



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.

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### Book details

**Level:** 7  
**Text Type:** Non-fiction  
**Vocabulary:** Verbs, adverbs, and activities

# My Healthy Lungs



Written by  
**Jessie Hale**

Illustrated by  
**Eric Kim**



I need healthy lungs  
so I can jump high.

I need healthy lungs  
so I can run fast.

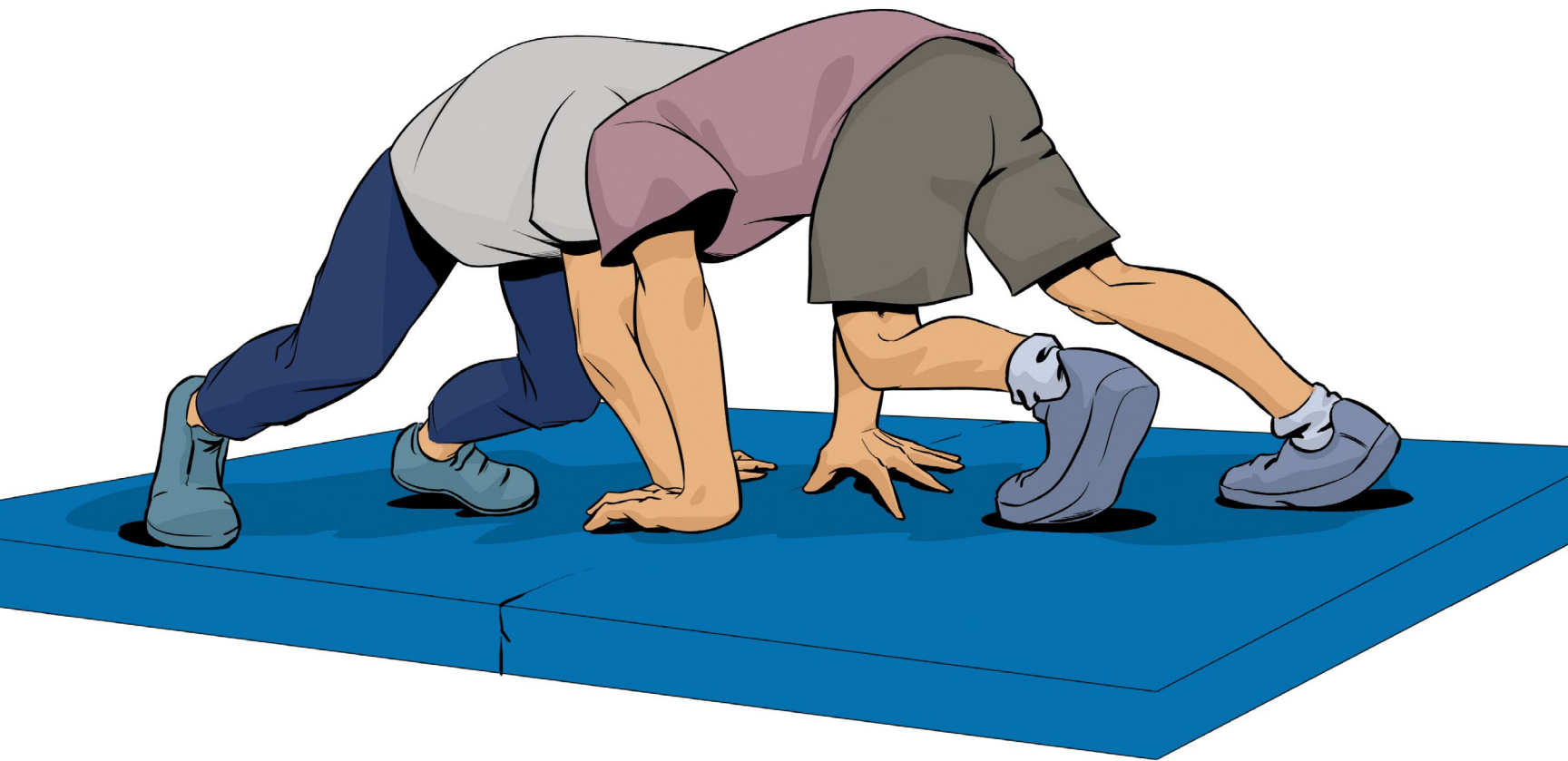




I need healthy lungs  
so I can play hockey.

I need healthy lungs  
so I can sing in the choir.





I need healthy lungs  
so I can play Inuit games.

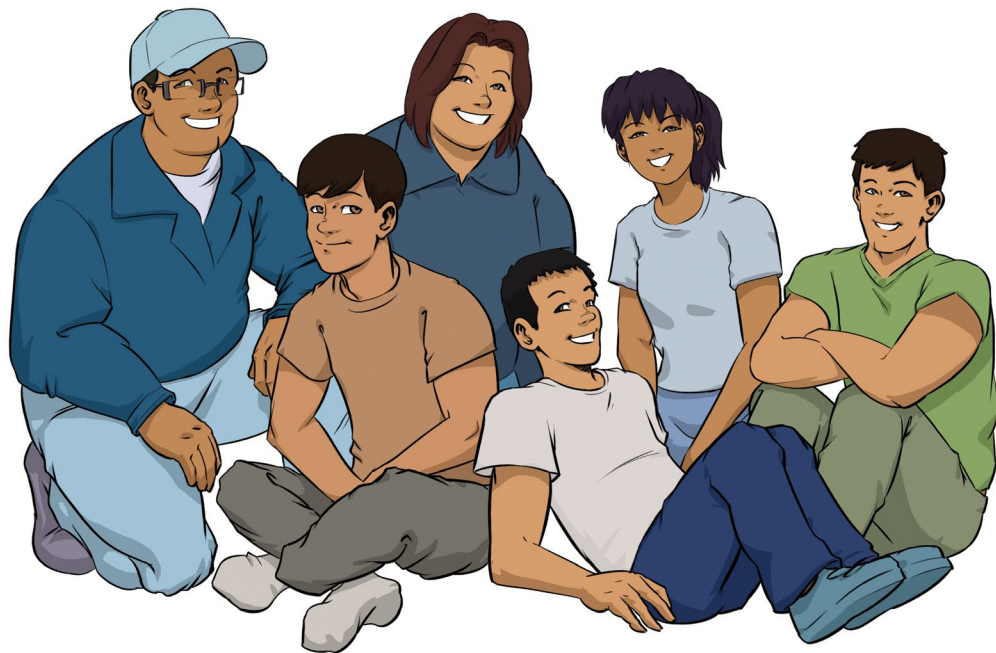
I need healthy lungs  
so I can cheer loudly.





I need healthy lungs  
so I can laugh hard!

I need healthy lungs  
so I can enjoy life.



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