Hi, my name is Malia and this is my family. We are going to Tutu’s for a birthday party. Why don’t you join us?
This is my Tutu’s home. Let’s go inside and eat.
Aloha, Malia and Malia’s friend. I’m so glad that you could make it for Uncle Keoku’s birthday party. Please, grab a plate and take as much as you want.

Wait a minute, Tutu where is the food?
But Tutu, where are the burgers and fries? And where are the hotdogs? We always eat those things at parties.

I’m sorry Malia, but those foods are not healthy for you. From now on, I want our family to have a balanced diet. That means eating the right things and the right amounts. So tonight we’ll try something different.
Yuck, I don’t want to try something new! I don’t want to, I don’t want to, I don’t want to!

Awe! That is no way to behave. Take a seat and calm down. I have something very important to tell you.
Malia, did you know that the foods we have tonight are part of the Hawaiian culture?

Really?
Yes, take this fish for example. Our ancestors were great fishermen. They built sturdy canoes and traveled far and wide.

We continue to eat fish because it is a great source of protein and rich vitamins. Your heart and brain will be healthier from it.
Will I get super powers from eating fish?

No, but you will have a better memory and stronger muscles. Just remember that eating right is not enough. Your body needs exercise as well.
What’s that stuff in the bowl?

That is called poi. It is made from ground kalo root. If you want good eyesight and a healthy immune system, eat plenty of this.
Tutu isn’t there a legend about the kalo?

That’s right Malia. Our ancestors believed that the kalo plant was family. That is why we take care of the aina. When we take care of the land, the land takes care of us. Just think of all the delicious foods we get from Aunty Lani’s farm.
Like this pineapple?

Very good Malia. Although the pineapple was brought over to Hawaii, it became an important part of our island. There used to be a lot of plantations here.

What is great about this fruit is that it helps our bodies fight diseases. There are also a lot of other fruits and vegetables that you can eat to stay healthy. In fact, everyone should eat at least five cups of fruits and vegetables a day.
Actually, five cups isn’t that much. Malia, you need to learn how to substitute junk foods for healthy snacks.

Five cups is way too much!
Later, I can show you and your friend the way our ancestors made thread out of coconut husks. But for now, are you ready to eat?

You bet I am!
It’s Delicious!!!!
National Health Education Standards

- **Standard 2:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
  - (Tutu is encouraging her family to eat better. She explains to Malia, the importance of certain foods, while focusing on the Hawaiian culture).

- **Standard 5:** Students will demonstrate the ability to use decision-making skills to enhance health.
  - (At first Malia is putting up a resistance to the nutritional foods. However, in the end she is willing to give it a try, and discovers that it tastes good).

- **Standard 6:** Students will demonstrate the ability to use goal-setting skills to enhance health.
  - (Malia doesn’t believe that it’s possible to eat five cups of fruits and vegetables a day. However, Tutu advises that unhealthy snacks can be substituted for healthy ones).

- **Standard 8:** Students will demonstrate the ability to advocate for personal, family, and community health.
  - (Tutu is the one who is trying to get her family to be healthier. Instead of serving hamburgers and hotdogs for dinner, she prepares traditional foods).
Hawaii Content and Performance Standards

• Healthy Eating and Physical Activity. HE.3-5.1.3. Explain the importance of a healthy diet as part of a healthy lifestyle.

• Personal Health and Wellness. HE.3-5.1.8. Describe the relationship between health behaviors and well-being.

• Reading Literature. 3.RL.7. Explain how specific aspects of a text’s illustrations contribute to what is conveyed by the words in a story.

• Reading Literature. 3.RL.6. Distinguish their own point of view from that of the narrator or those of the characters.
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