

BOOK TITLE

**Qitiqqautiniq  
(Lunchtime)**

TOPIC

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

What healthy foods can  
we eat for lunch?

**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 teacher and the students.

**REQUIRED MATERIALS**

- Piannat—Titiravikhalluarviit  
(Deck of Cards—Master Sheet)

**LEARNING ACTIVITIES**

Class discussion about  
the book and healthy  
lunch foods.



Memory card game.



Class discussion about  
healthy foods and the  
students' favourite  
healthy lunches.

**LEARNING CONNECTION**

This extension activity focuses on what healthy foods are available for the students to eat for lunch. It builds on the students' understanding of the book *Qitiqqautiniq (Lunchtime)*, which introduces the students to a variety of healthy country and store-bought foods.

**READING VOCABULARY**

*Berries, carrots, tomatoes, yogurt, eggs, cheese, broccoli, caribou, rice, healthy food.*

**PRE-LESSON PREPARATION**

1. Photocopy enough copies of the **Piannat—Titiravikhalluarviit (Deck of Cards—Master Sheet)** (photocopy enough so each pair of students has their own copy).
2. Cut out the cards from the **Piannat—Titiravikhalluarviit (Deck of Cards—Master Sheet)**, and compile the decks so they are ready to be handed out to the students.

## LESSON PLAN: LUNCHTIME

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1. Ask the students:



**“Taiguakhami *Qitiqtautivik*, ajuiqhautigihimajavut aallatqiinik inuuhiqattiarnaqtunik nirittaaqtavut qitiqqautikpat. Ilangit niqit niuviqtaaqtavut niuvirvingmit, ilangillu niqainnait. Titiraqtigik tamaita niqainnait ilitavut taiguakhami.”**

2. Have the students list the country foods from the book.

Answer: caribou and berries.

3. Next, have the students list the store-bought foods from the book.

Answer: carrots, yogurt, tomatoes, eggs, cheese, broccoli, and rice.

4. Ask if the students can name any other healthy foods, and add them to the list. (Students might list other fruits and vegetables, different kinds of country foods such as seal, Arctic char, walrus, etc.)

5. Say to the students:



**“Timivut inuuhiqattiarnaqtunik ubluq tamaat niripkariaqaqtaqqut. Inuuhiqattiarnaqtut niqit hakugikhautaujut ilihariaptिंगni, ulapqiatigijaangita ilannavut, aallatqiinik hulilukaariaptिंगnilu. Tamaita niqit uqarijavut nirijuminaqtut, qitiqqautimiinnaunngittumi, tamainnut nirinnaqhigaangat nirijauttaaqtut.”**

6. Tell the students:



**“Nirihuirupta, piannaujarniaqtugut ikajuutaujukhamik itqaumajaaptिंगni tamainnik inuuhiqarnaqtunik uqarivaktaptिंगnik ublumi.”**

7. For this activity, divide the students into pairs and provide each pair with a deck of cards. Choose one group to use as a demonstration. Say:



**“Piannanguat ukua piksaqaqtut atauhirmik inuuhiqattiarnaqtumik ublumi uqarivagaptिंगnik.”**

- ☞ Hold up a card to show them the picture of the food. Then place them all face down in front of you.



**“Piannanguatit pulatillugit hivunirni uvaptut. Hivulliujuq iligiingnit makpiqhinaqtuq piannanguarminik.”**

## LESSON PLAN: LUNCHTIME

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☞ Lift a card up.

)) “Una piannannguaq \_\_\_\_\_.”

☞ Say the name of whatever food the first card shows.

)) “Haittauq, taamna iligijaa piannakharniarmijuq.”

☞ Pick up a different card.

)) “Aadjikkutarikpagu hivulliup piannaup aallamik piannaqtaqtaqtutit, tighiffaaqtaaqhutillu. Tigujat aallaukpat tigulraaqtarnit, tamangnik pulatillugik, iligijat piannaliqinialiqquq. Taimaarniaqquhi tamaita iglugiit tighimaliqtaukpata.”

**Note:** It might be best to demonstrate the game with a volunteer a few times so the students understand how it works.

8. Allow the students to play the game for 15 minutes, or until you think they are losing interest.

9. When they are finished, hold a class discussion with the students to end the activity. Say:

)) “Ublumi ilihaqtugut aallatqiinik inuuhiqattiarnaqtunik niqinik niuviqtaaqtavut niuvirvingmit niqainnarniglu. Nigainait ihumagilluaqtaujukhat inuuhiqattiarnarmata uvaptingnut. Kituuvat ilangit niqainnait nirijuminarijatit?”

Answers might include: beluga, maktaaq, seal, walrus, caribou, muskox, polar bear, Arctic hare, ducks, geese, ptarmigan, clams, mussels, shrimp, fish, berries, wild plant greens, seaweed.

☞ Encourage the students to talk about what they like about country foods, in order to emphasize the importance and healthiness of eating country foods.

)) “Huuq ikpingnaqpa inuuhiqattiarnaqtunik nirijakhalluavut?”

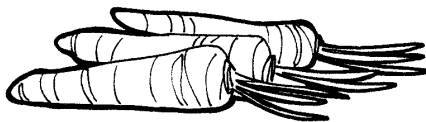
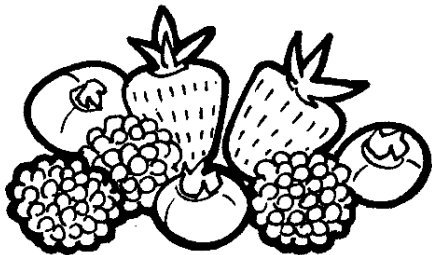
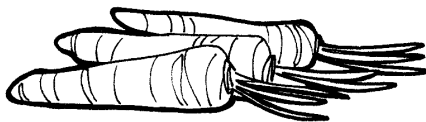
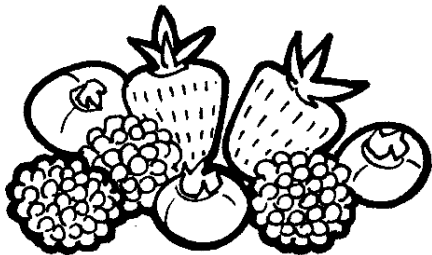
Answers might include: healthy food gives us energy, to make our bodies strong, so we don't get sick, etc.

“Kituuvat niqinnarijatit inuuhiqattiarnaqtut niqit nirijumavaktatit qitiqqautigaaqat?”

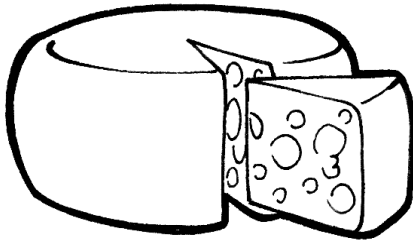
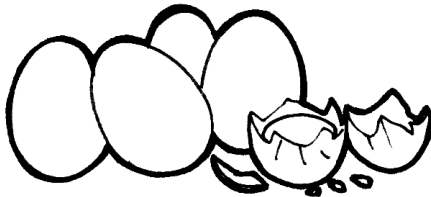
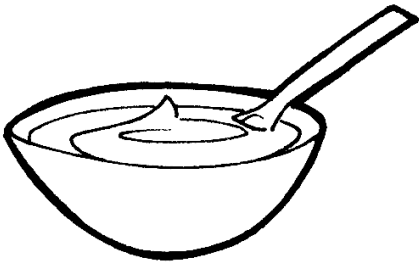
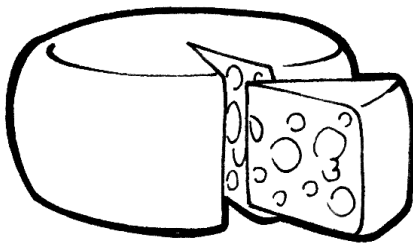
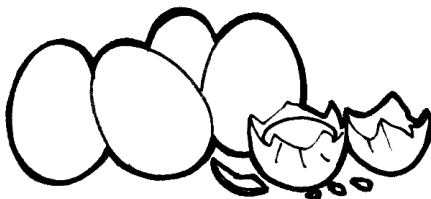
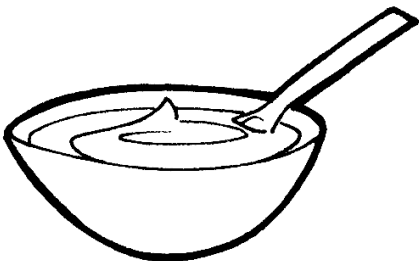
Answers might include: maktaaq, Arctic char, Arctic hare, yogurt, cheese, caribou, etc.

☞ Let the students talk about their favourite healthy lunch foods.

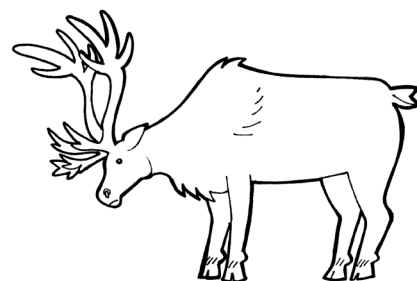
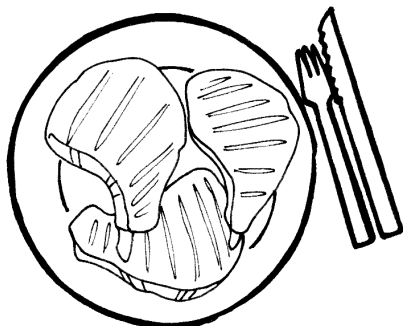
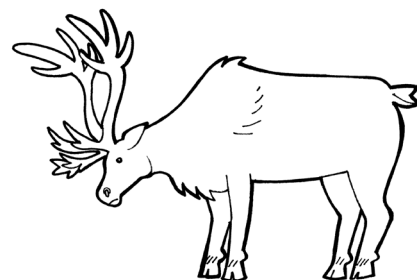
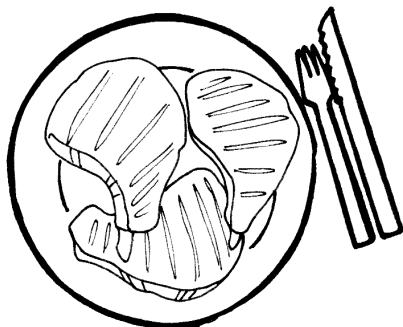
# Piannat—Titirarvikhalluarviit



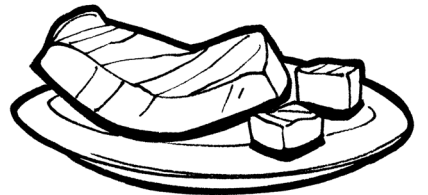
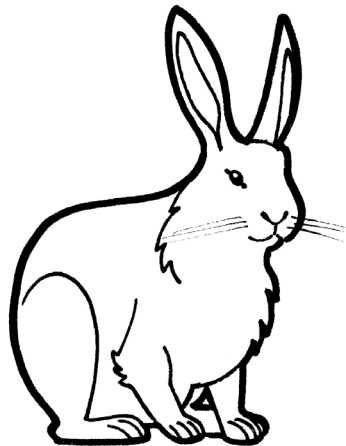
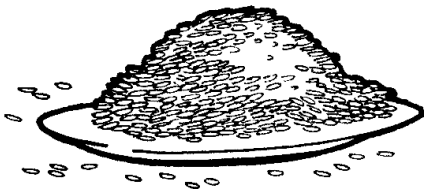
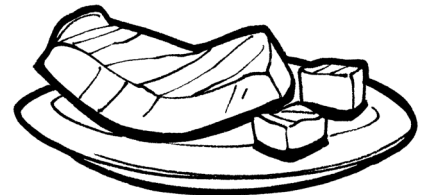
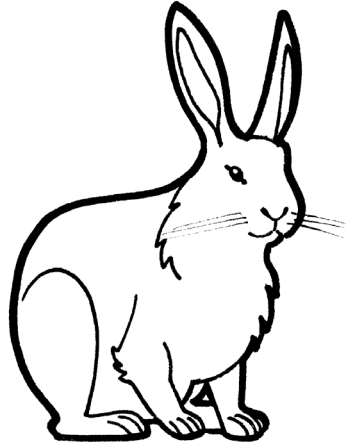
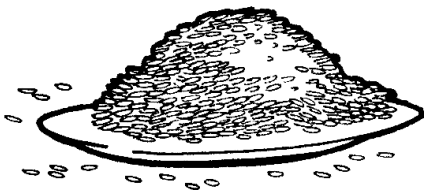
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