

# No bugs on me!

*A Book About Keeping Your  
Body Healthy*

“Ha’ehuola” means “healthy”  
in Hawai’ian

Author: Cheryl Molnar

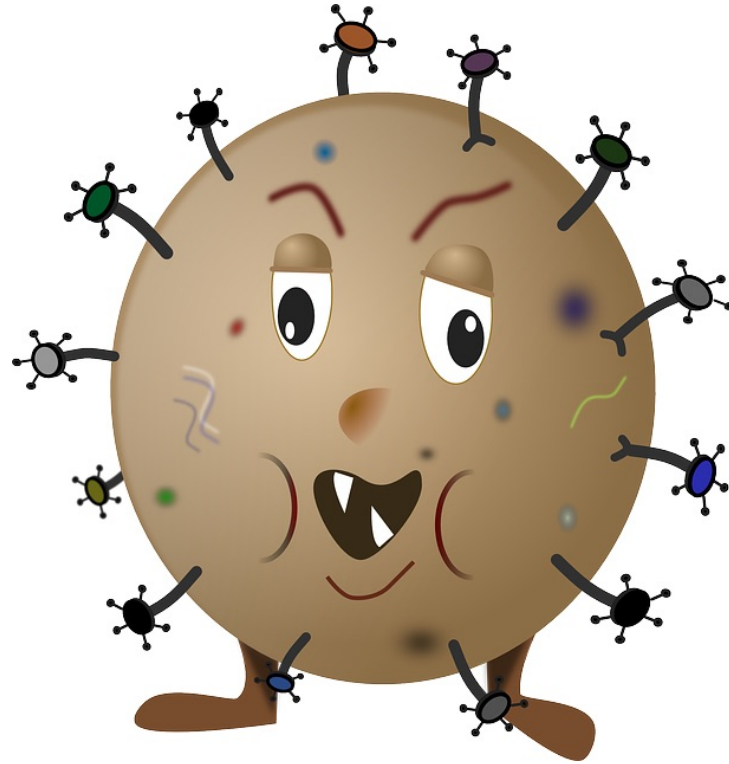
**Mālama Honua Digital Storybook Series**

Gloria Y. Niles, Ph.D. (Editor) University of Hawai’i West O’ahu



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Germs are **EVERYWHERE!**



“Waiho ma’i”  
means “sick  
body”

Germs can also make you  
**sick.**

Being **sick** is not fun at all.



“Moe ma’i” means  
“stay in bed”

“bleh.”

When you are **sick**, you have to **stay in bed** instead of going outside to play.

How can you **AVOID** getting  
sick???

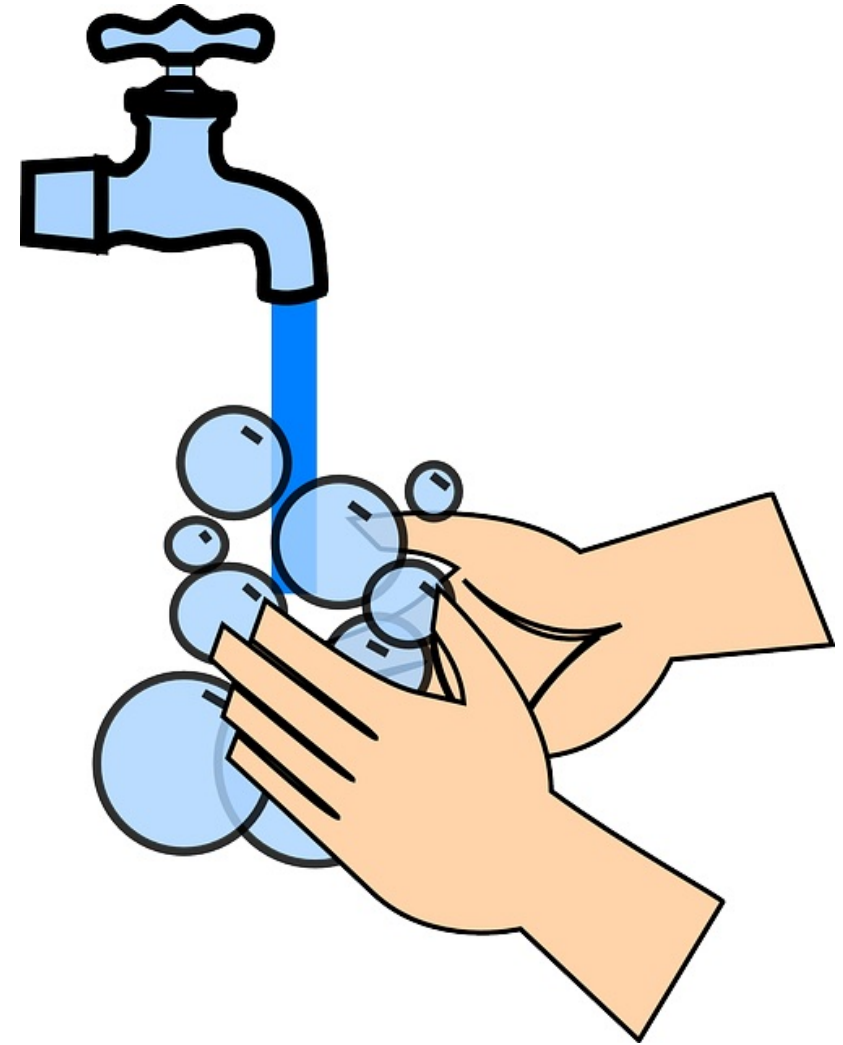


“How???”

“Pehea???” means “how?”

You can **WASH YOUR**  
**HANDS!**

“Holoï lima” means “wash  
hands”



# Wash your hands **before** and **after** eating.

“mua” (before)



Then....



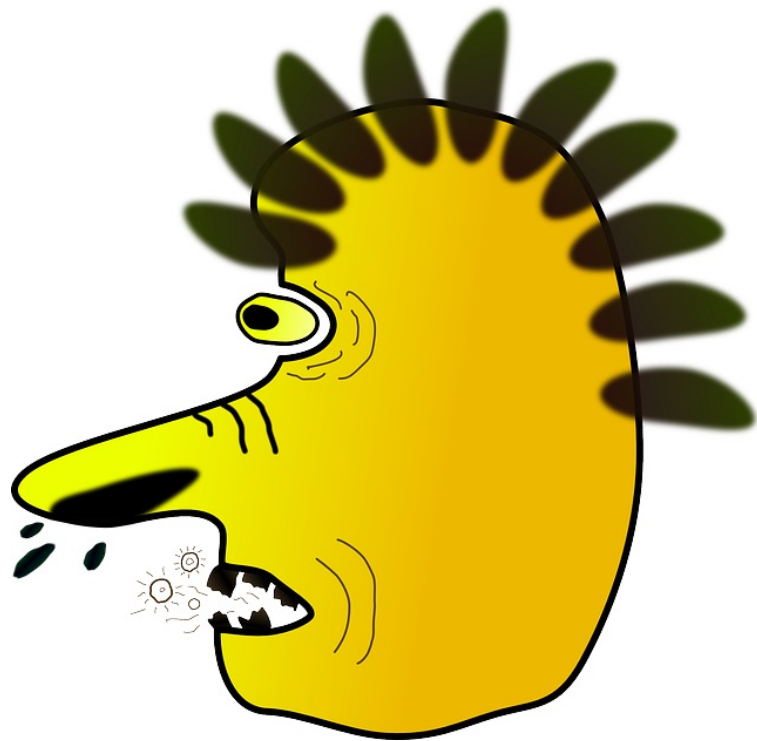
Then....

“pau” (after)



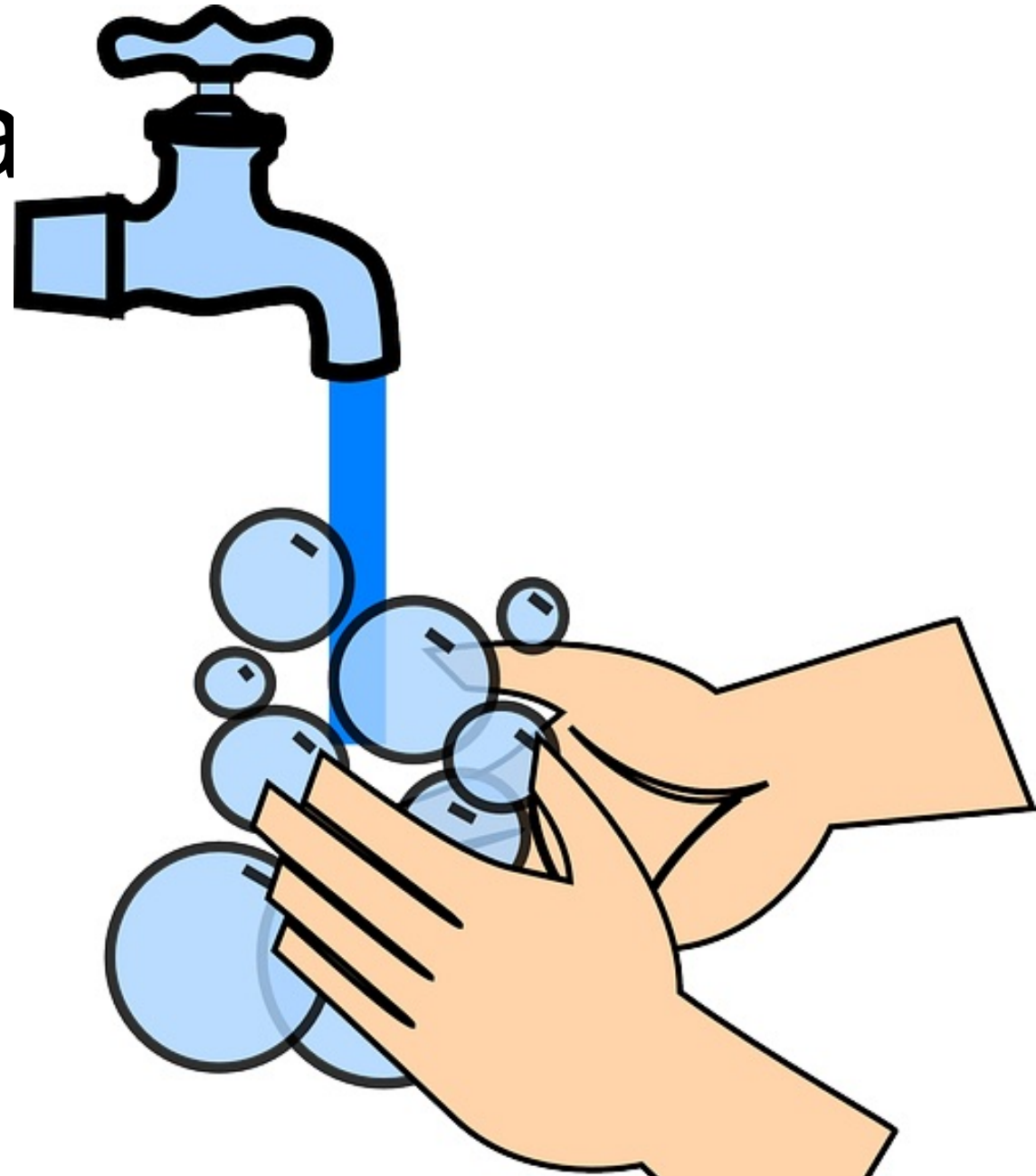
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Wash your hands a  
cough or sneeze.



Then....

“kunu” means  
“cough”  
“kihe” means  
“sneeze”



# Wash your hands after going to the **POTTY!**



Then....

“lua” means  
“toilet”

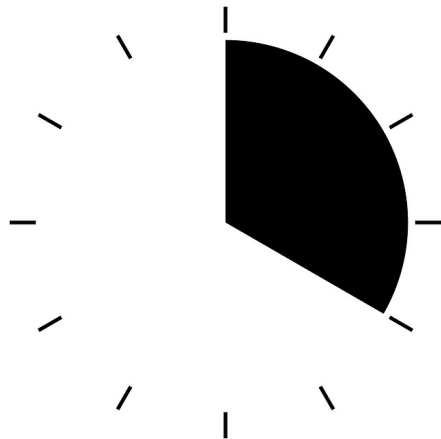




Wash your hands for **20 seconds**, or **sing** the “Happy Birthday” song **two** times before rinsing.

“helu” means  
“to count”

Wash for 20  
seconds.



OR...



“mele” means  
“to sing”

Sing “Happy Birthday”  
two times. “Hou ‘oli lā  
hanau”

# Eat healthy foods with lots of **fruits** and **vegetables!**

“**Mea’ai Ha’ehuola**”  
means to “eat good  
food”



“Wait... eat what?”

Fresh fruit, like oranges, contain lots of **Vitamin C**. This helps your body stay **strong** to fight off bad germs!

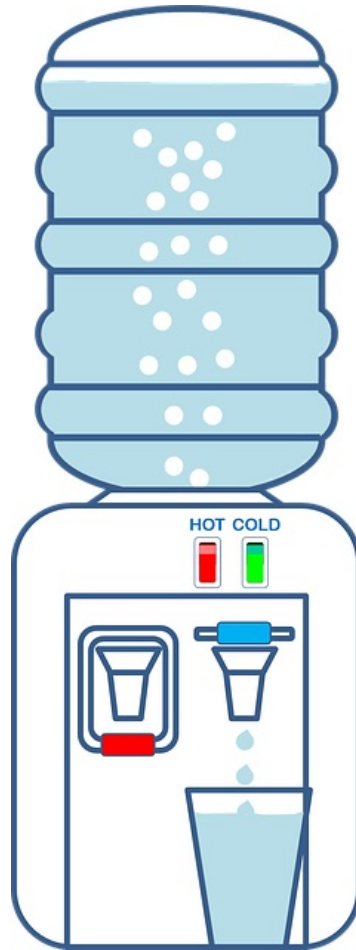
“Ikaika” means  
“strong”



“I am so STRONG!!!”

Drink **lots of water** to clean out your body and stay well-hydrated.

“wai” means  
“water”



“Gulp, gulp, gulp.”

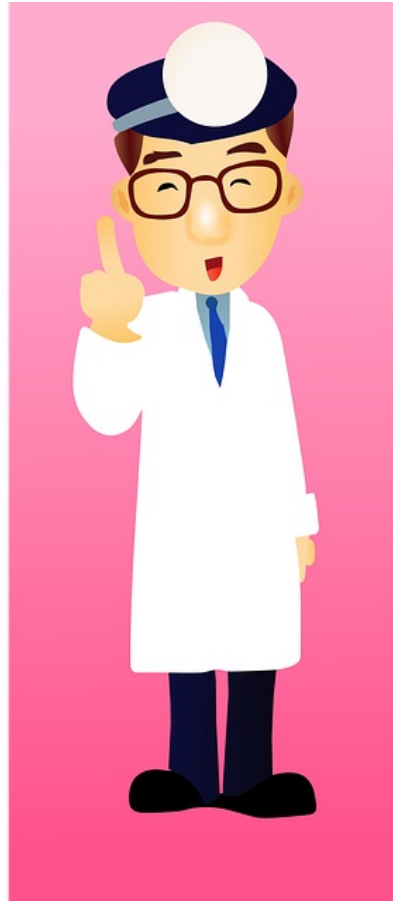
Get enough **sleep**! When you are tired, your body is also tired. Get at least **eight hours** of sleep everyday to make sure that your body is well-rested and able to **tackle those germs!**

“moe”  
means  
“sleep”



See your **pediatrician** every year for check ups, and in between as needed.

“kauka”  
means  
“doctor”



“I hope NOT to see you soon!”

Staying healthy is **not** only good for you.

“le’ale’a” means “fun”

It’s **FUN!**



## Habits of Mind addressed in this digital storybook:

1. Thinking about your thinking (Metacognition)
2. Taking responsible risks
3. Thinking interdependently
4. Managing your impulsivity
5. Thinking flexibly
6. Remaining open to continuous learning

## Habits of Health addressed in this digital story book:

1. Healthy eating and physical activity
2. Personal health and wellness

**Standard 1.** Core Concepts: Understand concepts related to health promotion and disease prevention.

**HE.K\_2.1.5/ Benchmark:** Describe how individuals can promote and protect their own health.

**Sample performance assessment:** The student explains how individuals can stay healthy by taking certain actions (ex. Choosing healthy foods, participating in daily exercise, getting enough sleep, brushing and flossing teeth, and going to the doctor.)

**Grade level:** second grade





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“Aloha!”