Strong Like Papa

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Mālama Honua Digital Storybook Series
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Strong like Papa
This book is dedicated to my dad and niece

Dad, thank you for showing me the importance of hard work. Also for always taking me with you to clean your customer’s yards. Those days are my best memories we share.

To my lovely niece, thank you for always being my biggest supporter and helper in all things creative. I would have not finished this book, if it weren’t for you.

I love you.
“But why do you like gardening so much?”

Hina is a curious little girl. On the days she comes to visit Papa, she always finds him in the garden. While sitting under her Papa’s mountain apple tree, Hina was amazed to find her grandpa not as tired as her, despite all the work they did. Wondering how he has all this energy, Papa tells Hina a new story about her great grandpapa. Living on the plantation was not so easy. But with the right foods, Papa’s father lived through it. Papa’s story helps Hina learn the importance of eating the right foods and exercise. Hina is excited to take on this new journey with her new found knowledge of eating the right foods and exercising… Especially if she wants to be strong like her papa.
It is the first Saturday of summer break. Hina excitedly hurries out the door and jumps into her mom’s awaiting van. She is going to Papa’s house today. Papa is Hina’s best friend.
Staring out the window Hina imagines tasting the sweet, red mountain apples waiting to be picked. Papa grew a lot of fruits and vegetables in his garden. The garden is Hina’s favorite place to spend time with Papa.
in the distance, Hina sees the large green mango tree and orangey orange house. Papa’s house is the most brightest on the street.
“See you at four, I love you mom.” Hina said kissing mom goodbye, then running to open the gate.
“I’m here!” Hina shouts.
“I thought I heard a grumbling tummy!” Papa says giving Hina a bear hug.
“Did you save me some apples?” Hina asked.
“Of course, I did!” Papa says.
Her mouth is watering, wanting to take a bite out of the reddest apple at the top of the mountain apple tree.

“Ah ah ah….” papa says wagging his finger at her. “You know the rules…”

“Okay…” Hina sighs and goes to get her gardening gloves from the shed.
On all fours, Hina helps Papa pull weeds. Papa makes it a contest, to see who could pull the most weeds. After pulling weeds, Papa and Hina race to rake the biggest leaf pile. Papa always won. He is much stronger and faster than Hina.
Hina quietly eats her watery mountain apple. Yawning, she watches Papa still cleaning the yard. She couldn't help but notice that Papa was not tired yet. Gardening was fun, but it was hard work.
“Why do you like gardening so much?” Hina asks Papa.
“It’s great exercise and also, my parents taught me how to grow food.” Papa says putting leaves into bags.
"I didn't know that gardening was exercise." Hina says surprised.

"Gardening is good for the mind and especially the heart, just what my dad would always tell me." Papa says putting the rest of the leaves into a trash bag.
“My dad, your great grandpapa used to work in the Plantations.” Papa says, sitting next to Hina, under the apple tree.

Hina’s great grandparents came to Hawaii from the Philippines. Great grandpapa worked and lived on a plantation. He worked hard just so he could send money back to grandma in the Philippines.
Papa continues, “Working in the plantations was not always easy. My dad would wake up really early in the mornings and worked all day into the night. He had to do the same things over and over again the next day. He enjoyed it, it was great exercise for him.” Papa sighs. “One day he got very weak and tired. He couldn’t lift heavy sugar canes onto the trucks. His doctor told him that he was not feeding his body the right foods to give him energy.”
“What was he eating instead?” Hina asks. 
“He was always tired, so sometimes he never ate anything at all. Eating dark leafy greens, whole grains, and colorful fruits and vegetables gives your body what it needs to keep on moving. Why do you think I’m not tired yet?” Papa says, winking at Hina.
Papa takes Hina to a new plot she had never seen before. It looks like a swampy mud pit. Large strong stalks came out of the mud. The plant had big dark green hearts as leaves.

“This is taro. My favorite food.” Papa says smiling. “Back in the plantations, grandpapa would cook this. He lived with many different people. Most of them were filipino just like him, some were from Japan, and a few of them were Hawaiian. Everyone loved taro. Many dishes were made from this plant.”
“What is so special about this plan? It grows in dirty water.” Hina says pinching her nose.

“What the taro plant was one of the main food sources for the ancient Hawaiians. This plant has vitamins A, C, E, and B6. These vitamins help your body fight off any sickness.” Papa says walking to the next plot.
Papa takes Hina around his garden pointing out the different foods he grew. Kale had big crinkly leaves. Papa called it a "super food". Just like taro, kale has many vitamins. It also has calcium, something you find in cow’s milk!
Hina’s favorite funny named fruit was the dragon fruit. It was oval and red with green pointy flaps on the outside. The inside was a deep, dark magenta and had black dots. It had stained Hina’s fingers pink when she picked at it. Papa said that this fruit is rich in antioxidants. It helps protect your cells.
Other funny named fruit and vegetables Hina remembered were bitter melon, okra, and sour sap. Papa says that these fruit and vegetables all hold healing powers. Papa’s garden was full of magical food.
Hina's head was full of information about the many different foods that was growing in Papa's garden. She almost forgot how tired she was. With her plastic bags full of vegetables, Hina couldn’t wait to try them all.
“Next week Papa, I'm going to pull the most weeds and rake the most leaves!” Hina says hugging her best friend good bye.

“I gave you a bag full of my best foods, that should be a start. But we will see…” Papa says and hugs her back.
Activity 1:

Have students take a field trip to Hawaii Plantation Village. Students will tour the village. They will be able to relive what it was like to live in the village, just like Hina’s great grandpapa. After the tour have students reflect about the differences in what they have seen in the village. Students will compare and contrast the ways of living compared to their own modern lives.

Activity 2:

Have students take a trip to Leeward Community College for Native Plant Garden Walking tour. Students will be able to see over 30 different native plants growing in the garden. The student will gain knowledge about the different plants and also their nutrition. Students will also get to visit the worm composting bin. Have students reflect about the different plants they have seen in the garden. Before the trip students will select a native plant that they choose to do research on. This trip will aid students in gathering useful information and to also have students work on getting their plant sketches ready for their presentations.
HCPS III AND NATIONAL HEALTH STANDARDS

**Topic:** Healthy Eating and Physical Activity

**Benchmark HE.3-5.1.2**
Describe the importance of physical activity and exercise as a part of a healthy lifestyle.

**Benchmark HE.3-5.1.3**
Explain the importance of a healthy diet as part of a healthy lifestyle.
HA Framework Alignment

1. 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.

a. Know who I am and where I am from
b. Care about my relationships with others
e. Am open to new ideas and different ways of doing things
2. **Strengthened Sense of Responsibility:**
I willingly carry my responsibility for self, family, community and the larger society. A sense of Responsibility is demonstrated by a commitment and concern for others. I am mindful of the values, needs and welfare of others.

- c. Question ideas and listens generously
- f. Set goals and complete tasks fully
- g. Reflect on the quality and relevancy of the learning
- h. Honor and make family, school and communities proud

4. **Strengthened Sense of Aloha:**
I show care and respect for myself, families, and communities. A sense of Aloha is demonstrated through empathy and appreciation for the symbolic relationship between all. I am able to trust and lead for the good of the whole.

- a. Give generously of time and knowledge
- b. Appreciate the gifts and abilities of others
- c. Make others feel comfortable and welcome
- f. Give joyfully without expectation of reward
- g. Share responsibility for collective work
- h. Spread happiness
5. **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 mind, body, heart, and spirit. I am able to meet the demands of school and life while contributing to the well-being of family, aina, community and world.

- a. Feel safe physically and emotionally
- b. Develop self-discipline to make good choices
- d. Have goals and plans that support healthy habits, fitness and behaviors
- e. Utilize the resources available for wellness in everything and everywhere
- f. Have enough energy to get things done daily
- g. Engage in positive, social interactions and has supportive relationships

6. **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.

- c. Learn the names, stories, special characteristics and the importance of places in Hawai’i
- e. Share the histories, stories, cultures and languages of Hawai’i
- f. Compare and contrast different points of views, cultures and their contributions
- g. Treat Hawai’i with pride and respect
- h. Call Hawai’i home
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