

BOOK TITLE

**Uvamnut Nakuujut
(Good for Me)**

TOPIC

**Nutrition and
Life Skills****Essential
Question**

What are the four food groups, and what foods are good for different parts of my body?

Teaching Strategy

In this lesson, the teacher will focus on having the students relate the material to their own experiences.

**REQUIRED MATERIALS**

- ☛ Chart paper
- ☛ Activity Worksheet:
Niqit Quvianautit (Foods That Make Me Happy)

LEARNING ACTIVITIES

Class discussion about the book.



Niqit Quvianautit (Foods That Make Me Happy) activity worksheet.

LEARNING CONNECTION

This activity asks students to think about specific ways different foods help keep their bodies healthy. It builds on the students' understanding of the book *Uvamnut Nakuujut (Good for Me)*, which teaches the students the benefits of eating a range of different healthy foods. The book focuses specifically on the four food groups and includes a discussion on a variety of country foods and store-bought foods that will be familiar to students.

READING VOCABULARY

Food groups, country foods, carrots, vegetables, dairy, meat, healthy, strong, body, eyes.

PRE-LESSON PREPARATION

1. Photocopy the **Niqit Quvianautit (Foods That Make Me Happy)** activity worksheet. Make sure there are enough copies for each student.

LESSON PLAN: GOOD FOR ME

1. Talk to the students about the book. Say:



“Taiguagakhami *Uvamnut Nakuujut*, ajuiqtugut aallatqiinik niqinik nakuuniqaqtunik timiptingnut. Ikpingnaqtuq inuuhiqattiarnaqtunik nirijaami tamainnit hitamani niqiqautinit taimaa tamaat timikput hakugikhittiangat.”

2. Ask:



“Tamapta ilihimajugut amigaittut aallatqiit niqit. Ilangit niqit aadjikkiivjaktut, hapkua niqit aadjikkiivjaktut atauttimiujut niqiqautini. Niqiqautit imaa niqit aadjikkivjaktut timimut nakuuniruhiitigut qanurinningagullu. Nirigaangat aallatqiinit niqiqautinit ikajuutigijaqqut naamanahuaqhugu inuuhiqattiarnaqtut nirijaujakhat ubluq tamaat. Kia unniutittaaqqaanga kituujaakhait hitamat niqiqautit?”

Answers: dairy products, meat and alternatives, fruits and vegetables, and grain products.

- ☞ Ask for volunteers to answer and write the names of the food groups on the board or chart paper.

3. Go through each food group and ask the students to give examples of country and store-bought foods that fall under each category.

Answers might include: caribou is a meat, rice is a grain product, yogurt is a dairy product, etc.

- ☞ Allow the students to give as many answers as they can.

4. Next, hand out a copy of the **Niqit Quvianautit (Foods That Make Me Happy)** activity worksheet to each of the students. Explain:



“Una titirarvikhaq malruungnik akirariiktuqaqtuq. Haumiani, takuniaqtatit piksat aallatqiit niqit ajuiqhaqpaktavut taiguagakhami. Taliqpiani piksalik aallatqiinik timipta ilainnik atauhiup niqautip nakuuniqhiutaanik.”

- ☞ Point to both sides of the chart to show the students.

5. Point to the carrots on the left side of the handout and say:



“Kitumut timip ilaanut kiurit nakuuva?” Answer: eyes.

“Titirniaqtutit kiurinit ijingnut.”

- ☞ Draw a line between the carrots and the eyes to show the students how to complete the worksheet.

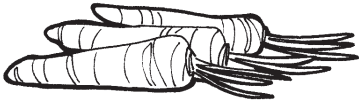
LESSON PLAN: **GOOD FOR ME**

6. Ask the students to continue matching the foods with the corresponding body part that it is good for. They may use the book *Uvamnut Nakuujut (Good for Me)* as a guide.
7. When the students are finished the handout, go through it together as a class and ask for volunteers to share their answers.

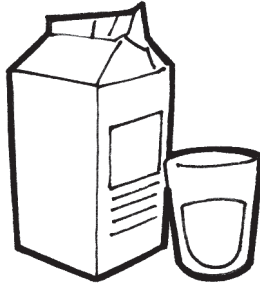
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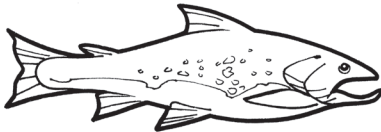
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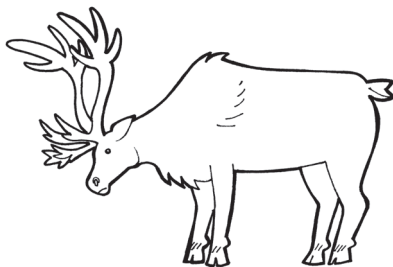
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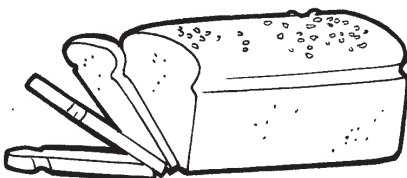
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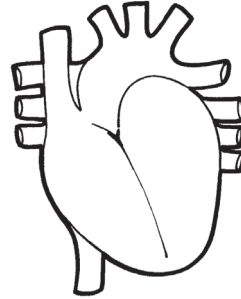


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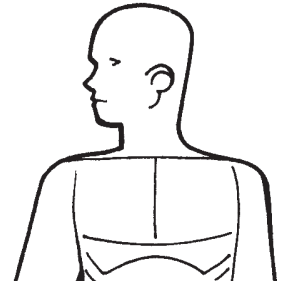


Kitut Niqit Ikajuutauvakpat?

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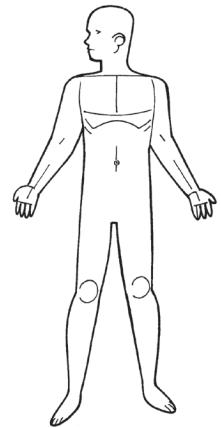
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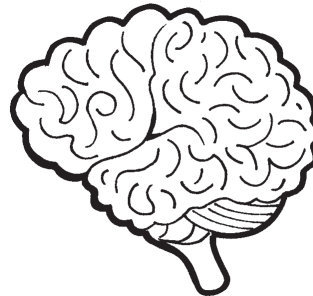
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