

A Day Out with Mommy

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Mālama Honua Digital Storybook Series

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7 o'clock in the morning I wake up to the smell of bacon and eggs. I jump out of bed to eat breakfast in the kitchen with mommy.

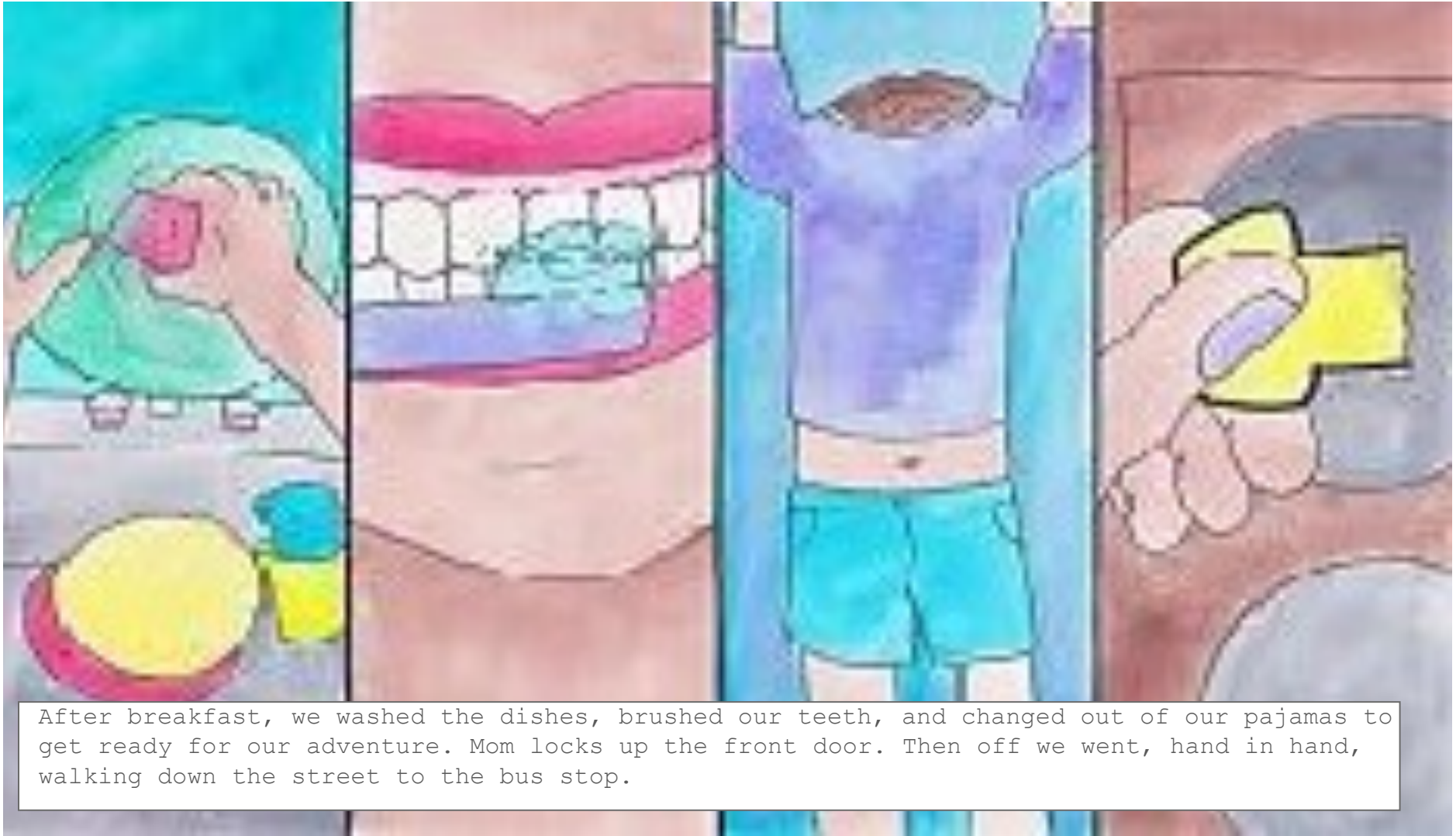
I kiss mom on her cheek.

"Good morning mommy! What are you doing today?" I asked.

"I'm going to the store to buy ingredients for dinner. Do you want to come with me?" says mom.

"Yes please!" I said excitedly.

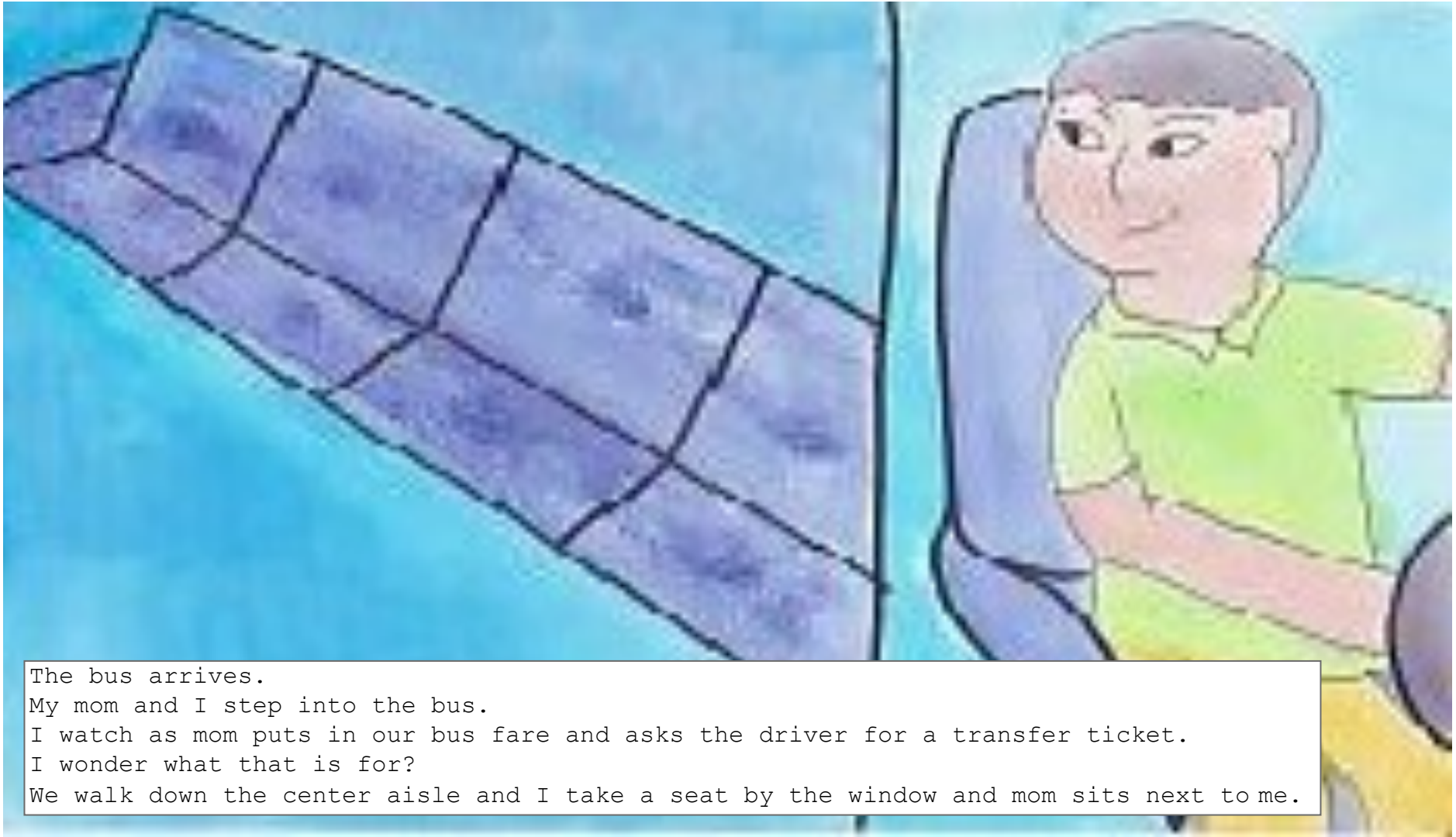




After breakfast, we washed the dishes, brushed our teeth, and changed out of our pajamas to get ready for our adventure. Mom locks up the front door. Then off we went, hand in hand, walking down the street to the bus stop.



While waiting for the bus, a lady and her dog pass by. Afraid of the dog, I tightly hold my mom's hand as the dog strolls past me. Mom says, "Good morning" and waves hi to the lady. So I do the same to the dog.



The bus arrives.
My mom and I step into the bus.
I watch as mom puts in our bus fare and asks the driver for a transfer ticket.
I wonder what that is for?
We walk down the center aisle and I take a seat by the window and mom sits next to me.

I ask mom what the tickets are for.

She says, "When we are done shopping, we can use the tickets to ride the bus back home as long as we make it before the time limit." She showed me the ticket. Our time limit was at 2:00 PM.





While riding on the bus, I look out the window. Driving by, I see a park and other children with their parents and pets. I see the lady who we saw earlier.

We ride the bus until we arrive at our destination. There was a ding and the bus came to a stop; my mom stood up and I followed her. Before stepping off the bus mommy says, "Thank you" to the driver. I look at him, smile, and say thank you too.



THE FESTIVAL MARKET

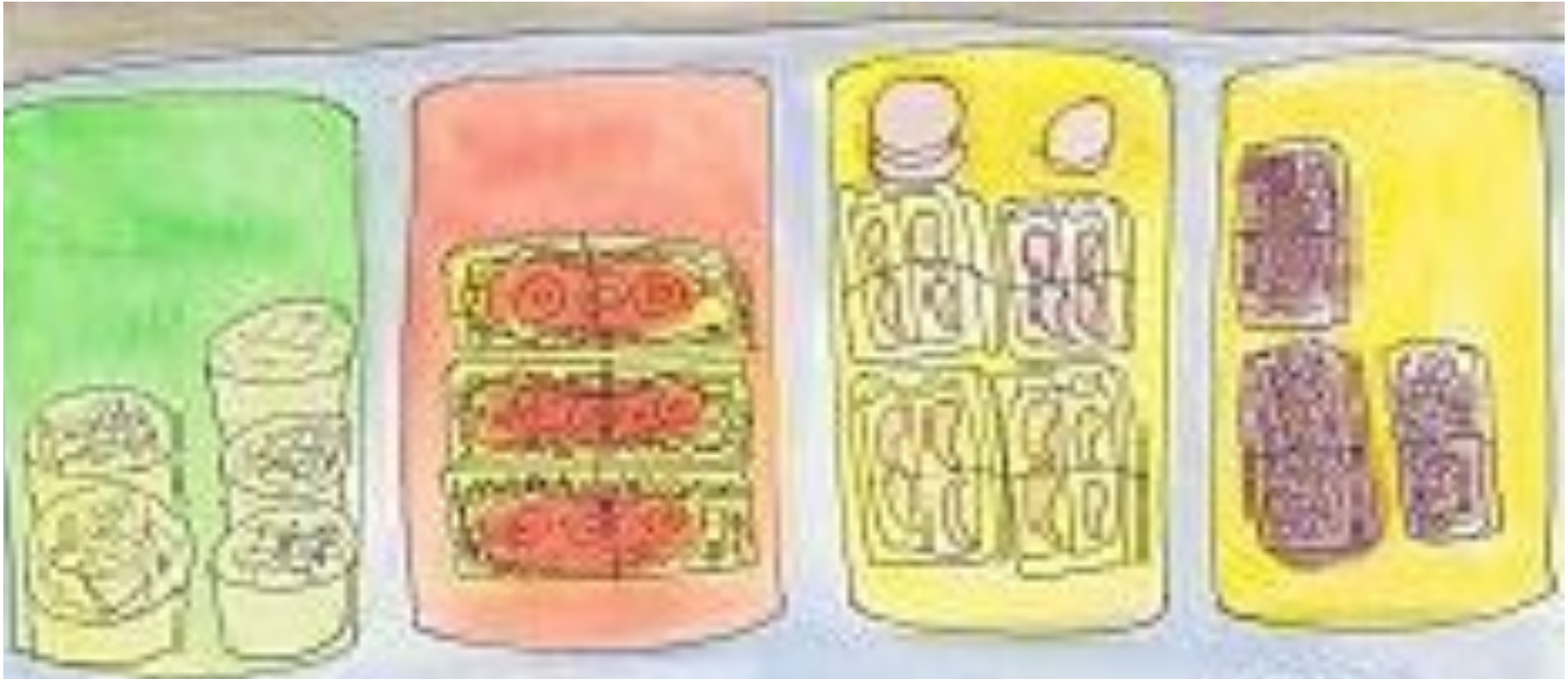
Stepping off the bus, I notice another bus stop sign. Then I continue to follow my mom to a building.

At the front of the building it said "The Festival Market" in big white, bold, capital letters.

We walk in and see many people selling all sorts of vegetables, fruits and other fresh foods.



We walk inside and bought all the ingredients that we needed for dinner; cauliflower, broccoli, garlic, onion, carrots, sesame oil, oyster sauce, and canola oil. In total, we spent \$35.



With all our grocery shopping done my tummy reminded me that it was lunchtime.

I said to my mom, "I'm hungry!"

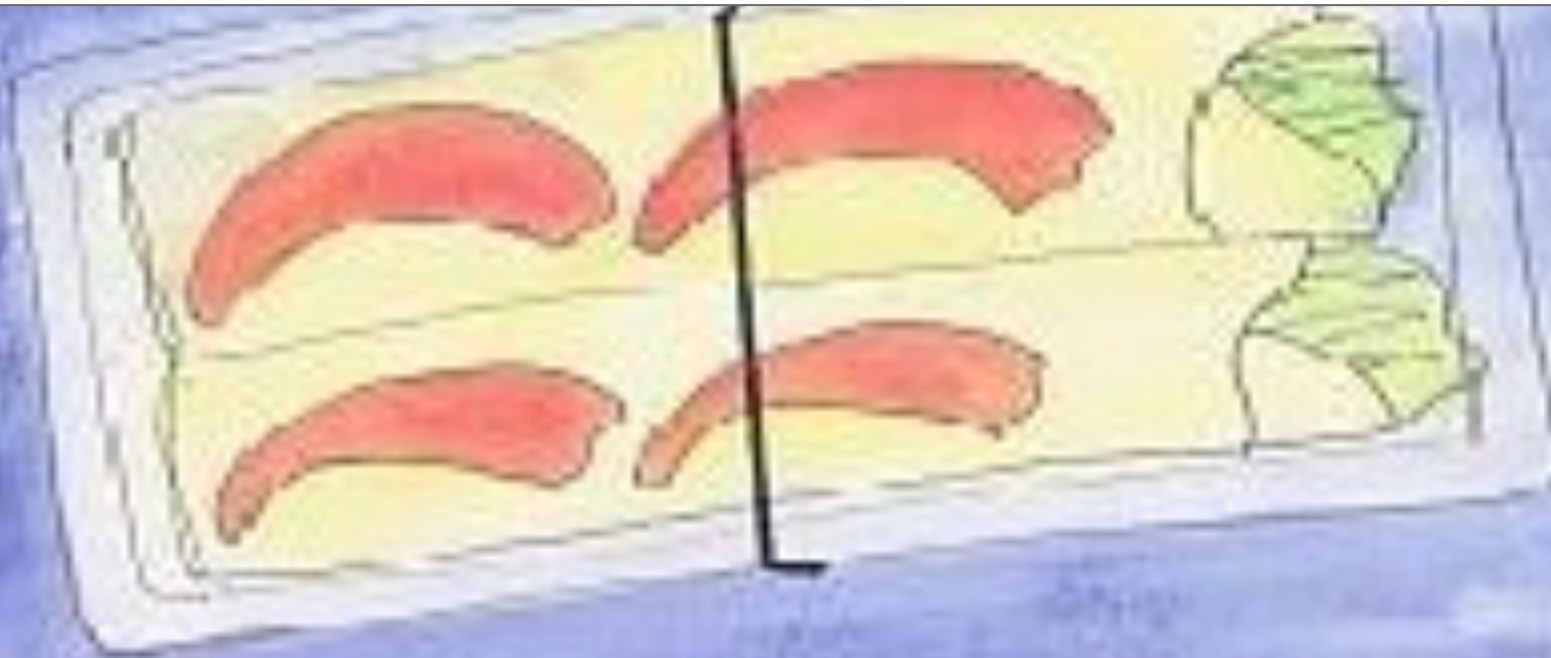
She nodded her head in agreement.

So we walk to the front of the market where many foods are being sold; many of them I never heard before. There was pinakbet, palabok, lumpia, and fried noodles.

The lumpia looked different, I asked mom what that was. She said, "It's a fresh lumpia, also called a summer roll, it's not fried like the lumpia that you know. Do you want to try the fresh lumpia? There's shrimp inside of it and it comes with a peanut sauce."

I said, "Okay, I'll try it. I love shrimp."

So my mom orders the summer rolls for me and she gets pinakbet and rice for herself. We find an empty table to sit at, bless our food and begin to eat.





I take a roll and dip it into the peanut sauce then take a bite. It was delicious! I had a big grin on my face. My mom noticed and started laughing. She took a bite of her pinakbet and did the same. Then I started laughing.

We were almost finished with our lunch when a lady with her daughter came up to my mom. The lady and my mom said "Hi" and hugged each other. My mom introduced me to her co-worker, Aunty Lily, and her daughter Beth. Beth was younger than me and it was Beth's first time at the market also. I invited Beth to try the lumpia I was having for lunch. Beth looked at her mom and said "please," and her mom said, "Yes, okay." Then they went on their way to finish shopping, while mom and I finished our lunch.





We threw away our lunch plates and gathered up our groceries. Mom checked the time; it was 1:30pm. "We can make it to the bus stop and use the transfer ticket," said Mom. So, we walk back to the bus stop with our groceries and wait for the bus to take us home.



We get home and I watched Mom prepare the food for dinner. Mom prepared vegetable stir-fry. I helped by gathering the vegetables that we bought at the market.



While mom finished cooking, Daddy and I set the table. When dinner was ready and the table was set, we wash our hands again, sat around the table, blessed the food and began eating.



At the table Daddy asked me, " How was your day sweetie?"
I replied, "I had a great day out with Mommy. We rode the bus, I tried new food, and I made a new friend!"

Food Glossary

-Fried Noodles: Pan-fried noodles cooked many different ways; with chicken, vegetables, meat, seafood etc. (East/South-East Asia)

-Lumpia: Can be fried or fresh. Also known as a spring rolls and summer rolls. Fried: like a fried egg roll but is usually filled with meat. It can be filled with vegetables, or meat and vegetables, or sometimes even with rice noodles. Fresh: uses rice paper to wrap rice noodles, vegetables, and shrimp/crab. (China, Indonesia, and Philippines)

-Palabok: Cooked rice noodles with a red-orange sauce that is flavored with shrimp and topped with sliced boiled eggs, green onions, and crushed fried pork rinds. (China and Philippines)

-Pinakbet: Steamed vegetables cooked in shrimp sauce. (Philippines)

-Vegetable Stir Fry: Variety of vegetables cooked together with Shoyu and oyster sauce for flavor. (China)

Recipe for Vegetable Stir Fry

Serves 4 People

Prep Time: 12 min.

Cook Time: 15 min.

Ingredients:

3 Cloves of Garlic
1lb Broccoli
3T Oyster Sauce

1 Small round Onion
1lb Cauliflower
3T Canola Oil

1 Big Carrot
2T Sesame Oil
1/2T Black crushed Pepper

Preparation:

Mince the garlic.

Slice the onions.

Slice the carrots into small circles.

Optional: Cut carrots into flowers to fancy up the dish.

Chop the cauliflower and broccoli.

Blanch the cauliflower and the broccoli.

Cook:

Heat the Canola Oil in a shallow pan over medium to high heat.

Add in the minced garlic and sliced onions.

Add in the rest of the vegetables; carrots, broccoli, and cauliflower.

Add the black crushed pepper, oyster sauce, and sesame oil.

Stir and make sure all is cooked evenly.

You can change up the recipe by adding in a variety of vegetables or even seafood or meats.



Story and Illustrations by Charimhel Rarallo

This is a work of fiction. Names, characters, businesses, places, events and incidents are either the products of the author's imagination or used in a fictitious manner. Any resemblance to actual persons, living or dead, or actual events is purely coincidental.

All artwork was hand drawn by Charimhel Rarallo.

Hand painted techniques by Tiffany Amber Agustin.

Thanks to Sharpie, Gold Taklon, and Crayola Washable Watercolor Paint with 16 colors.

Grade level: 3

National Health Education Standards

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

In the book, the character is influenced by her mother on choosing to ride the bus, going to the farmers market to get fresh ingredients, showing manners to those around us, making new friends, and trying new foods.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

The main character is going through new experiences so when she didn't know what to do, she would turn to her mother.

Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.

At the end, the character tells her father about her experiences on the adventure that she went through.

Hawaii Content and Performance Standards III for Health

Standard 3: Students practice healthy behaviors and reduce health risk.

After reading, the students would understand to choose healthy foods and show manners.

Standard 4: Students analyze the influences of media, culture, technology, and other factors to enhance health.

Riding theBus is a factor that enhances health because of the need to walk to the bus stop to catch a ride. It also enhances time management.

Standard 7: Students advocate for personal, family, and community health.

The students would now know about how they can make healthy choices that involves themselves, their family, and their community.

Four Conditions for Learning

Developmentally Appropriate: The character tried new things; riding the Bus, trying a summer roll, making a new friend, and visiting the farmers market.

Culturally Responsive: The Bus, visiting the farmers market, and trying different foods from other ethnicities are all part of the culture here in Hawaii that anyone can experience.

Body Brain Compatible: Because the experiences are new for the character, she uses her mirror neurons to follow what her mother did when she didn't know what to do. For example, when waiting at the bus stop she was scared of the dog but her mom wasn't scared and said hi to the lady walking the dog, so she did the same to the dog. Even when riding the bus, she didn't know the driver, but her mom said thank you to the driver and she did the same.

Health Enhancing: The character experienced new things and found out that it was a great experience.

Habits of Health

7-Questioning and Problem Posing: Upon entering the bus, the main character's mom asked for a ticket from the bus driver. The character didn't know what the ticket was for so she asked her mom about it.

13-Taking Responsible Risks: The story was an adventure of trying new things.

14-Finding Humor: In the story, during lunch, the mom was laughing at her daughter enjoying the summer rolls as she ate it for the first time. She mirrors her excitement and the daughter laughs at her mother.



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