

# Healthy Food



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](http://www.gov.nu.ca/health) and your local Health Centre.

---

### Book details

**Level:** 2  
**Text Type:** Non-fiction  
**Vocabulary:** Sounds practised (a, b, c)

# Healthy Food



Written by  
**Louise Flaherty and Neil Christopher**



**A**



**Almond**

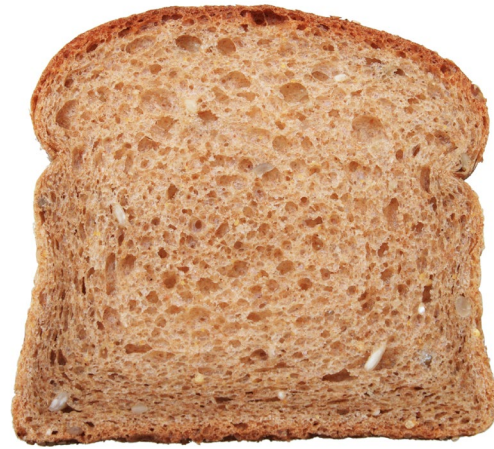


**Avocado**



**Apple**

**B**



**Bread**



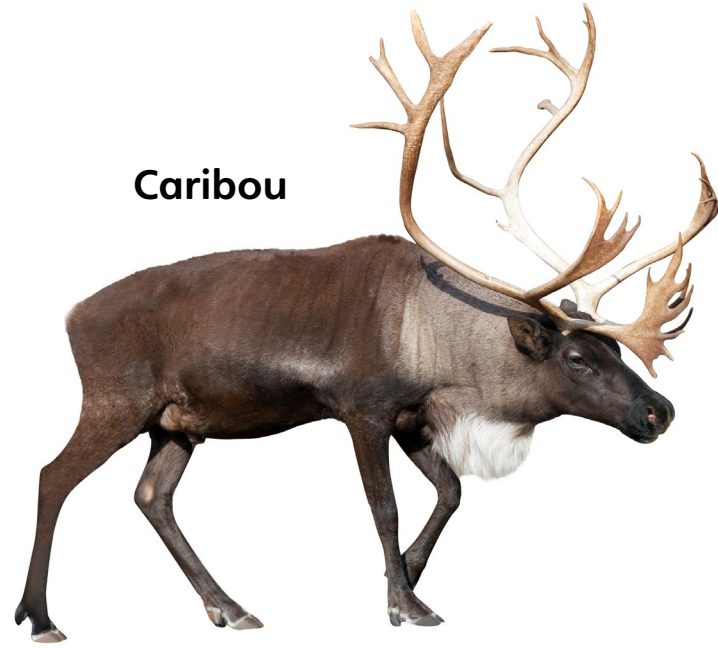
**Broccoli**



**Beluga**

C

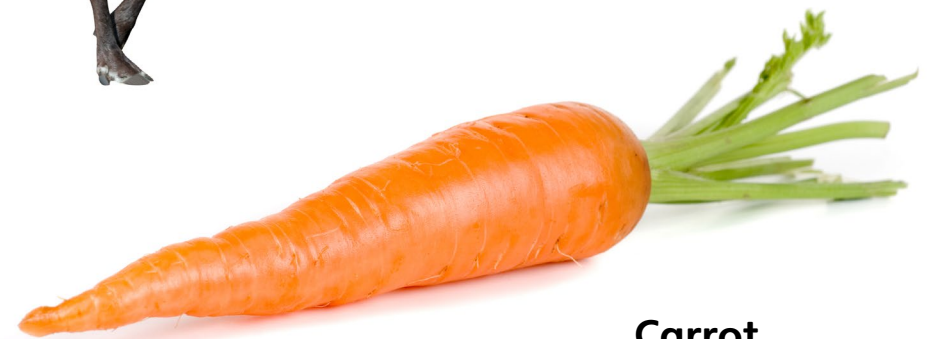
Caribou



Cloudberries



Carrot

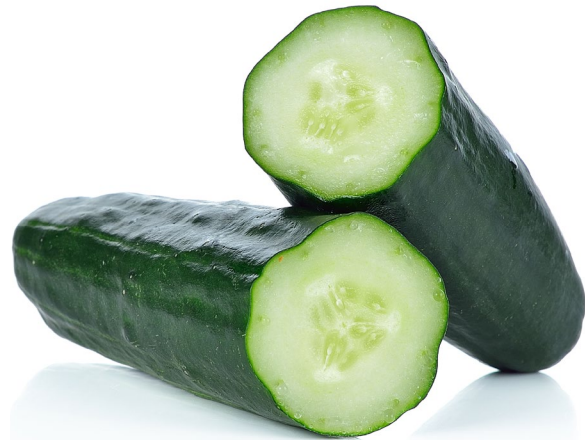




**Asparagus**



**Beans**



**Cucumber**

Published in Canada by **Inhabit Education**  
[www.inhabiteducation.com](http://www.inhabiteducation.com)

Design and layout copyright © 2017 by Government of Nunavut  
Text copyright © 2017 by Government of Nunavut

All rights reserved. The use of any part of this publication reproduced, transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, or stored in a retrievable system, without written consent of the publisher, is an infringement of copyright law.

Printed and bound in Canada

ISBN 978-1-77266-368-6







  
INHABIT  
EDUCATION