender. Continue to blend until smooth, using the tamper to help get everything down to the blade.

All other steps are optional. Amy told you this was EASY! ;)

2. Add vanilla and sugar and continue to blend. Amy added both, but you will find plenty of recipes which do not; so whatever you want to do is up to you.

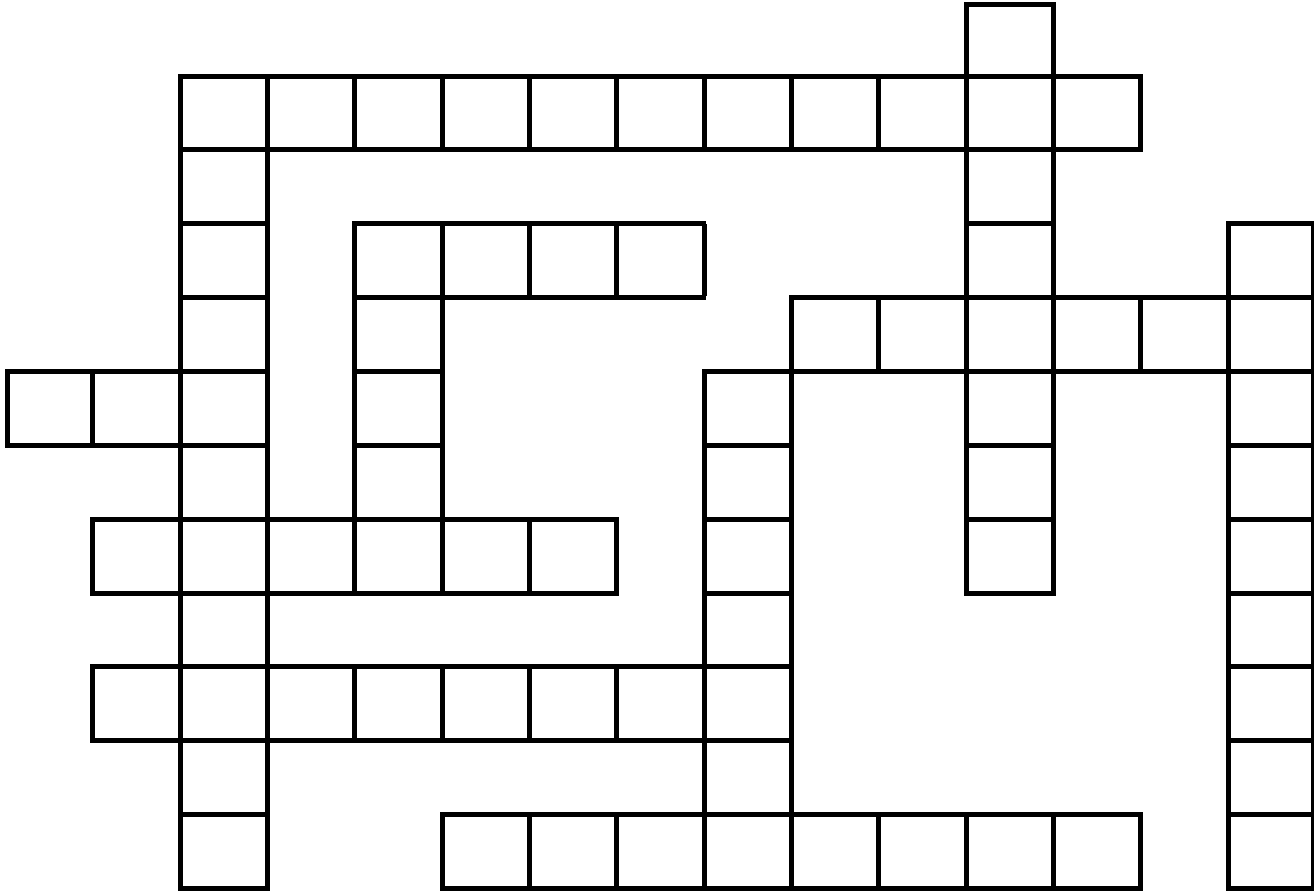
Serve in a waffle cone, a bowl, a cup, or eat it out of the blender. Look, you're an autonomous adult. Amy has full confidence that you can make these choices yourself. :)

\*Should you chose to freeze and serve again at a future date (freezer mason jars are amazing for this), allow the dole whip to soften a little (10 minutes or so) and re-blend in your blender.



Pineapple Express photo was taken at the Dole Plantation in Hawaii.

# Hawaii - Word Puzzle



Fit the words below into the proper spaces in the word puzzle above!

Hawaii

Scuba

Volcano

Honolulu

Pineapple

Sand

Pearl Harbor

Dole Whip

Island

Polynesians

Mauna Loa

Sun

