



Fijian Culture and Daily Life

Traditions, Food, and Fun in the Islands

What We Will Learn

In this lesson, we will:

- Discover the traditions of the Indigenous Fijian people.
- Learn about special ceremonies, like the welcoming Kava ceremony.
- Find out what daily life is like for kids in Fiji.
- Understand how Fijians live sustainably with their land.



Key Words



Indigenous
Indigenous
Fijians:
original
inhabitants for



Tradition
Traditions:
beliefs passed
from parents
to children.



Ceremony
Formal event
for special
occasions.



Sustainability
Sustainable
resource use
protects the
environment
for the future.



The Heart of Fijian Life

Family and community are very important in Fiji.

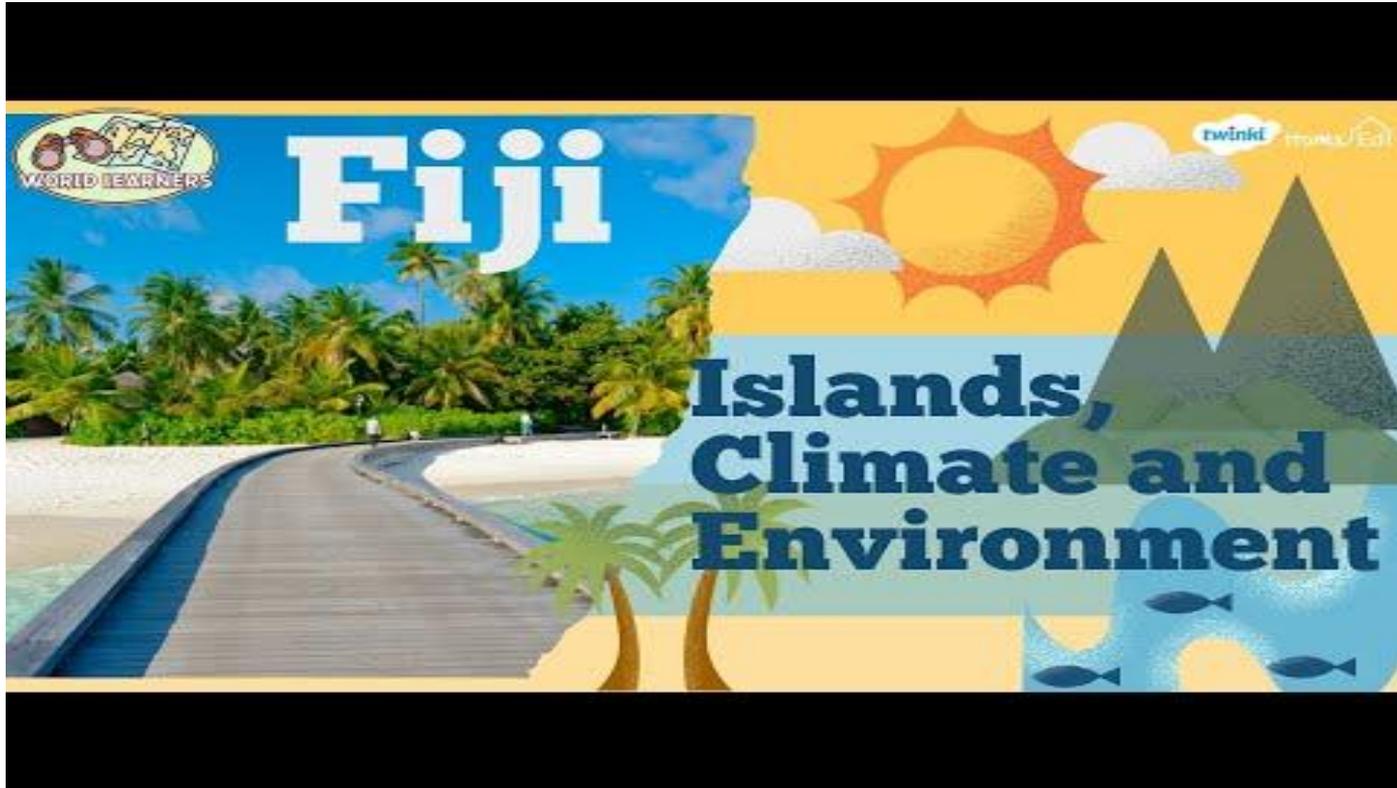
Most people live in villages where everyone knows each other. It is common for **extended families** to live together or very close by. This means grandparents, aunties, uncles, and cousins all help to raise the children.

The Welcoming Ceremony

Fijians perform the **Sevusevu** ceremony for arriving guests. Guests present **dried kava root** to the chief. The root is powdered, mixed with water, and served in a coconut shell. This ritual signifies **respect** and friendship.



Experience the Culture



True or False

The Sevusevu ceremony is a way to say goodbye to visitors leaving Fiji.



TRUE



FALSE

Answers on the next slide...

True or False  



The Sevusevu ceremony is a way to say goodbye to visitors leaving Fiji.



FALSE

Actually, the Sevusevu is a welcoming ceremony! It happens when guests first arrive to show respect and friendship.

Delicious Fijian Food



Fijian cuisine thrives on its tropical climate, yielding abundant fresh fruits and vegetables. Popular dishes include **Kokoda** (raw fish in lemon and coconut cream), **Lovo** (earth-oven cooked meats/veg in banana leaves), and staple root vegetables like **Taro** and **Cassava**.

A Day in the Life

What do kids in Fiji do? It is a mix of school, chores, and play!

- **School:** Children wear uniforms and study subjects like English, Fijian, and maths.
- **Chores:** Kids help by fishing, collecting water, or looking after younger brothers and sisters.
- **Play:** Rugby is the most popular sport! Kids also love swimming in the ocean.





Traditional Arts and Crafts

1

Masi Cloth

Mulberry bark cloth: geometric designs.

2

Weaving

Weaving pandanus leaves into baskets, mats, and hats: a generational skill.

3

Meke

Storytelling dance: legends, battles, daily life through movement.

Living Sustainably

Fijians care deeply for their islands. They practice **sustainability** to make sure their beautiful home stays healthy for the future.

- **Fishing:** They only catch what they need to eat.
- **Farming:** Crops are grown naturally without harmful chemicals.
- **Respect:** There is a strong belief that people must care for the land and sea.



Quick Quiz

Answers on the next slide...

Which root vegetable is a staple food in Fiji, similar to a potato?

1. Rice

2. Taro

3. Corn

4. Wheat

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Get creative

Design a Masi Pattern

Using the patterns you saw in the lesson, create your own 'Masi' cloth design. Use geometric shapes like triangles, diamonds, and lines.

Repeat the pattern to make it look like traditional Fijian bark cloth.

What you'll need:  

Paper, Pencils, Ruler





Summary

Today we learned that Fijian culture is rich with tradition.

- Families and communities are central to daily life.
- Ceremonies like Sevusevu show respect and welcome guests.
- Food, dance, and art play a big role in celebrations.
- Fijians work hard to protect their beautiful islands for the future.