

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 and your local Health Centre.

Book details

Level: 11

Text Type: Fiction

Subject/themes: Cooking techniques and tools, healthy food, visiting the grocery store, family relationships, safe cooking techniques

Key features: Dialogue, third-person point of view, past tense

Cooking for My Family

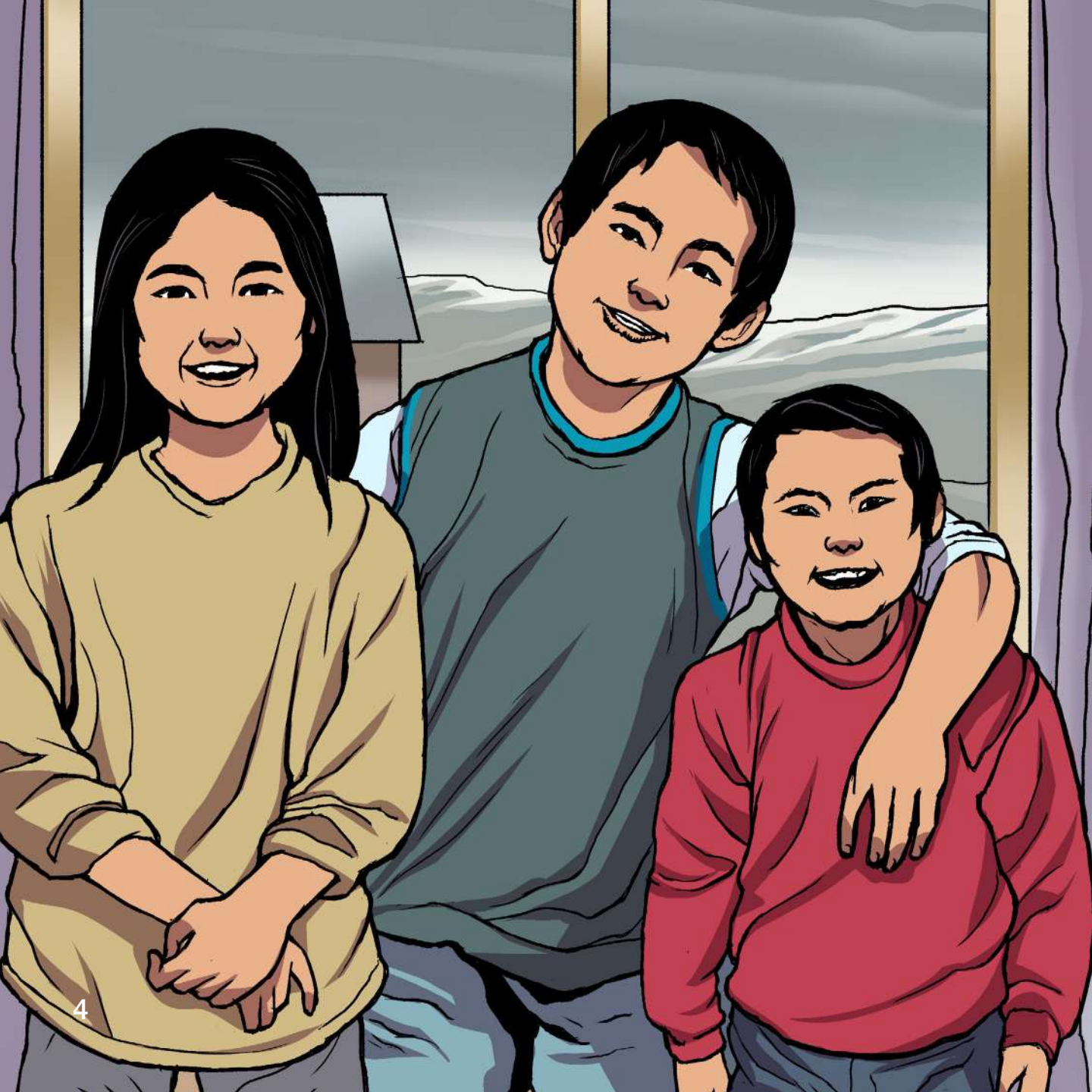


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Illustrated by
Alan Gallo

Eva loved to help cook for her family. Eva even had her own apron with a bright yellow star on it. All real chefs had aprons, and yellow was Eva's favourite colour. Her mother made it just for her, because Eva wanted to be a chef one day.





One rainy Sunday morning, Eva's father asked, "What does everyone want to eat for dinner tonight?"

Eva's big brother Itulu said, "Spaghetti!"

Her sister Jade said, "Roast beef with potatoes!"

And her little brother Noah said, "Pizza!"

But Eva had a different idea.
She remembered all the colourful vegetables
that she had seen at the store last week.
Maybe they could brighten up the rainy day.

“What if we made a stir-fry for dinner?” Eva asked.

“We can make it together,” her dad said.





After breakfast, they went to the grocery store. Eva was so excited that she ran straight to the produce section. The rows of fruits and vegetables were shining because they had been sprayed with water. They looked as if they had just been rained on!

They placed celery, carrots,
and bright red and yellow peppers
into their cart. A purple cabbage
caught Eva's eye and she placed
it in the cart. There were big,
white mushrooms and even a bag
of sprouts!
Eva was very excited.





Her father told Eva that they had some caribou to use in their stir-fry. When they got home and put their groceries away, they were ready to get started. Her dad reminded Eva about washing her hands very well first.

Washing her hands reminded Eva that the vegetables needed a good rinsing! She grabbed the strainer and washed them. All the splashing got water on the floor. “Dad, can you hand me a towel?” Eva asked. “I want to wipe up the water before anyone slips and gets hurt.”





Next, the vegetables needed to be chopped.
Her dad showed Eva how to hold the knife.
“Remember to cut away from yourself, because
knives are very sharp,” he said.
Her dad cut up the caribou for Eva.
Eva peeled some garlic and cut it as small as she could.

She measured some water into a pot for some rice. She put the pot on the stove and turned on the heat. Eva remembered that the handle of the pot should not point out. Someone could bump into it and knock it off the stove. This could burn them, so Eva was very careful.



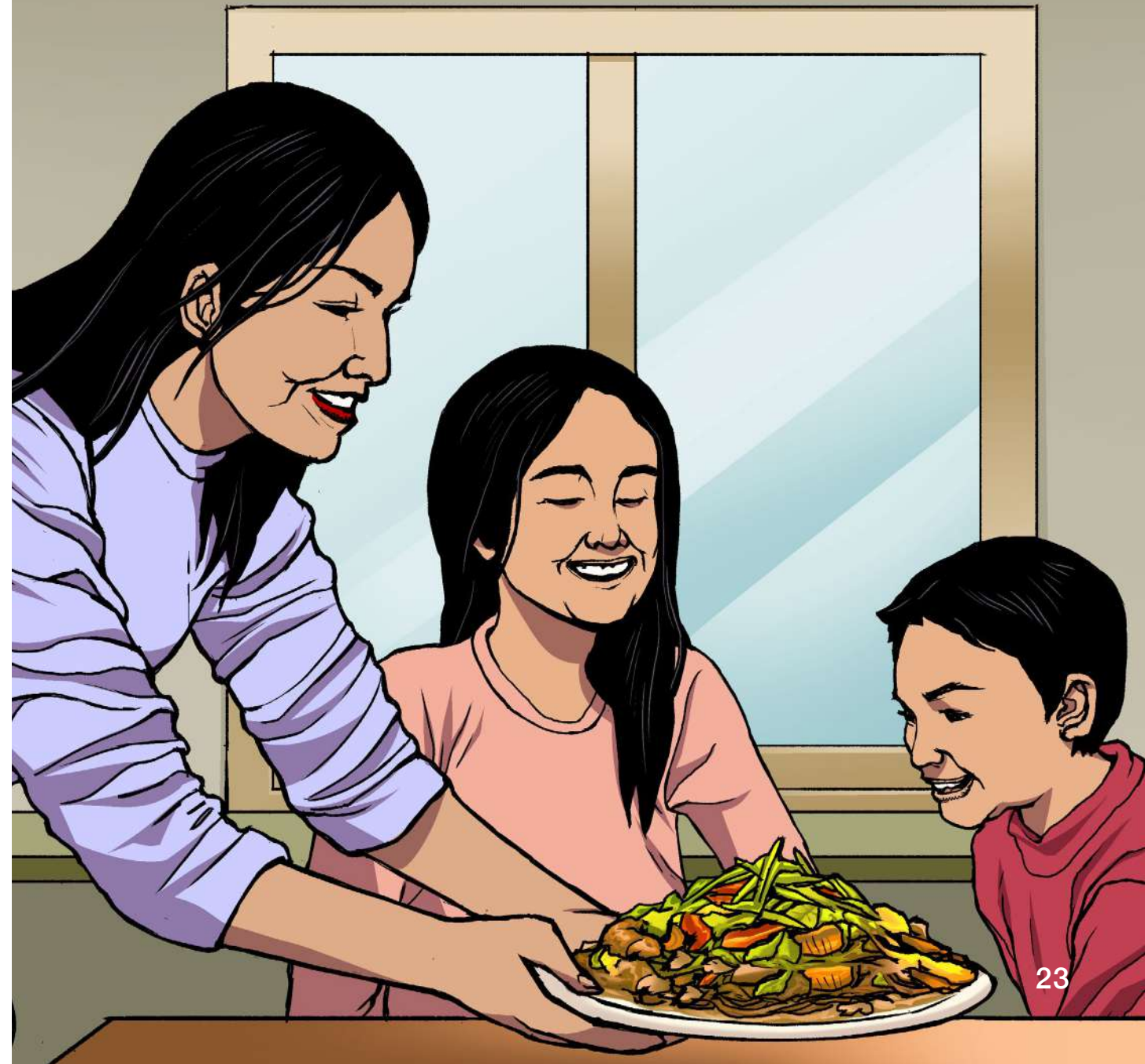


Together, Eva and her father cooked the caribou and the garlic. Right away, the food smelled fantastic! They added the vegetables and the dish looked like a rainbow that they would get to eat. Eva was very hungry and couldn't wait to share this food with her family.

Eva's mom was so happy with the food that Eva and her dad made. Her mom called Eva's siblings to join them for dinner. When they arrived, they all sat around the table.

"This smells amazing!" her sister Jade said.

"It looks so colourful, too!" her big brother Itulu said.





Eva's father helped her make everyone a plate with rice and a big scoop of the stir-fry. Eva's mom surprised her with a bag. In the bag were eight sets of chopsticks. Eva and her siblings laughed as they tried to use the chopsticks for the first time.

Together they ate and enjoyed the food.
They laughed, talked, and shared stories
about their days.

“Eva, your meal is delicious!” her father said.

“This is my new favourite meal!” her sister Jade said.

“Same!” her big brother Itulu said.



Eva was happy, proud, and full. Eva loved cooking for her family and wanted to do it again soon.

After dinner, Eva and her siblings helped their parents clean up the kitchen.

“I already have ideas for what I can make next Sunday!” she said, smiling.



Published in Canada by **Inhabit Education**
www.inhabiteducation.com

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Printed and bound in Canada

ISBN 978-1-77266-436-2




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