A Weekend with Tutu
Kuʻulei Pablo, Author and Illustrator

Mālama Honua Digital Storybook Series
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This is Ke’anu. He’s 8 years old. He loves chicken nuggets & french fries, pancakes, cereal, candy and chips! Mom doesn’t like that very much.
This is Mom. She is always trying to get Ke’anu to eat his fruits and veggies, but he always refuses! Worried that he’ll starve, Mom gives Ke’anu whatever he wants.
One day, Mom decided enough was enough! She called Tutu, in Hilo, for some advice. She was at her wits end! Tutu agreed to come for the weekend to see how she could help. If there's anyone Ke'ananu would listen to, it was Tutu. He adored Tutu! She was so much fun and always told the best stories!
Later that evening, there was a knock at the door. Before Tutu had a chance to walk into the house and greet her aloha’s, Ke’anu had his arms wrapped around her begging for a story. Hawaiian legends were Ke’anu’s favorite!

“Soon, soon,” chuckled Tutu.
At dinner, Tutu saw that Ke’anu had not touched his fish or poi, but was asking Mom to make chicken nuggets instead.
“Ke’anu,” Tutu interrupted enthusiastically, “Did you know that the poi (taro) on your plate is the son of the sky father Wakea and mother earth’s daughter, Ho’ohoku-ka-lani?” Ke’anu perked up in his seat, eyes wide with curiosity and excitement.
Ke’anu listened closely as Tutu told him the story of Haloa, a stillborn baby whose parents buried him in the ground and wept tears over the whole island.

“One day,” continued Tutu, “Haloa’s mada went to visit him and found that Haloa had turned into one ---” “A taro plant!” interrupted Ke’anu. Tutu shook her head in approval saying how strong Haloa was and how his taros fed and gave strength to the first Hawaiians.
“The ancient Hawaiians believed that if you ate the taro of Haloa you would become strong and powerful just like Haloa, who found a way to survive. So, if you eat your poi and taro, you ‘gon get strong too!” assured Tutu. Inspired by Tutu’s story, Ke’anu took a bite of his poi, then another, and another, before it was all gone! Mom’s jaw dropped with surprise. “It’s actually yummy, Mommy,” exclaimed Ke’anu with surprise. Ke’anu had forgotten all about the chicken nuggets he asked for. He was pleased with himself. Mom was pleased too.”
The next morning, Ke’anu awoke to a sweet yummy smell that filled the air. Following his nose, he found Tutu making pancakes for breakfast. Ke’anu wanted a piece, until he saw that tutu was adding...pineapples?

“Ew pineapples in pancakes?! Ick,” said Ke’anu. “You neva even try um and you saying ‘ick’. Here, try one,” said Tutu. Reluctantly, Ke’anu bit into the first batch tutu had made.
His eyes widened, “Mmm, it is good, Tutu! More, more!” soon, Ke‘anu had eaten 3 whole pineapple pancakes before it even made it to the table where Mom watched in surprise. “Tutu, look, my muscles grew!” “Now, they gon’ keep growing ‘cause you ate all your pineapples,” Tutu encouraged. Ke‘anu was pleased with himself. Mom was pleased, too.
For lunch that day, Mom made chicken and sweet potatoes.

“I don’t want sweet potatoes,” whined Ke’anu.

Tutu replied, “Try ‘um, Ke’anu! This was my candy when I was one little girl.”
Ke’anu took a bite. “Mmmmmm! It really is sweet!” soon Ke’anu gobbled up all the food on his plate. “Ho, Ke’anu, look your muscles went grow from the pineapples this morning! Soon your muscles gon’ be biggah than ya head!” teased Tutu. Ke’anu was pleased with himself. Mom was pleased, too.
Finally, the time had come for Tutu to return home. “Ke’anu, you be a good boy and listen to ya mada. Eat your fruits and vegetables...they ‘gon keep you strong like the Hawaiian Gods” said Tutu. “Yes, Tutu!” Ke’anu promised. Ke’anu and Tutu hugged and said their alohas.
From that day forward, Ke’anu learned that it was okay to try new things. He decided that to be healthier, he’d always eat at least one fruit and one vegetable a day. Next time he saw Tutu, he would show off how big his muscles grew! Ke’anu was pleased with himself. Mom was pleased, too.
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<th>Developmentally Appropriate</th>
<th>Culturally Responsive</th>
<th>Body-Brain Compatible</th>
<th>Health Enhancing</th>
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<td>This story would be appropriate for ages 4 – 10; however, the book reading level would best fit ages 9 and up.</td>
<td>The food choices in this story are specific and relatable to students in Hawaii as it is food that is a staple in their culture. Similarly, the legend, dialogue and names of the characters in the story are Hawaiian.</td>
<td>The child in the story makes connections between what he is eating and the choices he makes that is tied directly to his physical and mental health.</td>
<td>The child in this story is surrounded by caring individuals who prioritize his health and well being so much that it has become the book’s entire focus. The clever ways the character, Tutu, in the story gets Ke’anu to make healthier choices shows the child exercising health enhancing behavior.</td>
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National (NHES)

Standard 2

- Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

State (HCPS III)

Standard 1: CORE CONCEPTS: Understand concepts related to health promotion and disease prevention

- HE.K-2.1.5 – Personal Health and Wellness: Describe how individuals can promote and protect their own health.