

BOOK TITLE

**Inuuhiringnariktunik  
Nirijumajuktunga  
(I Like to Eat Healthy)**

TOPIC

**Nutrition and  
Life Skills**



**Essential  
Question**

What are healthy foods,  
and what are foods that  
we should not eat often?



**Teaching Strategy**

In this lesson, the teacher will focus on having the students relate the material to their own experiences, and it requires hands-on active participation from both the students and teacher.

**REQUIRED MATERIALS**

- Activity Worksheet:  
**Niqit Kivjaqtakhat  
(Food Cut-Outs)**
- Large chart paper
- Drawing utensils  
(crayons or markers)

**LEARNING ACTIVITIES**



Class discussion  
about the reading.



Class discussion  
about the students'  
favourite foods.



Colouring.



T-chart activity.

**LEARNING CONNECTION**

Throughout the lesson, the students will begin to understand that some foods are healthy to eat often, and others are only okay to eat in moderation. It builds on their understanding of the book *Inuuhiringnariktunik Nirijumajuktunga (I Like to Eat Healthy)*, which introduces them to the vocabulary for different healthy food groups. The accompanying illustrations in the book show a mix of country and store-bought foods that the students will be familiar with.

**READING VOCABULARY**

*Healthy food.*

**PRE-LESSON PREPARATION**

1. Photocopy the **Niqit Kivjaqtakhat (Food Cut-Outs)** activity worksheet so there are enough foods for each student to colour a few different foods.
2. Cut out the illustrations of different foods.

# LESSON PLAN: I LIKE TO EAT HEALTHY

---

1. Talk to the students about the different foods they saw in the book. Ask:



**“Attiqtuitaaqqit aallatqiinik niqinik takujarnik taiguqtarniglu taiguagakhami Inuuhiringnariktunik Nirijumajuktunga?”**

Answers should include: bananas, oranges, grapes, pears, peas, carrots, broccoli, pumpkin, potatoes, peppers, milk, cheese, yogurt, bannock, rice, cereal, oatmeal, beef, chicken, caribou, seal, narwhal, muskox, walrus, caribou, Arctic hare.

- ☞ Have the students name as many of the foods as possible.

2. Say to the students:



**“Hapkuat tamaita niqit niqigiktut niriqattakhavut aulattiarutiqarmata ulapqijaaptingni ikajuutaungmatalu timivut hakugigiangani.”**

3. Next, lay the prepared **Niqit Kivjaqtakhat (Food Cut-Outs)** on a table or desk at the front of the room.

4. Invite the students to come up one at a time and choose one or two foods that they like (they can choose more or fewer, depending on how many students are in your class).

5. Tell the students to colour the pictures of their chosen foods and to write their names on them.

6. When the students are finished colouring, say:



**“Naunaijarniaqtavut niqit naunairiiqtatit malrungnut iliuqqarlugit.”**

7. On large chart paper, make a T-chart. On one side, write the heading: “Foods We Eat Often.” On the other side, write: “Foods We Eat Sometimes.” Say:



**“Igluanut titiqqap, iliuqqarniaqtavut niqit niriqattaqpaktatit, igluanuttauq iliuqqarniaqtavut niqit ilaaniinnaq nirijakhatit.”**

8. Invite the students to go up individually to place their foods onto the chart. If they are not sure which side to put their food on, help them by asking if they saw foods like this in the book, or if they think it is something that would make them healthy and strong.

# LESSON PLAN: I LIKE TO EAT HEALTHY

---

9. When all the students have placed their foods on the chart, say:



**“Hunauvat niqit takujatit uvani titiqqami, niqit niriqattaqtaaqtatit?”**

Answers should include: bananas, oranges, grapes, pears, peas, carrots, broccoli, pumpkin, potatoes, sweet peppers, milk, cheese, yogurt, bannock, rice, cereal, oatmeal, beef, chicken, caribou, seal, narwhal, muskox, walrus, caribou, Arctic hare.

☞ Have the students list the different foods.



**“Hunauvat niqit aallatqiit takujatit igluani titiqqap, niqit ilaaniinnaq nirivaktakhatit?”**

Answers should include: chips, popcorn, candy.

☞ Have the students list the different foods.

10. Pointing to the foods you should only eat sometimes, ask:



**“Huuq ihumavit ilaaniinnaq niqit nirijakhauvat, niriqattanngillugillu?”**

Answers might include: If we eat too much of them, they can make us sick. They have a lot of sugar. They are not healthy.

11. Hold a class discussion. Say:



**“Tamaita niqit takujatit uvani inuuhiqattiarnaqtut niriqattaqtakhautivut. Timigiktitpaktaatigut, hakugiktaaptingni inuuhiqattiaqtaaptingnilu. Niqit igluani, mamaraluaqhutik, nirilluaqattaqtakhaunngittut. Nirigivallaaraangaptigit, aanniaruhuktipkarniaqtaatigut unaguhuktipkarlutalu.”**

12. Finish the lesson by asking:



**“Timivut hakugiquguptigu aanniarutaittumik, qanurittunik niqinik nirijukhauvita?”**

Answers: the foods that are found on the “Foods We Eat Often” side of the chart, the foods found in the book *Inuuhiringnariktunik Nirijumajuktunga (I Like to Eat Healthy)*.

**“Kituuvat niqinnarivigit inuuhiqattiarnaqtut tamuakhat?”**

Answers might include: grapes, pears, caribou, etc.

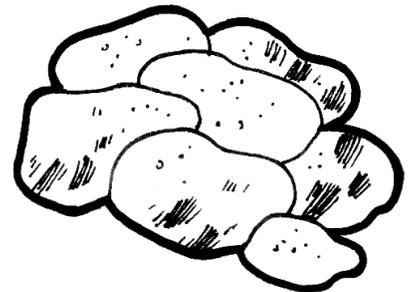
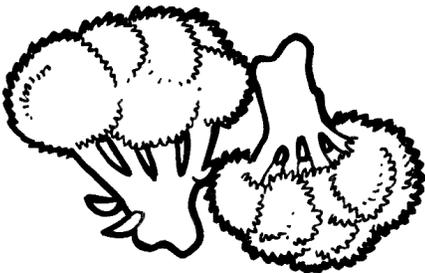
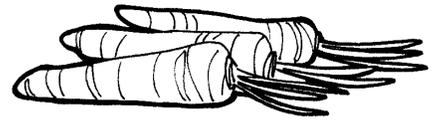
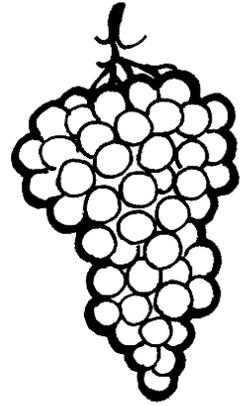
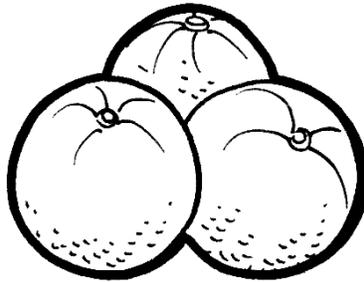
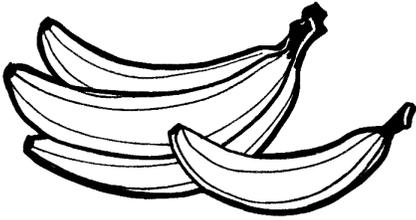
☞ Have the students share some of their favourites with the class.

13. Hang the chart up in the classroom for the students to use a reference.

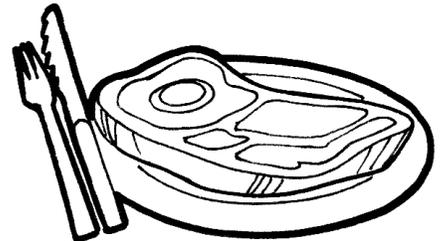
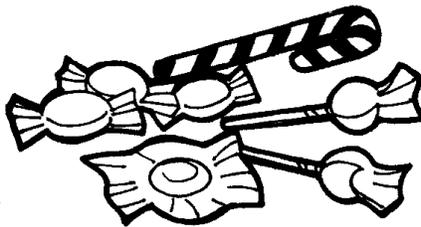
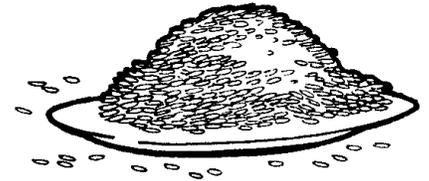
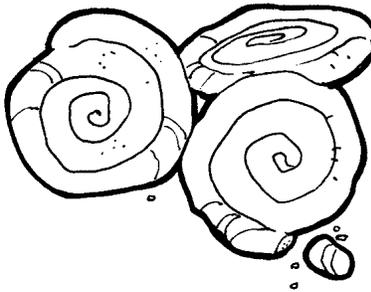
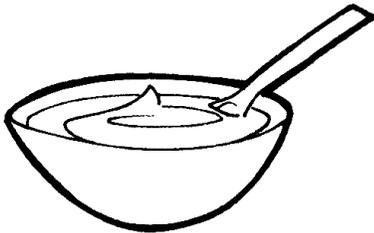
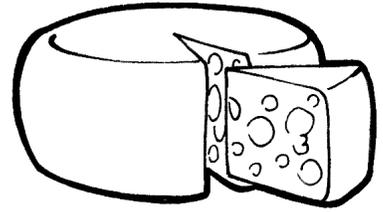
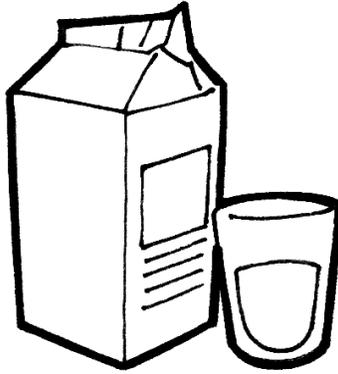
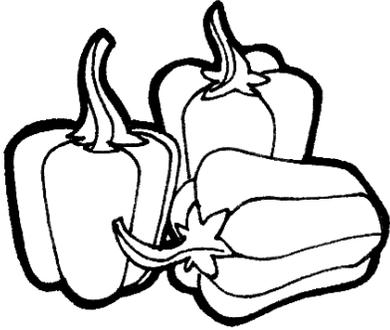
## SHARING AND DISPLAYING (CLASSROOM REINFORCEMENT)

☞ Completed T-chart in the classroom

# Niqit Kivjaqtakhat



# Niqit Kivjaqtakhat



# Niqit Kivjaqtakhat

