



QCWA Country of Study
Samoa

Samoan Produce
and Cuisine

Flip Cards



health +
wellbeing
Queensland



Use these flip cards to promote the 2026 QCWA Country of Study and the Country Kitchens key message 'get more fruit and veg into your meals'.

Try this activity at your next Country Kitchens showcase or QCWA event.

How to use:

1. Read the question on the front of the card
2. Ask participants to share their answers
3. Flip the card and read out the correct answer

What is the
name of
this fruit?

Answer: Breadfruit

Breadfruit is a large, tropical fruit grown on a tall, evergreen tree. When cooked, its soft, starchy flesh tastes similar to fresh bread or potato.

Unripe breadfruit is cooked like a vegetable (boiled, roasted, fried, or mashed). The ripe fruit is soft and sweet and is often eaten plain or used in desserts.

It is also made into chips, flour and used in curries, soups and salads.

What is the
name of this
edible plant?



Answer: **Taro**

Taro is a staple ingredient in Samoan Cuisine. Both the leaves and starchy root of the plant are used in a variety of dishes.

Some varieties of taro naturally produce a light purple colour, which comes from anthocyanins - the same antioxidant found in blueberries.

Taro leaves and roots must both be cooked. Eating raw taro can cause a painful burning sensation.



What is the
name of this
dish?

Answer:

Oka i'a

oh-kah ee-ah

Oka i'a translates to 'raw fish'. This dish is similar to ceviche whereby the fish is 'cooked' in the acid of lemon or lime juice.

Oka i'a is traditionally made with chopped fish, citrus juice, coconut cream, onion, cucumber, tomato and sometimes chilli.

The dish is served cold and often alongside other sides such as boiled taro, breadfruit or rice.

True or False?
Green bananas
are commonly
used in Samoan
cooking?

Answer: True

Fa‘i Samoa were traditionally grown in almost every village because they’re drought-tolerant and provide a reliable year-round source of starch.

Fa‘i Samoa are Pacific cooking bananas and belong to the Maoli–Popoulu plantain group. They are less sweet and more starchy than varieties such as cavendish bananas.

Pacific green bananas are grown to be boiled, baked or cooked in coconut cream.

How is
coconut cream
traditionally
made in
Samoa?

Answer: By hand

Traditionally, Samoans grate mature coconut flesh by hand and squeeze the flesh twice with a little warm water to extract thick coconut cream.

Fresh coconut cream is commonly used in both sweet and savoury dishes in Samoa, but it's important to note it is quite high in saturated fat.

Mature coconuts are used for coconut cream. They have a hard, brown, fibrous outer shell.

What is the
name of
this dish?

Answer: Palusami

Palusami is taro leaves filled with coconut cream and onions, wrapped into bundles and slowly cooked in an umu.

This dish is highly versatile. Fish, corned beef, or vegetables can be added to the coconut cream mixture before cooking.

Palusami is often prepared for Sunday lunch, one of the most important family meals in Samoa.

True or False?
Traditional
Samoan dishes
are naturally
dairy free?

Answer: True

Pre-colonial Samoan cooking had no dairy. Most traditional dishes use coconut cream or coconut milk instead of dairy.

The tropical climate in Samoa isn't well suited to dairy farming and coconut cream was (and still is) a main source of flavour and fat.

Coconut palms grow naturally and abundantly across the islands making them accessible for cooking.



What is the
traditional
Samoan 'earth
oven' called?

Answer: Umu

A Samoan umu is a pile of hot volcanic stones used for cooking food outdoors. The food is covered in banana leaves to trap heat.

Meats like pork and chicken, seafood such as fish and octopus, and root vegetables like taro and breadfruit are often wrapped in banana leaves or cooked in coconut cream using an umu.

Volcanic stones are used to create an umu because they are excellent retainers of heat.

What is
cacao
commonly
used for in
Samoa?

Answer: Koko Samoa

Samoa hasn't historically produced chocolate. Most cacao is exported as raw beans to be turned into chocolate in places such as New Zealand.

Cacao in Samoa is most commonly used to make koko Samoa, a traditional drink made from roasted, ground cacao beans mixed with hot water, and sometimes sugar or coconut cream.

Cacao is also used in koko alaisa which is a cocoa rice pudding.