

Vili's Healthy Island Adventure

Join Vili as he learns how to keep the Pacific Ocean, land and people healthy

Alii, Bula vinaka, Bonjour,
Fakatalofa atu, Gude, Hafa adai, Halo,
Halo oloketa, Kia ora, Kia orana, Malo e lelei,
Malo ni, Mauri, Noa'ia, Ran affim, Talofa,
Yokwe and Hello!



Story by Jessie Pullar and Simon Hotchkiss. Illustrations by Jipé Le-Bars.

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ili woke up on a hot summer's day to the splish, splash, ROAR of Pacific waves crashing on the shore.

He ran outside to take a dip, but felt something different from the crinch, crunch of sand under his toes.

There were pink wrappers, green bottles, and blue and yellow bags all crumpled and crushed and covering the shore. He called his friend Mere and together they gathered them all up to make the beach sparkly clean again before jumping in and playing in the waves.





Later that day, Vili caught the bus into town with his Mum. She told him, “We’re not going to the market today, Vili, we’re going to the SUPERmarket.” Vili loved the market where he always got to eat sweet pineapple or slurpy watermelon so he was SUPER excited about the SUPERmarket.

When they arrived, there were bright lights, slip slidey floors and the same shiny wrappers that Vili had picked up on the shore. Vili was confused by all the labels that said fruit was in bottles, fish was in cans and chicken came in packets.

On the way home, Vili asked his Mum how the wrappers got from the supermarket to the shore.

“All sorts of ways, Vili. Sometimes they blow out of bins, sometimes people drop them in the sea and sometimes they leave them right where they’ve been eating.”

“But when will the wrappers go away?” asked Vili.

“They don’t disappear like banana peel and greens. We need to put them in rubbish bins. If we leave them where they are, they’ll still be there when you’re old and grey!”

Vili worried that if too many people visited the SUPERmarket, the whole village would be covered in wrappers. He started thinking it wasn’t so super after all.



Taro!

Pawpaw!

Coconut!

Pineapple!

Fish!





he next day at school, Vili's class had a special visit from a dietitian called Kara. Kara asked everyone what their favourite foods were.

Kara was so happy that she gave them all a special sticker for choosing healthy Pacific foods. She told the class that the healthiest foods come from Pacific soils and the ocean. She showed them how every day we need a mixture of foods. Protective health foods like fresh fruits and vegetables protect our bodies from illness and fight off baddies.

Energy foods like taro, cassava and bread keep us bright and alert all day. And body-building foods like meats, fish and milk help us grow big and strong.







Vili asked Kara if foods from the supermarket were healthy. Kara said, “You can buy lots of healthy Pacific foods in supermarkets, but there are also lots of foods in bright shiny packets and colourful bottles that look and taste nice but sometimes have unhealthy things in them. If we eat too many of them, they can make us sick.”

Then Kara and the class walked outside to see what food they could find. Mere pointed to coconuts in the trees, Tomasi found chillies in the bush, Kelera found giant leaves and roots in the taro patch, Selena spotted stars in the tree, Paula smelt some small herbs and Vili found leafy cabbages. Kara showed them all the pumpkin hiding in the shrubs. “Pumpkins are full of healthy vitamins, from their delicious orange flesh to their curly tops and crunchy seeds,” she said.

Together they pulled up some energy-rich taro and picked some protective chillies, herbs, and cabbage. Kara brought some body-building chicken to make a slip, slurp, super soup.

[See their delicious recipe on page 16.](#)

They put all their scraps into the compost bin to feed the soil.





Vili couldn't wait to share his new recipe with his Mum and Dad. He raced home to tell them.

Vili's Mum said, "Uh oh Vili, we don't have any chicken!" But Dad said, "Don't worry, we can have fish instead! Let's go catch some, Vili."

With a huff, puff, push and shove, off they went for some fishing fun. Vili was very excited when he saw all the fish swimming below. "We could feed the whole village, Dad!"

Vili's Dad shook his head. "If we're greedy today, we'll be hungry tomorrow! We have to be careful to catch just enough for our family. It's best to leave the fish and animals that there are not many of or soon they won't be in our ocean anymore. We'll find some fish that there are plenty of to make sure we leave the ocean as healthy as we found it."

They threw in their lines and soon felt a tug. With a great big pull, up came one fish each. Vili and his Dad set off home to make a yummy soup for the whole family.



When his Dad reached for the salt shaker, his Mum tapped his hand and said, “You need a healthy heart so you can keep catching our fish.” “No worries,” said Vili’s Dad, “I’ll have some chilli instead. Only the brave can handle the heat.” Vili’s Mum laughed and poured some milk for when the chilli got too hot for him.

Later that night, Vili’s Mum was tucking him in and he told her all about his healthy adventures. Vili said, “Mum, if everyone ate healthy foods then the ocean and the land would be healthier too!” His Mum said, “That’s right, Vili! Now you can show people how.”



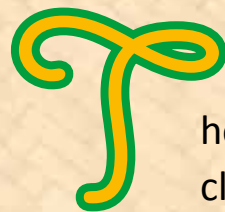
“But Mum, I’m worried that the wrappers are taking over the village.”

“What wrappers, Vili?” his Mum asked.

“The shiny packets and bottles from the SUPERmarket!” said Vili. “Hmmm don’t worry, we’ll make sure they don’t take over,” said his Mum.

“Goodnight Vili, sleep tight.”

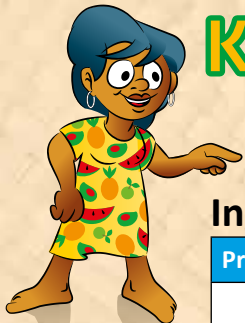




he next morning Vili ran out to meet Mere for a swim. “Look Vili, the beach is clean!” yelled Mere. Vili looked around and sure enough the beach was sparkly and fresh without a wrapper in sight. “Look what your Mum gave me!” said Mere holding up her new purse. “She made it out of all the wrappers!” Mere’s purse was a rainbow of shiny woven wrappers.

Vili was so excited he ran to find his Mum weaving more purses while his Dad used old bottles to make little buckets for planting herbs and chilli. “We wanted to make sure the wrappers didn’t take over! Now there’s less rubbish to attract mosquitos and more goods to sell at the markets,” said his Mum. “And I’m so brave I needed even more chilli!” said his Dad.

Vili was so happy he set to work helping his Mum and Dad and told all his friends at school how to keep the ocean, the land and the people healthy.



Kara's healthy three-food-group soup



Ingredients (serves 4):

Protective foods	1 tablespoon of ginger, finely chopped
	1 red or green chilli, finely chopped
	Half a brown onion, finely chopped
	4 cups of water (or the water from 2 young coconuts)
	2 green onions, chopped
	1 lemon or juice of lime (or 2 cumquats)
	2 tablespoons fresh coriander, chopped
	2 cups of edible hibiscus (bele, cabbage, slippery cabbage), cooked and chopped
	Ground pepper to taste
Energy foods	1 cup of fresh coconut milk
	1 teaspoon virgin coconut oil
Body-building foods	0.5 kg (4 fillets) of fresh white fish (e.g. mahi-mahi, wahoo), skin removed and cut into chunks

What you do:

Step 1: Wash and prepare the ingredients.

Step 2: Heat the oil in a large pan over medium-high heat. Add the onion and cook for 5 minutes or until onion is soft.

Step 3: Add ginger and chilli. Cook for another minute or so. Add the water (or coconut water). Cover, and bring to the boil over high heat.

Step 4: Reduce the heat to medium and add the fish and lemon juice. Simmer for 4-5 minutes until the fish is just cooked (it will turn white and flaky).

Step 5: Add the coconut milk, edible hibiscus and green onion and stir for one minute.

Step 6: Season with coriander and pepper. Serve with some taro and enjoy!



Recycled gardens

Turn empty bottles into healthy gardens, like Vili's Dad!



Plastic planters and protectors

Cut plastic bottles in half.

Top half protectors: Remove the lid and use the top half to make a mini greenhouse to protect your seedlings from rain, pests and wind.

Bottom half planters: Poke some drainage holes in the bottom of the bottle with scissors or a knife. Voila! You have a mini

pot, perfect for planting herbs or starting new seedlings.

Tip: Spruce up your planter with a fun face!



Hanging gardens Materials:

- 1.5 litre or 2.25 litre plastic bottle
- Scissors
- String, rope or strong, woven flax
- 2 soft drink bottle lids
- Dirt
- Seeds (herbs, lettuce)



What you do:

Step 1: Holding the bottle sideways and using scissors make two holes at the top and the bottom of the bottle to thread rope through. Cut out an opening on the top of the bottle (see picture).

Step 2: Also make a small hole in the bottom of the bottle for the water to drain through.

Step 3: Create a hole in the top of both lids to thread rope through. These will help keep your planter steady.

Step 4: Thread the string through the top hole to the bottom, then through a lid. Knot the string to secure the bottle.

Step 5: Tie the bottle securely to a wall.

Tip: You can create multiple hanging bottles by repeating the process directly under the first bottle. The drainage from the top bottle will filter down to the bottles below to create a low maintenance hanging garden.





The wrapstar purse

Collect up old food wrappers and turn litter into fashion by making a wrapstar purse like Vili's Mum!

What you need:

- 20 wrappers (from chips, noodles, cookie bags, crackers, cookies, washing powder bags) all washed and dried
- A ruler
- Scissors
- Needle and thread (or dental floss and paper clip)
- A zip
- Time! Your first purse may take a few hours

Step 1: Cut wrappers into 5 cm by 11 cm rectangles. To make this easier, first draw a 5 x11 cm rectangle on cardboard and trace around it with a pen, then cut it out to make a pattern for the rectangles. You'll need around 100 rectangles for a 10 cm-long purse.

Step 2: Fold the wrapper in half along the long edge. Open the wrapper up. Then fold the top half down and bottom half up so that they meet in the middle where you made the centre fold. Now fold the wrapper in half along the long edge again (this means the edges are tucked in). **Tip:** Run a pen or hard surface along your fold line to make sure it holds its place.

Fold the wrapper in half (the opposite way). Fold both ends in half so that they meet in the middle.

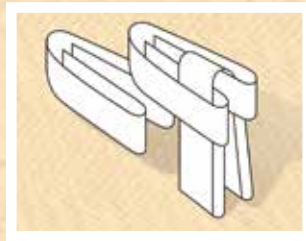


This shape is 5 cm x 11 cm. Trace around it to make a pattern for your rectangles.



Step 3: Now for the tricky part. To link your pieces together, you need to align two of them together so one has its ends going through the loops of the other piece. Then push the ends of the top piece through the loops of the other piece. Take a third piece and push the ends through the loops of the top piece.

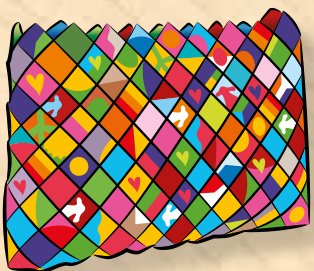
Then take a fourth one and push the ends through the loops of the third link. Continue this and you need to make this twice long as you want your bag (so that you can fold it in half). We recommend 20 cm for a 10 cm-long purse.



Step 4: Once you have made a chain twice as long as you want your bag to be, pull out the ends of the link you just connected. You then bring the beginning of the chain around and thread the two ends of the last link through the middle of the first link. This completes one ring (or level) of the purse.



Step 5: Once you have all of your rings made, you have to connect them together. For this step, you will need a needle and thread (or a paper clip and dental floss). Thread the string through the needle (or paper clip) and tie a knot at the other end. Now, follow the diagram to show you where to enter the needle. Go all the way around twice on both the inside and outside, pulling it tight to keep the purse strong.



Step 6: Sewing the bottom is a little different. Just weave them in a way so they stay together.

Step 7: This is where we add a zip. It doesn't matter what size zip you have. It just has to be long enough to go across the purse. You can cut the excess off. With a needle and thread, catch the very edge of the zip then weave your needle through the top of one chain. Repeat along both sides and the opposite end so that the zip is firmly sewn in.



It might seem tricky at first but before you know it you'll be weaving and sewing on autopilot, so stick with it!

Making just one 10 cm-long purse can use up 20 wrappers that otherwise would have gone into a landfill or been left as litter!





Colouring fun

Note: Photocopy this page so kids can use it again and again!



Healthy Pasifika Word Find



Can you find your favourite healthy Pacific foods hidden below?

Words can go across, backwards, diagonally, upwards and downwards

Hidden Words

- ★ Coconut
- ★ Pawpaw
- ★ Pineapple
- ★ Carrot
- ★ Taro
- ★ Watermelon
- ★ Tomato
- ★ Cabbage
- ★ Watercress
- ★ Banana
- ★ Cassava
- ★ Sweet potato
- ★ Cucumber
- ★ Lime
- ★ Eggplant
- ★ Garlic
- ★ Pumpkin
- ★ Onion
- ★ Corn
- ★ Guava
- ★ Mango
- ★ Starfruit
- ★ Fern

C	T	Q	M	E	S	F	C	L	L	V	A	N	A	N	A	B	L
H	K	C	M	S	S	N	X	A	H	F	L	R	S	G	I	A	K
Z	Q	I	H	W	E	T	G	A	V	V	Z	D	M	H	Y	H	C
H	L	L	D	E	R	T	A	U	E	P	A	C	I	F	I	C	A
Y	L	R	B	E	C	N	Z	R	A	Q	G	H	P	U	J	U	R
P	F	A	N	T	R	A	V	O	F	V	Y	D	V	F	T	R	R
L	A	G	G	P	E	L	I	C	L	R	A	Z	O	P	U	E	O
G	K	W	N	O	T	P	G	O	N	R	U	E	R	X	N	B	T
N	X	C	P	T	A	G	Y	R	T	O	G	I	A	W	O	M	O
B	O	G	C	A	W	G	H	N	P	A	D	Y	T	A	C	U	P
T	D	I	W	T	W	E	T	C	B	Q	G	G	M	T	O	C	I
O	J	V	N	O	R	O	L	B	H	S	S	R	A	E	C	U	N
M	I	M	Y	O	H	C	A	S	S	A	V	A	N	R	U	C	E
A	E	T	W	H	W	C	E	I	O	U	X	P	G	M	X	D	A
T	P	N	R	E	F	N	H	F	Q	Z	T	O	O	E	Y	A	P
O	P	P	L	S	M	P	U	L	L	A	R	A	E	L	R	Q	P
B	M	Y	P	K	N	U	T	R	I	T	I	O	N	O	Z	M	L
H	W	C	N	J	P	U	M	P	K	I	N	L	Z	N	X	U	E



Healthy Pasifika Quiz



Test your healthy eating knowledge with these 10 questions! Answers are on page 24.

1. What are the three healthy Pacific food groups?
2. How many servings of fruits and vegetables should we eat every day?
3. Which food group does pumpkin belong to?
4. How much of our plate should we fill up with protective foods?
5. What are the healthiest Pacific drinks?
6. Which is healthier – fresh fish or canned fish?
7. Which parts of fruits and vegetables are the healthiest?
8. Which food group do taro and coconut belong to?
9. Which food group do nuts and eggs belong to?
10. Which food groups do we need to eat to keep us healthy?



Visit www.spc.int to download Pacific Nutrition Bingo



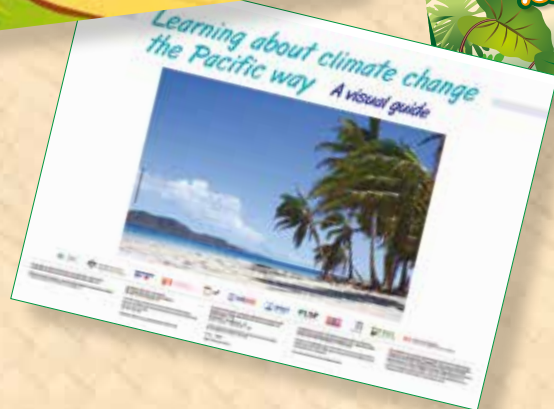
Healthy Pacific Environments

Want to learn more about how you can tackle climate change for healthy Pacific islands?

Read the Pou and Miri books. Take a healthy journey with Pou and his fruit bat, Miri as they learn about greenhouse gases, and how to tackle climate change and grow healthy food crops. Contact SPC for the books, or find them at www.spc.int.

The Pou and Miri books were written and illustrated by Dom Samson for the SPC and GIZ programme, Coping with Climate Change in the Pacific Island Region.

Teachers and parents can also find 'Learning about climate change the Pacific way' – a visual guide to understanding climate change – at www.spc.int.



Answers to Quiz on page 23:

1. Protective/health, energy and body-building food groups.
2. Five or more servings of fruits and vegetables a day.
3. Pumpkin is a protective food because of all its vitamins and nutrients.
4. We should fill half our plate with protective foods.
5. Fresh water and coconut water.
6. Fresh fish – fresh is always best!
7. The most colourful parts, such as the skins or bright flesh – the brighter the colour, the more vitamins it has.
8. Taro and coconut are energy foods that keep us fuelled.
9. Nuts and eggs are body-building foods that help us grow big and strong.
10. We need a mixture of all three foods groups every day to keep us healthy!





Fa'afetai tele, Fakaauae lahi,
Fakafetai, Fakefetai lasi,
Kalahngan, komꞻol tata,
Ko rab'a, Mālō 'aupito, Mauru' uru, Meitaki,
Merci beaucoup, Tank iu, Tank yiu tumas,
Tenkyu, Thank you,
Tubwa Kor, Si Yu'us ma'ase,
Si Yu'os ma'āse', Vinaka vakalevu,
wishing you good health from the
Pacific Islands.

Founding members



Australia



France



New Zealand



United State of America

Island members



American Samoa



Cook Islands



Federated States of Micronesia



Fiji



French Polynesia



Guam



Kiribati



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Niue



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Palau



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Samoa



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Tonga



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Vanuatu



Wallis and Futuna





