

Examples of a key idea across the levels	Level 1	Level 2	Level 3
<p>Traditional Pacific cooking methods.</p> <p>Please note this is an example of one key idea that might be included in the aspect. It shows what the progression might look like from level 1 through to level 3.</p>	<p>The umu is an example of a traditional method of cooking in Samoa.</p>	<p>The umu is an example of a traditional method of cooking in Samoa. To prepare the umu you need rocks that have been heated in a fire and onto which prepared food is placed. The food is then covered with some of the hot rocks and banana leaves and left to cook.</p>	<p>The umu is an example of a traditional method of cooking in Samoa. To prepare the umu you need volcanic rocks that have been heated over a fire and onto which prepared food is placed. The food is then covered with some of the hot rocks and banana leaves and left to cook for approximately an hour depending on the food.</p> <p>Different styles of umu are used in different islands around the Pacific eg lovo in Fiji, luau in Hawaii.</p>
<p>Traditional Pacific dance</p> <p>Please note this is an example of one key idea that might be included in the aspect. It shows what the progression might look like from level 1 through to level 3.</p>	<p>Traditional dance plays an important part in Pacific cultures eg the Siva in Samoa, Hiva in Tonga, Ura in the Cook Islands.</p>	<p>Traditional dance plays an important part in Pacific cultures at gatherings eg the Siva in Samoa, Hiva in Tonga, Ura in the Cook Islands. Dance is important in maintaining language and cultural traditions.</p> <p>The Tauluga dance is performed by the Taupou or Manaia during formal occasions such as: weddings, welcomes, church and school opening ceremonies.</p>	<p>Traditional dance plays an important part in Pacific cultures at gatherings eg the Siva in Samoa, Hiva in Tonga, Ura in the Cook Islands. Dance is important in maintaining language and cultural traditions.</p> <p>The Tauluga dance is performed by the Taupou (female) or Manaia (male) during formal occasions such as: weddings, welcomes, church and school opening ceremonies.</p> <p>The Taupou or Manaia is traditionally a person of high ranking to show the status of the family and the occasion.</p>
<p>Traditional Tatau</p> <p>Please note this is an example of one key idea that might be included in the aspect. It shows what the progression might look like from level 1 through to level 3.</p>	<p>Tatau is a tradition of all Pacific cultures. It is a symbolic body decoration that signifies connection to cultural heritage eg Ta Moko for Maori, Pe'a and Malu for Samoans.</p>	<p>Tatau is a tradition of all Pacific cultures. It is a symbolic body decoration for men and women that signifies connection to their cultural heritage eg Pe'a and Malu for Samoans.</p> <p>Tatau shows the individuals ancestral ties, status, and story through the placement of patterns engraved into the body.</p>	<p>Tatau is a tradition of all Pacific cultures. It is a symbolic body decoration for men and women that signifies connection to their cultural heritage eg Pe'a and Malu for Samoans.</p> <p>Tatau shows the individuals ancestral ties, status, and story through the placement of patterns engraved into the body. They symbolise traditional and spiritual beliefs through patterns drawn from the environment around them eg land, sea, sky linking the past and the present.</p> <p>The Tufuga (traditional tattooist) is recognised as a skilful artist who holds the knowledge of traditional patterns.</p>