

Kai's Adventure Around the Island

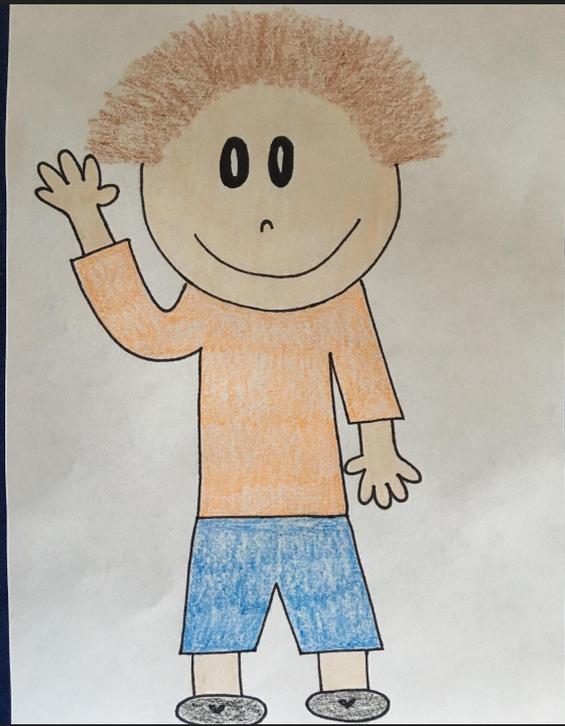
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Mālama Honua Digital Storybook Series
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Kai likes to stay home and eat fast foods and snacks all day. He rarely eats fruits and vegetables. Kai starts to run into problems when playing outside with his friends; he has no energy. His friends decide to take him around the island in search for healthier food options. Kai learns to try new things and develops healthier eating habits in order to live a healthy and active lifestyle.

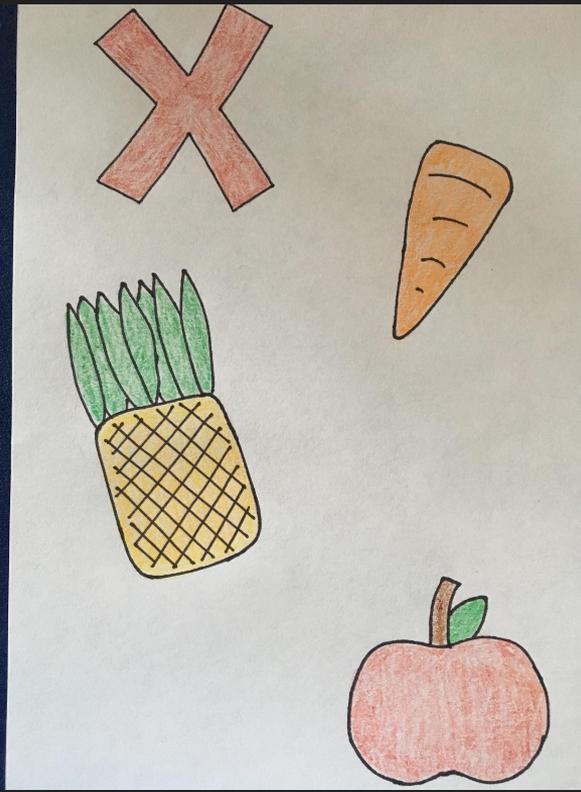
Throughout the story, Kai strengthens his sense of belonging by getting to know where he's from and he becomes more open to new ideas and ways of doing things.



This is Kai. Kai lives on the island of O'ahu.

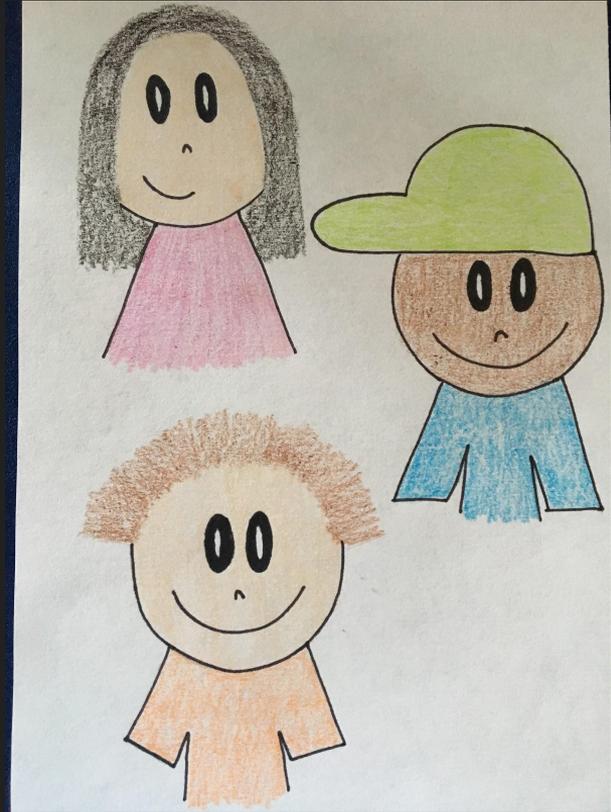
Kai loves to eat junk food. His favorite thing to eat is candy.





Kai thinks healthy foods like fruits and vegetables are gross.

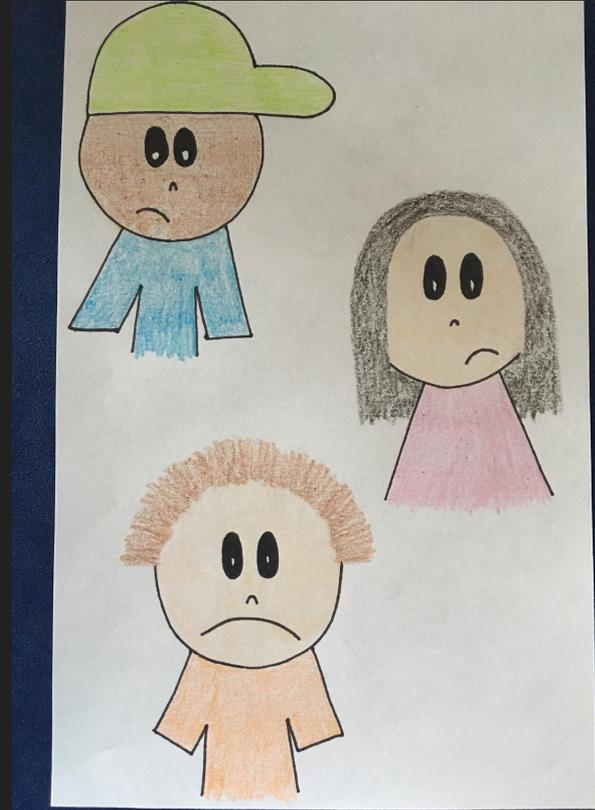
Today Kai and his friends are playing at the park.

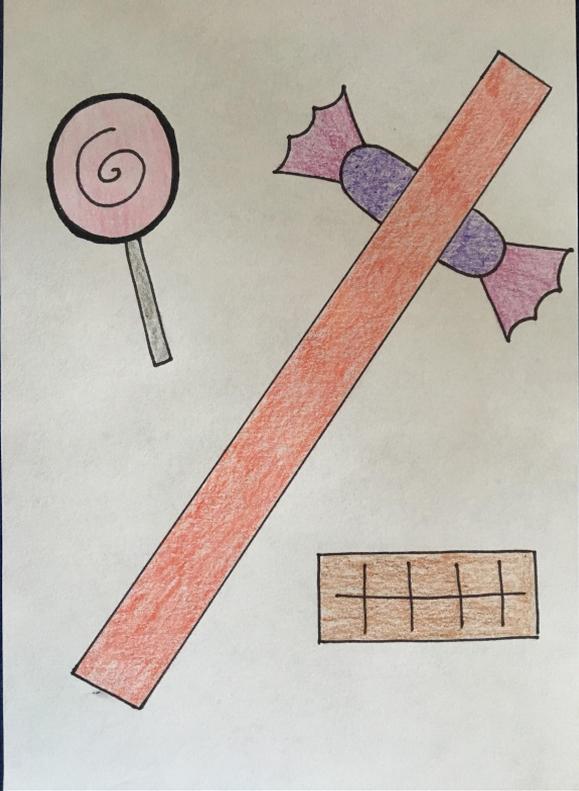




Kai loves to run and play with his friends, but he never has enough energy.

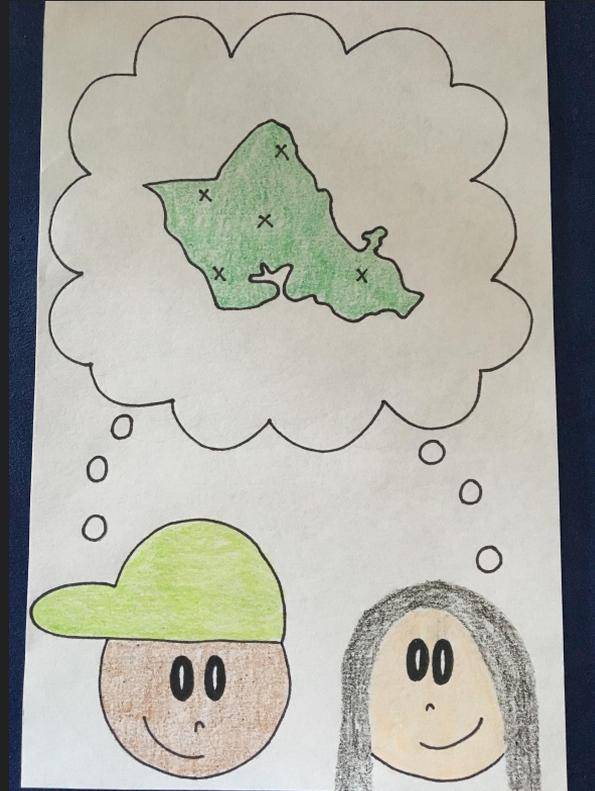
His friends notice that he gets tired all the time.

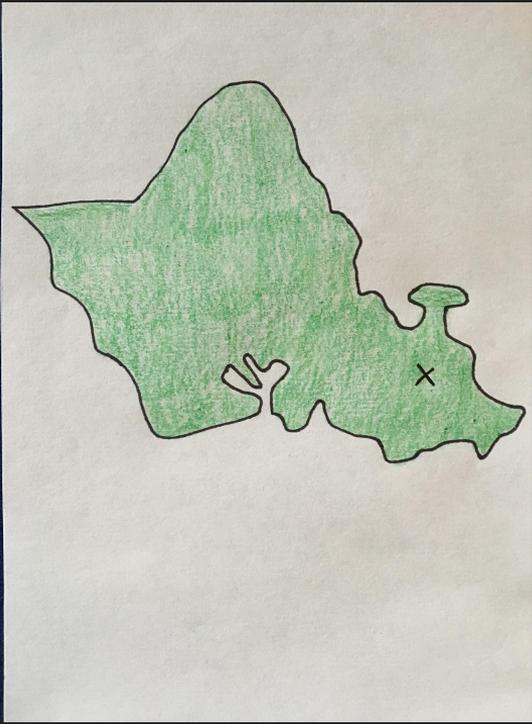




All of the candy and junk food that Kai eats causes him to have no energy.

Kai's friends decide to take him on an adventure around the island. They will look for healthy foods for Kai to eat.

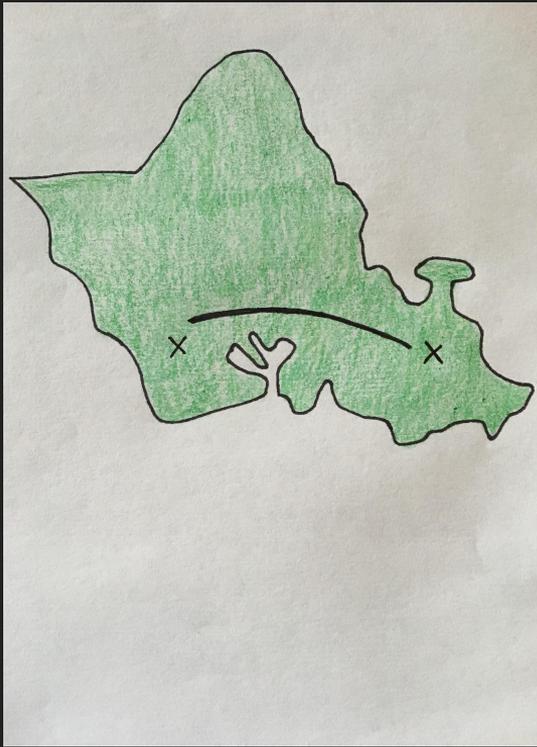




First stop: Kailua

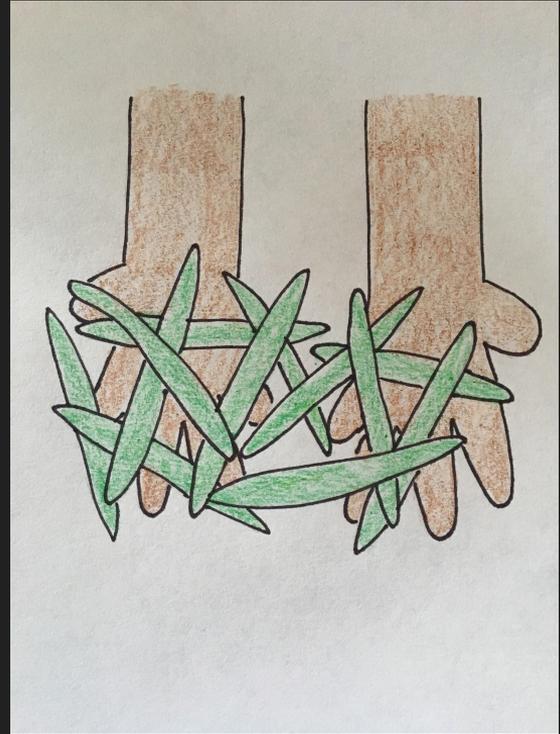
At the Kailua Farmer's Market, Kai looks around for something healthy. He buys the fresh bell peppers because they come in different colors, like red, green, and yellow.

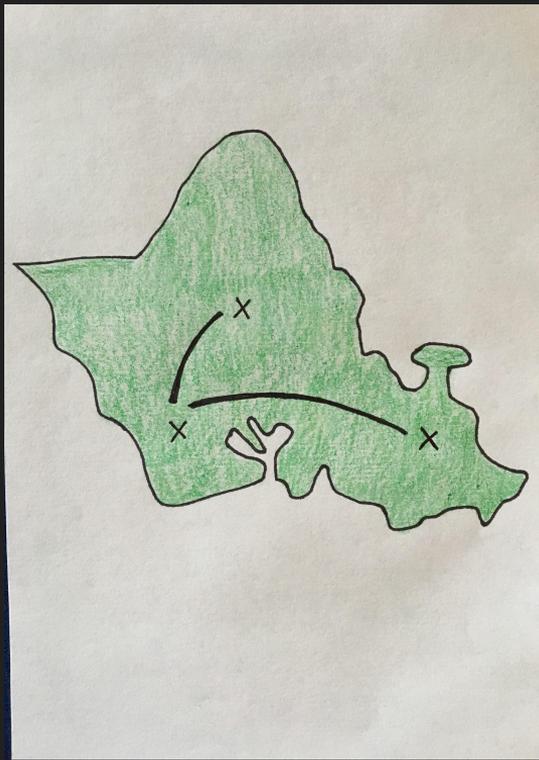




Second stop: Kapolei

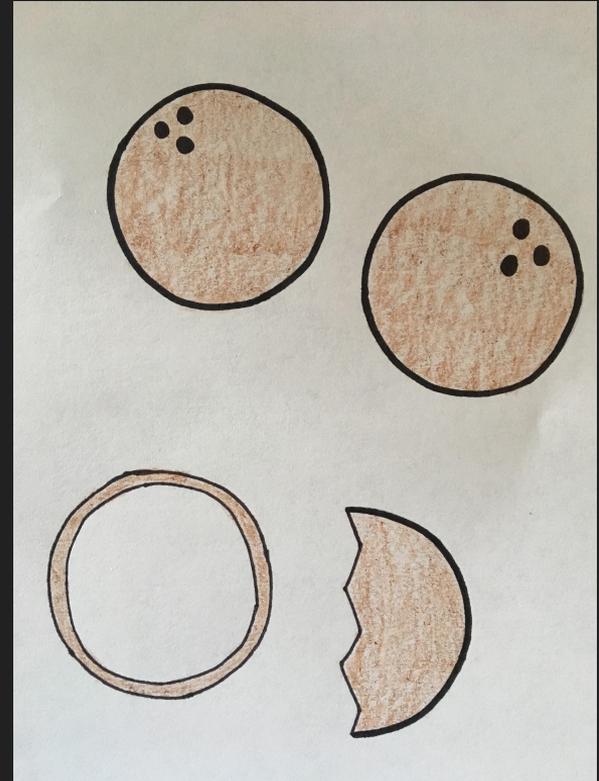
Kai and his friends visit Aloun Farms. The farmers there are very nice. They let Kai pick his own string beans to take home.

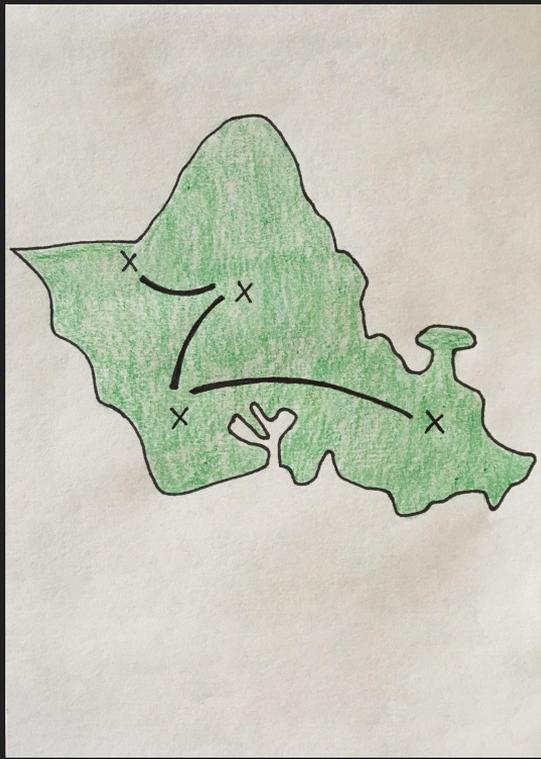




Third stop: Wahiawa

At the Wahiawa Farmer's Market, Kai meets a woman cutting coconuts. She cuts one open for him and his friends.

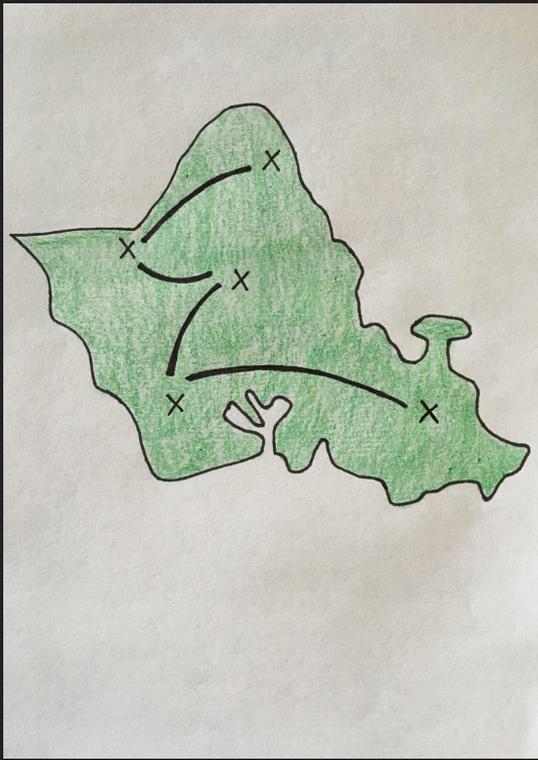




Fourth stop: Waialua

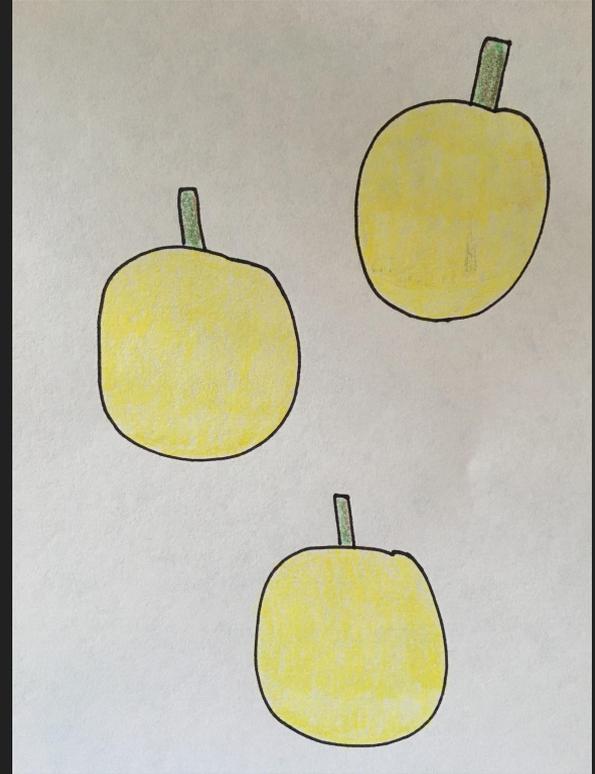
Kai makes a stop at Waialua Fresh. It's a grocery store that sells kale. Kai has never heard of kale, but his friends like it, so he buys some.





Fifth and final stop: Kahuku

At Kahuku Farms, Kai finds a fruit that looks like a yellow tennis ball. This fruit is called a lilikoi. He buys some.

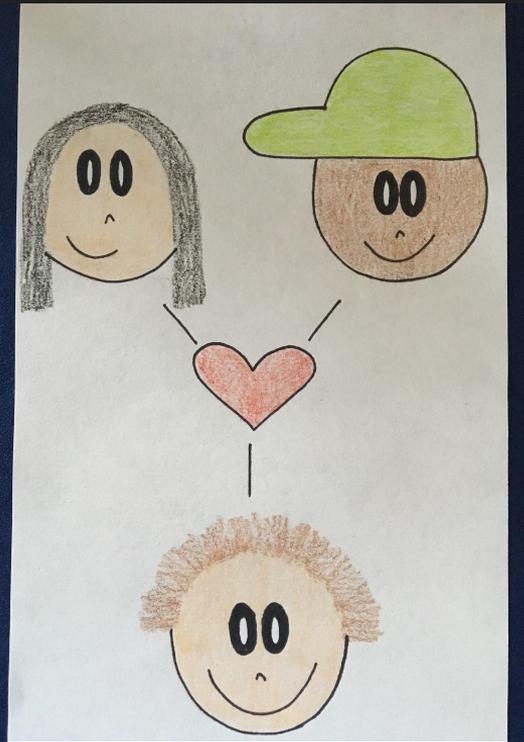




Kai rests after his adventure. He is excited about trying all of the new and healthy foods he and his friends got.

Kai and his friends sit down together and try all of the fruits and vegetables. Kai loves them! He loves them more than candy because it tastes good and gives him the energy he needs to play.





Kai and his friends help each other to eat healthy and stay active by playing outside. Kai has so much more energy now and can play for a long time.

THE END

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

Topic: Healthy eating and physical activity

Benchmark: HE.K-2.1.3: Describe the benefits associated with a healthy diet

Sample Performance Assessment: The student: Lists healthy food choices that provide energy and nutrients for growth (e.g., peanut butter, fish, brown rice, fruit).

Rubric:

Advanced	Proficient	Partially Proficient	Novice
Identify the benefits associated with a healthy diet, accurately and with complete description	Identify the benefits associated with a healthy diet, with some minor inaccuracies or omissions in descriptions	Identify the benefits associated with a healthy diet, with significant inaccuracies or incomplete descriptions	Identify the benefits associated with a healthy diet, with no description

Lesson Activities

Lesson 1:

Students will learn about the different parts of the island. They will be given a blank outline of the island of O'ahu and will label it with the names given in the story, plus a few others that may be familiar to them. Then the students will quiz each other to see how many of the places they can locate correctly.

Lesson 2:

The students will take a field trip to a few of the locations mentioned in the story and will get to visit some of the farms where Kai got his foods from. Then the students will do research on one of the fruits / vegetables they saw. They'll research the health benefits of that specific food item.

Hā Framework

Strengthened sense of belonging:

I stand firm in my space with a strong foundation of relationships. A sense of Belonging is demonstrated through an understanding of lineage and place and a connection to past, present, and future. I am able to interact respectfully for the betterment of self and others.

- Know who I am and where I am from
- Am open to new ideas and ways of doing things

Hā Framework

Strengthened sense of total well-being:

I learn about and practice a healthy lifestyle. A sense of Total Well-being is demonstrated by making choices that improve the mind, body, heart and spirit. I am able to meet the demands of school and life while contributing to the wellbeing of family, 'āina, community and world.

- Develop self-discipline to make good choices
- Have enough energy to get things done daily
- Promote wellness in others

Hā Framework

Strengthened sense of Hawai'i:

I am enriched by the uniqueness of this prized place. A sense of Hawai'i is demonstrated through an appreciation for its rich history, diversity and indigenous language and culture. I am able to navigate effectively across cultures and communities and be a steward of the homeland.

- Call Hawai'i home

General Learner Outcomes (GLO's)

- The ability to communicate effectively.
- The understanding that it is essential for human beings to work together.