

Uvamnut Nakuujut



This book is part of the Inuuttiarniq Reading Series, developed by the Department of Health in Nunavut. The Inuuttiarniq 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 Inuuttiarniq Reading Series was developed to support the reading level guidelines outlined in Taiguajukhijjutit, the Department of Education's guided reading program. Taiguajukhijjutit is a sequential and progressive Inuinnaqtun reading program that supports students in their development as 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: 7

Text Type: Non-fiction

Vocabulary: Food groups, healthy foods, and parts of the body

Uvamnut Nakuujut



Titiraqtaa
Nadia Mike

Piksaliuqtait
Patrick Béland



Hitamajut tamapta
nirivigijakhavut ulluq tamaat!

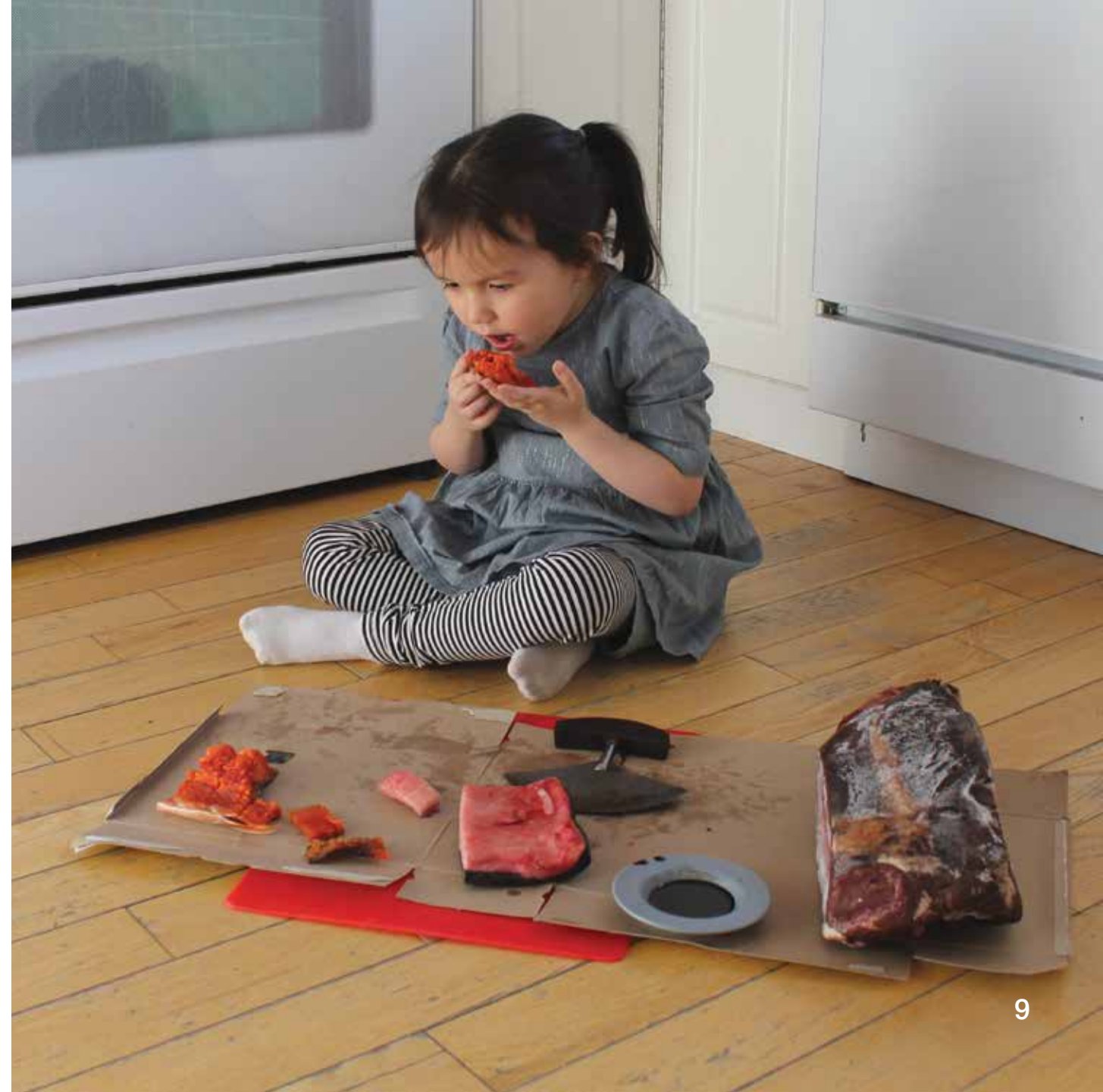
Kiurit nirinnarijatka.
Kiurit nunami nauhimajut.
Kiurit ijigikhinnaqtut.





Ituk niuqqannaarijara.
Ituit ilanga. Ituk kigutigingnaqtuq
hauniringnaqturlu.

Iqalukpak nirinnaarijara.
Iqalukpak niqigikhuni uqhuqalluanngittunilu.
Iqalukpak uvinigikhinnaqtuq,
ihumagikhinnaqtuq, timigikhinnaqturlu.





Niqilialgit muqpaujaq nirinnaarijara.
Niqilianit muqpaujuqhimajut.
Niqilialgit muqpaujat
uummatigikhinnaqtut timigikhinnaqtullu.

Aulaisit nirinnaarijatka.
Aulaisit ahiangujut.
Aulaisit aanniarutailitaujungnaqtut
timigingnaqtullu.





Niqainnait nirinnaarijatka.
Tuktu, iqalukpik, maktaarlu niqainnaujut.
Timigingnaqtut ihumagikhinnaqtullu.



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Niqainnait nirinnaarijatka tamainnit
nirijakhaptingnit hitamaujunit!
Timigingnaqtut hakugikhinnaqtullu!



