



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:** 6

**Text Type:** Fiction

**Vocabulary:** Verbs and healthy and clean habits

# Taking Care of Me



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**Patrick Béland**



This is how I wash my hands.  
I use soap and water. Now my hands are clean.



This is how I wash my face.  
I use a cloth to wipe away dirt. Now my face is clean.



This is how I eat a good meal.  
I eat healthy food. Now I am not hungry.



This is how I brush my teeth.  
I use a toothbrush and toothpaste. Now my mouth is fresh.



This is how I floss my teeth.  
I floss between all of my teeth. Now my teeth are clean.



This is how I dress warmly.  
I zip my coat all the way up. Now I can go outside.



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This is how I take care of me.



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