

# CHUUK FOOD

	<b>Traditional</b>	<b>Contemporary</b>
<b>What are some favorite local dishes?</b>	<ul style="list-style-type: none"> <li>• Pounded breadfruit, preserved breadfruit, taro, pounded taro, sweet taro, banana, and tapioca</li> <li>• Fish, sea clams, sea cucumber, pig, and chicken</li> </ul>	<ul style="list-style-type: none"> <li>• Sweet potato, watermelon, papaya, orange, pineapple, pumpkin</li> <li>• Turtle, crab, coconut crab</li> </ul>
<b>What foods are eaten from other countries or Pacific Islands?</b>	<ul style="list-style-type: none"> <li>• Mango, yam, and orange</li> </ul>	<ul style="list-style-type: none"> <li>• Watermelon, orange, pineapple, apple, pumpkin, grape, potato</li> </ul>
<b>What are the taboos associated with food?</b>	<ul style="list-style-type: none"> <li>• Eating food with or left over from people such as <i>itang/souring</i> (magician) would lead to illness or death if immediate medical attention was not received</li> <li>• Certain types of food/meat were forbidden to believers in ghosts or God by their clans</li> </ul>	<ul style="list-style-type: none"> <li>• Abnormal child caused by pregnant woman who eats turtle.</li> <li>• Eating preserved bread fruit will lead to hatred towards the person who used to love magic.</li> <li>• For a magician, eating certain types of fish will cause sickness or death.</li> </ul>
<b>What are the practices and beliefs about food giving, preparation, and handling?</b>	<ul style="list-style-type: none"> <li>• <i>Angaang chik aramas</i>: If you have more people to do a job, the job will be done easily and efficiently</li> <li>• Belief in sharing and teamwork</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Mwen uwa</i>—First fruits should be given to the high chief.</li> <li>• <i>Amwam</i>—relatives bring food to a sick person so those taking care of the sick will eat. In return, when you are sick people will also bring food to you.</li> </ul>

	<b>Traditional</b>	<b>Contemporary</b>
<b>What are the rules associated with meals within the family?</b>	<ul style="list-style-type: none"> <li>• <i>Che-pew</i> (giving people food without using leaves as plates) was unacceptable</li> <li>• Talking while eating was culturally unacceptable</li> <li>• Males were served first</li> </ul>	<ul style="list-style-type: none"> <li>• Playing with food is not allowed.</li> <li>• <i>Asaunappo</i>—it is very shameful to visit sick people without bringing any food.</li> <li>• Do not give brothers or men left over food.</li> </ul>
<b>What food/ dishes are related to good health?</b>	<ul style="list-style-type: none"> <li>• Food available in local environment, including pounded taro and breadfruit</li> <li>• Banana with coconut oil, fish/meat, and other sea meats</li> </ul>	<ul style="list-style-type: none"> <li>• Same as traditional</li> </ul>
<b>What are the rituals, stories, and proverbs associated with food?</b>	<ul style="list-style-type: none"> <li>• Certain ritual were used to ask for forgiveness or permission and to cure sickness</li> <li>• Story of <i>Feuwiimw</i></li> <li>• Proverbs</li> <li>• <i>Mwengeen kasopw</i>: Celebrate accomplishment of something that required involvement of many people</li> <li>• <i>Mwenge kippwin</i>: Sour food/feeling of unwelcome</li> <li>• <i>Mwenge chuu</i>: All things should be accomplished with joint hearts and hands (eating together/collective ownership)</li> <li>• <i>Mwengenipwin</i>: People who eat at night are thieves</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Kiss</i>—Food is exchanged for the approval of marriage.</li> <li>• <i>Mengen errek</i>—feast for all the relatives of a dead person.</li> <li>• <i>Mengen pwilikeha</i>—when a woman gives birth, the husband and his relatives go fishing to bring fish to the wife.</li> </ul>
<b>What methods are used for gathering/acquiring food?</b>	<ul style="list-style-type: none"> <li>• Taro dug from ground, breadfruit picked with a stick and long pole, and banana harvested with knives/machetes</li> <li>• Fishing line made from hibiscus bark, hooks made from fish/animal bones</li> <li>• Birds were caught using traps/sap of breadfruit stems and poisonous roots from certain plants and vines</li> <li>• Small fishing baskets were made from coconut's young leaves (<i>sewa/tewerik</i>)</li> </ul>	<ul style="list-style-type: none"> <li>• Fish traps made with coconut rope and mangrove sticks</li> <li>• Poison from certain kinds of plants used to catch fish</li> <li>• Long stick with rope used to catch birds or chickens.</li> </ul>

	<b>Traditional</b>	<b>Contemporary</b>
<b>Which seasons or times of year are associated with farming, hunting, and fishing?</b>	<ul style="list-style-type: none"> <li>• Fishing was dependent on the position of moon and condition of sea (low and high tide)</li> <li>• <i>Nee-res</i> for breadfruit harvest season; <i>Nee-fen</i> for taro harvest season</li> <li>• For other crops, farming done as necessary</li> </ul>	<ul style="list-style-type: none"> <li>• Same as traditional</li> </ul>
<b>How important is food in social activity?</b>	<ul style="list-style-type: none"> <li>• Very important part of social activity</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Chii chok mongo---</i> No food, no strength</li> </ul>

Sources:

Merry Jack: College students at COM- Chuuk campus, 5 students

Jayleen Rieuo: Employee, 5 employees

Gina David: Woman community leader, 10 women in the communities