

Good for Me



This book is part of the Inuutsiarniq Reading Series, developed by the Department of Health in Nunavut. The Inuutsiarniq Reading Series is a unique, Nunavut-developed literacy initiative that infuses Northern values of healthy living and self-care into a culturally appropriate reading program.

The Inuutsiarniq Reading Series was developed to support the reading level guidelines outlined in the Department of Education's Inuktut guided reading program, Uqalimaariuqsaniq. Uqalimaariuqsaniq is a sequential and progressive Inuktut reading program that supports students in their development from emergent to fluent readers.

Healthy students are better learners and become healthy adults. For more information, visit www.gov.nu.ca/health and your local Health Centre.

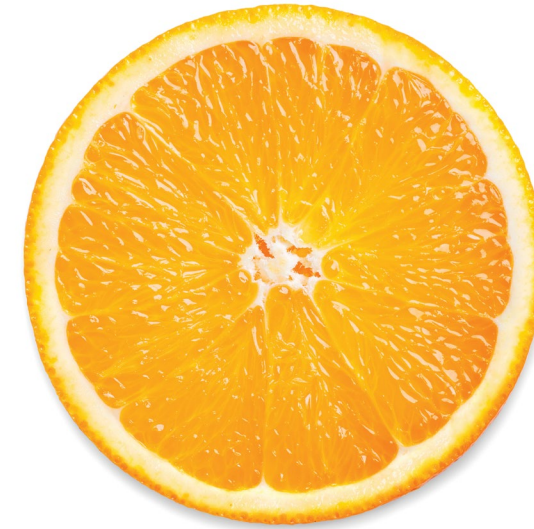
Book details

Level: 7

Text Type: Non-fiction

Vocabulary: Food groups, healthy foods, and parts of the body

Good for Me



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There are four
different food groups
that everyone should eat
from every day!

I like to eat carrots.
Carrots are vegetables.
Carrots keep my eyes
healthy and strong.





I like to drink milk.
Milk is a dairy product.
Milk keeps my teeth and
bones healthy and strong.

I like to eat Arctic char.
Arctic char is a healthy lean meat.
Arctic char keeps my skin,
brain, and body healthy.





I like to eat wheat bread.
Wheat bread is made from grains.
Wheat bread keeps my
heart and body healthy.

I like to eat oranges.
Oranges are fruit.
Oranges help my body fight
bad germs and keep
me healthy.





I like to eat country foods.
Tuktu, Arctic char, and
maktaaq are country foods.
They are good for my
body and mind.



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I like to eat country foods
and from all four food groups!
They keep my body healthy
and strong!



