ᖃᓄᖅ

ᐱᕈᖅᐸᓪᓕᐊᖃᑦᑕᖅᐱᑕ

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: 9

Text Type: Non-fiction

Subject/themes: Stages of human development, facts about different animal development, positive health habits

Key features: Added facts in *Did You Know?* boxes, present tense, glossary

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ᐱᑭᖅᐸᓪᓕᐊᖃᑦᑕᖅᐱᑕ

ᑎᑎᕋᖅᑐᖅ
ᑲᐃᑦᓕᓐ ᑐᕋᒻᐱᓕ

ᐅᔾᔭᕈᓱᖃᑦᑕᖅᐱᑦ ᖃᓄᖅ ᐊᓯᔾᔭᖅᐸᓪᓕᐊᖃᑦᑕᕐᒪᖔᑦ
ᑎᒦᑦ ᐱᕈᖅᐸᓪᓕᐊᓪᓗᑎᑦ? ᐊᑐᖃᑦᑕᖅᑕᕗᑦ
ᐊᒥᓲᕗᑦ ᐱᕈᖅᐸᓪᓕᐊᑎᓪᓗᑕ. ᑎᒥᕗᓪᓗ ᐃᓱᒪᕗᓪᓗ
ᐊᓯᔾᔭᖅᐸᓪᓕᐊᕙᒃᐳᑦ ᐱᕈᖅᐸᓪᓕᐊᑎᓪᓗᑕ.

ᐊᔾᔨᒌᖏᑦᑐᓂᒃ ᐊᖅᑯᓵᖅᓯᕙᒃᐳᒍᑦ
ᐃᓅᕋᑖᕐᓂᑦᑎᓐᓂᑦ ᐃᓐᓇᕈᕋᓱᖕᓂᑦᑎᓐᓄᑦ.

ᐱᑭᖅᐸᓪᓕᐊᓂᑦ ᐱᒋᐊᖅᕕᒋᕙᒃᐸᐅᒃ
ᐃᓅᕋᑖᕐᓂᑦᑎᓐᓂᒃ ᑕᓪᓕᒪᓂᒃ
ᐅᑭᐅᖅᑖᕋᓱᖕᓂᑦᑎᓐᓂᑦ. ᐊᒥᓱᓂᒃ ᐱᒻᒪᕆᐅᔪᓂᒃ
ᐃᓕᑦᑎᖃᑦᑕᖅᐳᒍᑦ ᑖᒃᑯᓇᓂ.

ᐃᓇᕐᓄᑦ ᐸᖅᑭᔭᐅᖃᑦᑕᖅᐳᒍᑦ
ᐅᑭᐅᑭᑎᑦᑐᑕ. ᐱᓱᒍᓐᓇᖅᓯᒐᓗᐊᖅᑎᑦᑐᑕ
ᐅᖃᕈᓐᓇᖅᓯᒐᓗᐊᖅᑎᑦᑐᑕᓗ,
ᓱᓕ ᐃᓕᑕᒃᓴᕗᑦ ᐊᒥᓲᖃᑦᑕᖅᐳᑦ.

ᐃᓕᓐᓂᐊᕆᐊᓕᖅᐸᒃᐳᒍᑦ
ᐅᑭᐅᖃᓕᕝᕕᒐᑦᑕ 5ᒥᑦ 12ᓄᑦ.
ᓱᓇᓕᕆᕈᔫᔭᕈᓐᓇᖅᓯᕙᒃᐳᒍᑦ ᑖᒃᑯᓇᓂ.

ᖃᐅᔨᒪᕕᑦ?

ᖃᓚᓗᒐᐃᑦ
ᐱᕈᓅᐸᒃᐳᑦ
ᑕᑦᓕᒪᓂ
ᐅᑭᐅᖃᓕᕝᕕᒐᑕ!

ᐃᓐᓇᕈᖅᐸᓪᓕᐊᓂᖅ ᐱᒋᐊᖃᑦᑕᖅᑐᖅ
13ᓂᑦ 18ᓄᑦ ᐅᑭᐅᖃᓕᕝᕕᒐᑦᑕ.
ᑖᒃᑯᓇᓂ ᐃᓐᓇᕈᖅᐸᓪᓕᐊᓕᖃᑦᑕᖅᐳᒍᑦ.
ᐱᓕᕆᐊᒃᓴᕗᑦ ᐊᒥᓲᓂᖅᓴᐅᓕᖅᐸᒃᐳᑦ ᑖᒃᑯᓇᓂ.

ᑭᖑᓂᖓᒍᑦ, ᐃᓐᓇᐅᓕᖅᐸᒃᐳᒍᑦ!
ᐊᖏᔪᖅᑳᑦᑕ ᐊᓯᖏᑕᓗ ᐃᓇᐃᑦ
ᑲᒪᒋᔭᕆᕙᒃᐹᑎᒍᑦ ᐃᓐᓇᕈᕋᓱᖕᓂᓕᒫᑦᑎᓐᓂ.

ᐃᓐᓇᐅᓕᖅᑎᑦᑐᑕ, ᑎᒥᕗᑦ
ᐱᕈᖅᐸᑦᓕᐊᓗᐊᕈᓐᓃᖃᑦᑕᖅᑐᑦ.
ᐱᔭᕆᐅᖅᐸᑦᓕᐊᖏᓐᓇᕋᓗᐊᖅᑐᑕ ᐃᓕᖅᑯᓯᑎᒍᑦ,
ᐃᓱᒪᑦᑎᒍᑦ, ᐱᔭᒃᓴᑎᒍᑦᑐ.
ᐃᒻᒥᓂᕐᕆᔪᓐᓇᖅᓯᑦᑐᑕ, ᐃᖅᑲᓇᐃᔾᔭᖃᓕᕐᑐᑕᑑᓐᓃᑦ
ᕿᑐᕐᖏᐅᓕᕐᑐᑕᑑᓐᓃᑦ.

ᐃᓱᒪᕗᑦ ᐱᕈᖅᐸᓪᓕᐊᖏᓐᓇᓲᑦ
ᐃᓐᓇᕈᖅᐸᓪᓕᐊᓪᓗᑕ, ᐊᑐᖅᑕᕕᓂᖅᐳᓪᓗ
ᐃᑲᔫᑎᒋᕙᒃᓗᑎᒍᑦ ᐊᓯᑦᑎᓐᓄᑦ.
ᐃᓐᓇᑐᖃᐃᑦ ᐱᒻᒪᕆᐅᑎᑕᐅᕙᒃᐳᑦ
ᖃᐅᔨᒪᓂᖏᓐᓄᑦ ᓯᓚᑐᓂᖏᓐᓄᓪᓗ.

ᐊᖏᕐᕋᕐᑲᕆᐊᖃᖅᐸᒃᐳᒍᑦ, ᓂᕐᑭᓂᒡᓗ,
ᐃᒥᕐᒥᒡᓗ, ᓄᓇᓕᖕᓂᓗ ᐃᓚᒋᔭᐅᑦᑎᐊᕐᓗᑕ
ᐱᕈᑦᑎᐊᕈᑎᒋᒐᔭᖅᑕᑦᑎᓐᓂ.

ᓂᕿᑦᑎᐊᕙᒃᑐᖅᐸᒃᑯᑕ ᑎᒥᑦᑎᓐᓄᑦ ᐊᑑᑎᓕᖕᓂᒃ
ᐱᕈᖅᐸᓪᓕᐊᓂᑦᑎᓐᓂᕗᑦ
ᓄᑭᕗᓪᓗ ᓴᙵᒋᔫᓗᑎᒃ ᖃᓄᐃᖕᒋᑦᑎᐊᕋᔭᖅᑐᑦ.

ᐱᒻᒪᕆᐅᕗᖅ ᐃᒻᒥᓂᒃ ᑲᒪᒋᔭᕆᐊᖓ
ᐱᕈᑦᑎᐊᖁᓪᓗᑕ!

ᐅᖃᐅᓲᑦ ᑐᑭᖕᒋᑦ

ᐱᕈᖅᐸᓕᐊᓂᖅ: ᐱᕈᖅᓂᖅ.

ᓯᓚᑐᓂᖅ: ᑐᑭᓯᐊᓂᖅ ᐊᖏᖃᑎᖃᖅᓂᖅᓗ ᖃᐅᔨᒪᔭᑦᑎᓐᓂ ᐊᑐᖅᑕᕕᓂᑦᑎᓐᓂᔫᓐᓃᑦ.

ᑎᒥᒧᑦ ᐊᑑᑎᓛᑦ: ᑎᒥᑦᑕ ᐊᑐᖅᑕᖏᑦ ᐱᕈᖅᐸᓕᐊᖁᓪᓗᑕ, ᒪᒥᑦᑐᓐᓇᖁᓪᓗᑕᓗ ᐋᓂᖅᓂᕈᑦᑕ.

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