Pomai and the Great Makahiki Race

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Mālama Honua Digital Storybook Series
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The main character, Pomai the Pig, is determined to win her class’ Makahiki running race. Compared to the others in the class, she eats healthy and exercises in order to train for the big race. Her hard work pays off when she ends up winning the race.

This story falls under #5 “Strengthened Sense of Total Well-being” and #6 “Strengthened Sense of Hawai’i” of the HĀ Framework. Students will learn about healthy eating habits as well as the importance of physical activity. They will also be exposed to the Hawaiian culture through the names of characters, places, and different types of food.
There once was a little pig named Pomai. She lived and went to school in the Hanalei valley on the island of Kaua‘i.
One day, Pomai’s teacher started to talk about the class race that was taking place in the next 2 weeks. This was no ordinary race, this was the Great Makahiki Race.
“This is my favorite time of the year” exclaimed Moani the monk seal. Pomai was very excited when she heard about the Great Makahiki Race. She was so excited, she began jumping and screaming and said “I’m going to win this year!”
Pohaku the puppy and Lani the lizard overheard Pomai’s excitement and didn’t like it one bit. They walked over to Pomai and said “You are never going to win the Great Makahiki Race! We’re going to win!”
Pomai wasn’t very happy when Pohaku and Lani said that to her. But she wanted to prove them wrong.
Over the next few days, Pomai began training for the Great Makahi race. She trained very hard every single day.
Every night Pomai ate a healthy salad for dinner. Her salad had lettuce, tomatoes, carrots, and fresh papaya.
Every night, Pohaku and Lani ate desserts for dinner. They ate lots of rice pudding and chocolate haupia pie.
As part of her training, Pomai came home from school and exercised every day. She ran on the sand at Ke’e beach. She even made her own weights out of coconuts.
When Pohaku and Lani get home from school, they watch TV and sleep until the sun goes down.
It was the night before the race. To feel recharged in the morning, Pomai went to sleep early to get a good night's rest.
However, Pohaku and Lani didn’t go to sleep early. They stayed up late laughing, playing and telling jokes.
The morning of the race was finally here! Pomai ate a healthy breakfast. She ate some poi, strawberries, bananas, and pineapples.
She put on her lucky palm tree shirt and her red running shoes. Pomai was ready for the race and headed to school.
Since Pohaku and Lani went to bed late, they didn’t wake up on time. They didn’t have time to eat breakfast and went straight to school.
The entire class met outside on the grassy lawn before the race. “Gather around!” yelled their teacher. Pomai couldn’t wait to begin.
Pohaku let out a great big yawn and said “I’m tired.” Lani gave Pohaku a pat on the back as she said “We’re still going to win the race! We always do!”
They both turned to Pomai. “We’ll be waiting for you at the finish line” said both Pohaku and Lani. “We’ll see about that,” said Pomai, “I’ve been working really hard.”
Pohaku and Lani laughed at Pomai as everyone made their way to the starting line. Their teacher counted them down “3! 2! 1! GO!” and the race began.
Pomai ran as fast as her little legs could go. She then passed Nalani the nene goose.
Pomai noticed that Pohaku and Lani were in front of her. But suddenly, Pohaku and Lani began to slow down until they couldn’t run anymore.
“I’m too tired to run anymore” said Lani. “Me too. I have no energy left” replied Pohaku.
Pomai smiled as she ran pass the two.
Before she knew it, Pomai crossed the finish line! She was very proud of herself. All of her hard work finally paid off.
Pomai’s teacher ran up to her and gave her a hug. “You did it Pomai,” she exclaimed, “You won first place! Congratulations!”
A few moments later, Pohaku and Lani crossed the finish line. They couldn’t believe that they didn’t win.
“Great job Pomai,” said Lani, “You’re really fast!” Pohaku nodded and asked Pomai “What’s your secret?”
“The secret is...” said Pomai, “to eat healthy, exercise, and have a healthy lifestyle. You will feel great and have lots of energy! That’s how I won the race.”
“Wow! You’re amazing Pomai. I didn’t realize how important it is to live healthy” said Pohaku. “Yeah! You did great, but we’ll get you next year” laughed Lani. Pomai smiled and said “We’ll have to wait and see about that! I can’t wait! We better start training now!”
Hawaii Content and Performance Standards III

Standard 1: Core Concepts: Understanding concepts related to health promotion and disease prevention
  • HE.K.2.1.2 – Explain the benefits associated with exercise
  • HE.K.2.1.3 – Describe the benefits associated with a healthy diet
  • HE.K.2.1.5 – Describe how individuals can promote and protect their own health

Standard 7: Advocacy: Advocate for personal, family, and community health
  • HE.K.2.7.1 – Describe ways to help others promote and protect their own health

National Health Education Standards

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
  • 1.2.1 – Identify that healthy behaviors impact personal health.

Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.
  • 6.2.1 – Identify a short-term personal health goal and take action toward achieving the goal.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
  • 7.2.1 – Demonstrate healthy practices and behaviors to maintain or improve personal health.

Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.
  • 8.2.1 – Make requests to promote personal health.
Lesson Activities

**HEALTHY EATING:**

- Teach students about healthy eating
  - “Go foods” – good to eat anytime (ex: skim milk)
  - “Slow foods” – okay to eat, but not everyday (ex: waffles)
  - “Whoa foods” – not very healthy and should only be eaten once in a while (ex: bacon, cake, ice cream)

- Have students fill out Breakfast Tracker worksheet


**EXERCISING:**

- Teach students about the importance of exercise in their daily lives
  - Brainstorm different activities that students can do to exercise

- Have students participate in Jump for Heart hosted by the American Heart Association

http://american.heart.org/jump-hoops/

http://american.heart.org/jump-hoops/about/

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