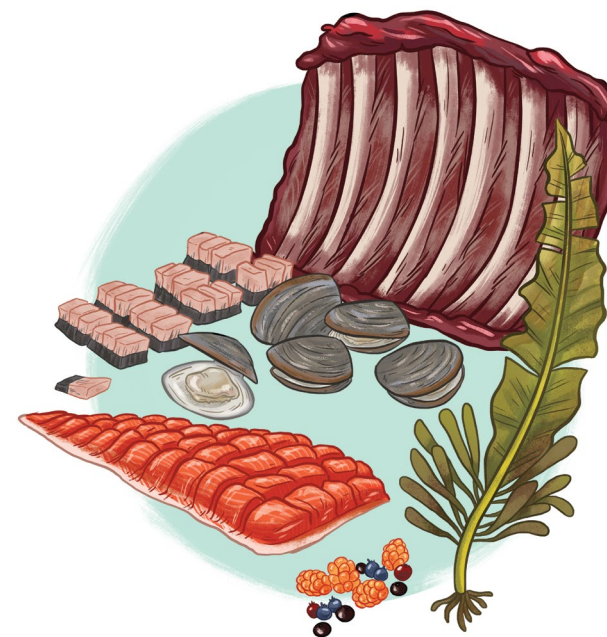


This book is part of the Inuutsiarniq Reading Series, developed by the Department of Health in Nunavut. The Inuutsiarniq Reading Series is a unique, Nunavut-developed literacy initiative that infuses Northern values of healthy living and self-care into a culturally appropriate reading program.

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.

I Like to Eat Healthy



Book details

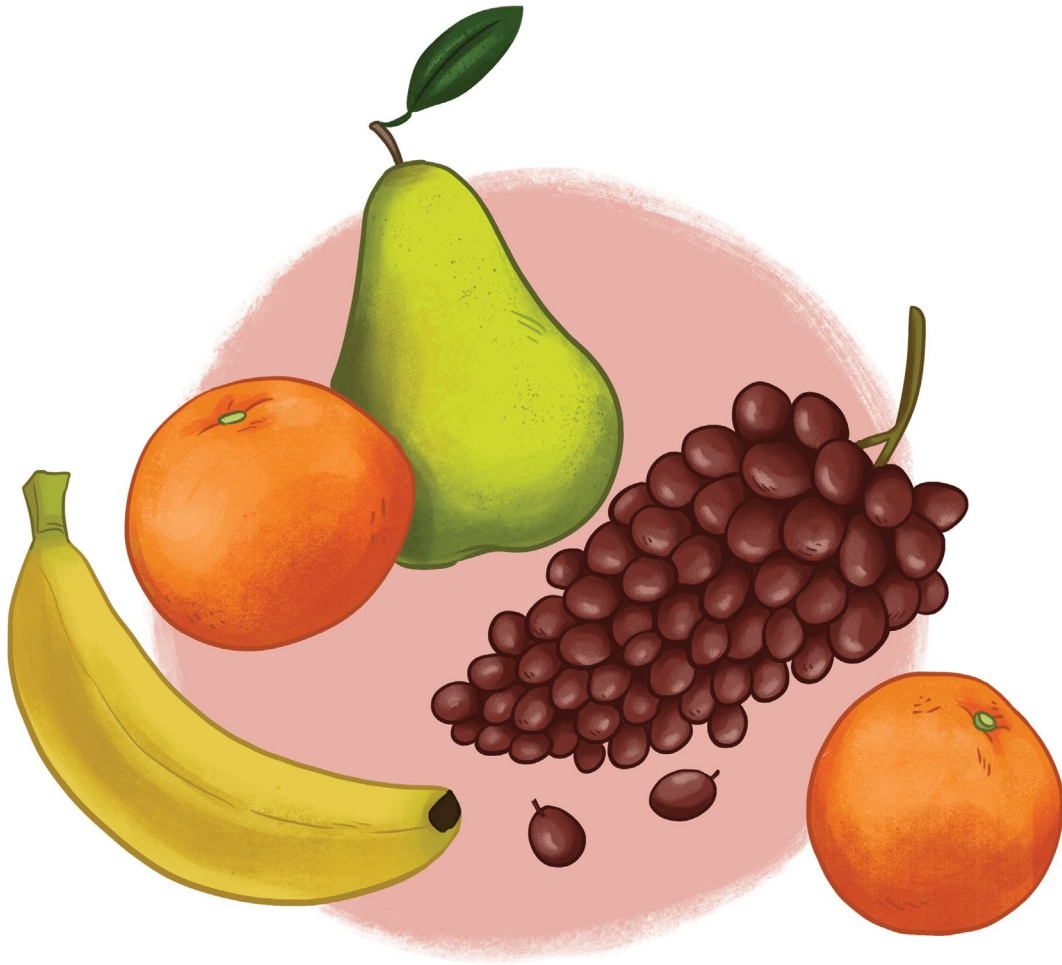
Level: 4

Text Type: Non-fiction

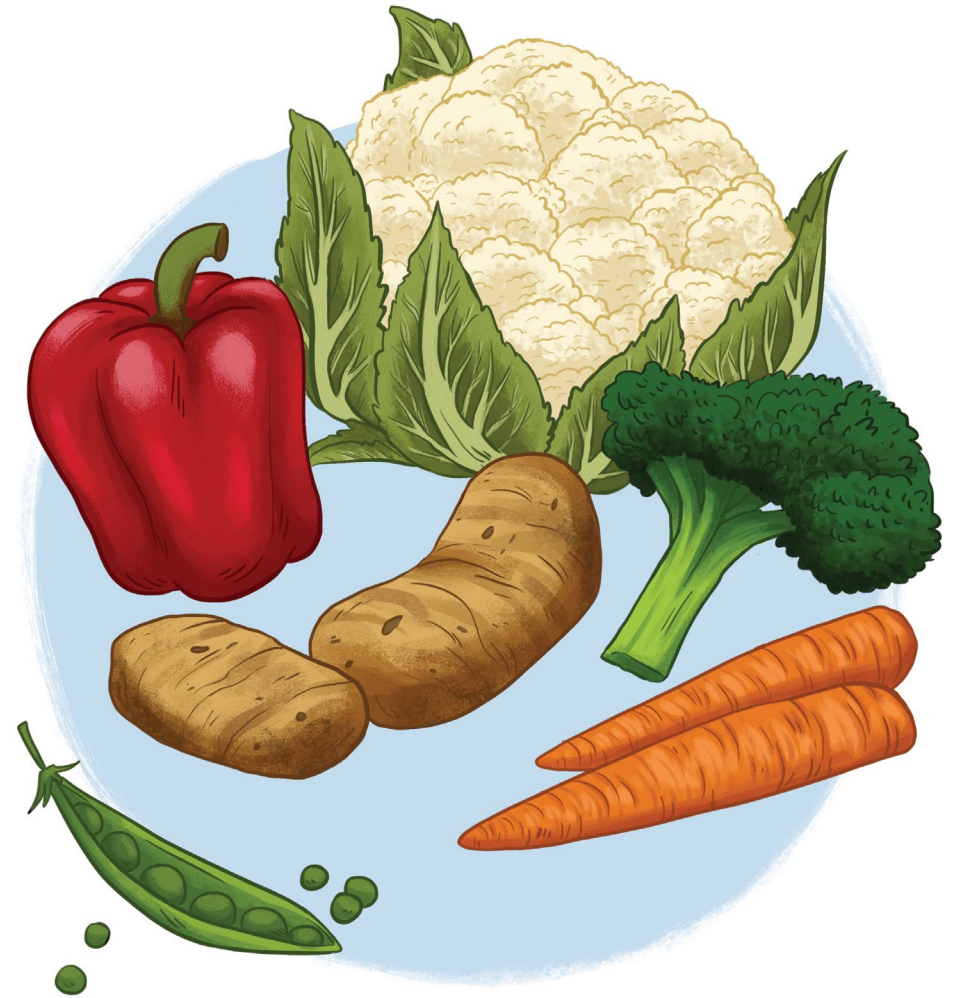
Vocabulary: Food groups and country food

Written by
Kaitlin Tremblay

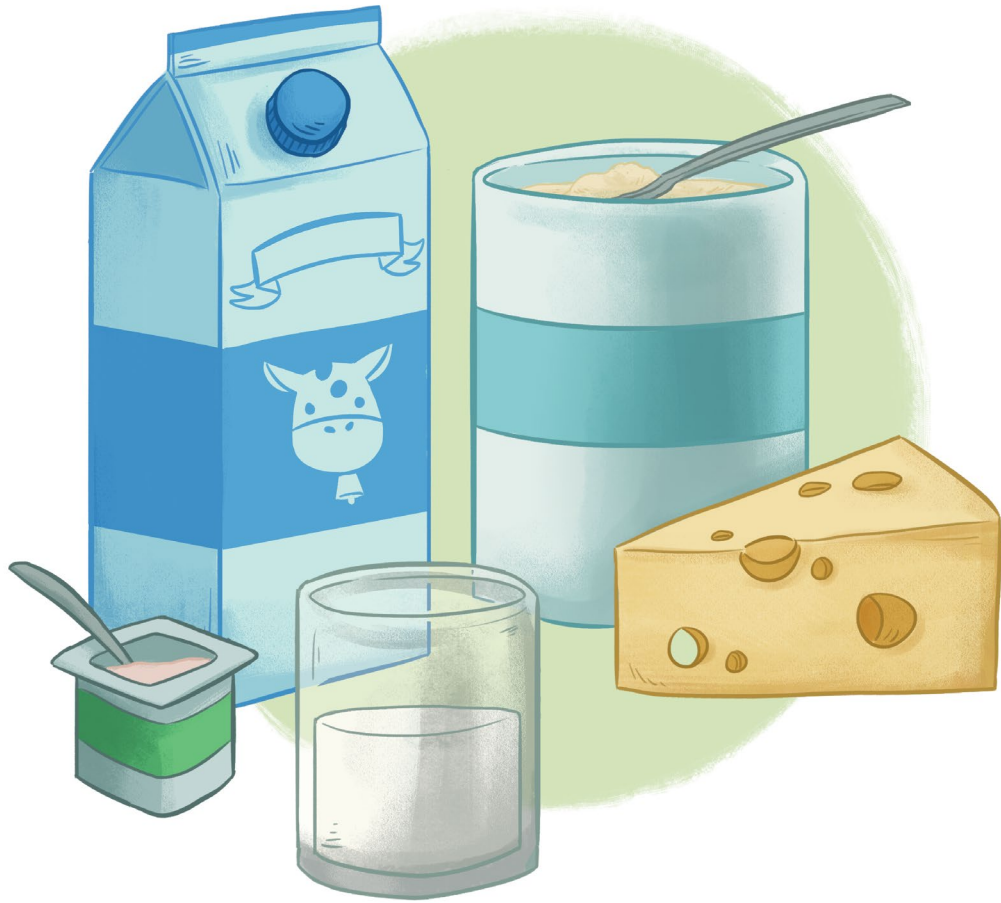
Illustrated by
Amanda Sandland



This is fruit.



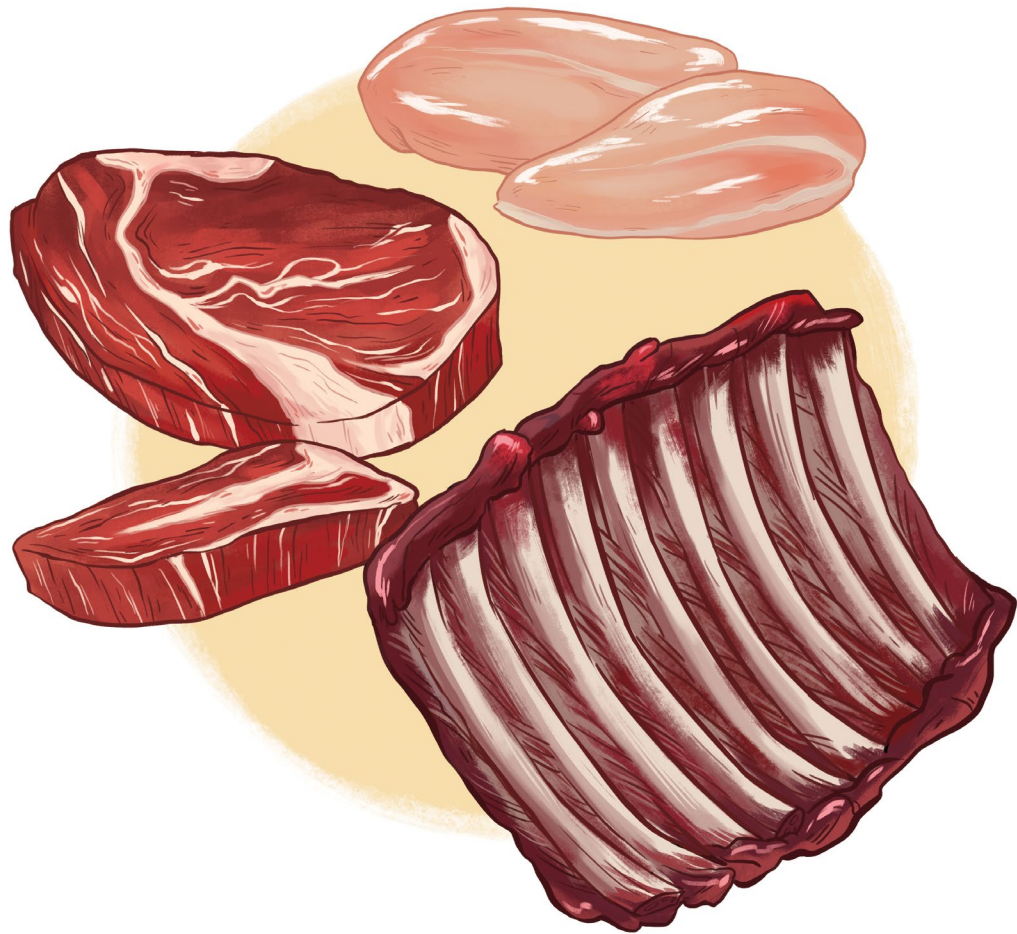
These are vegetables.



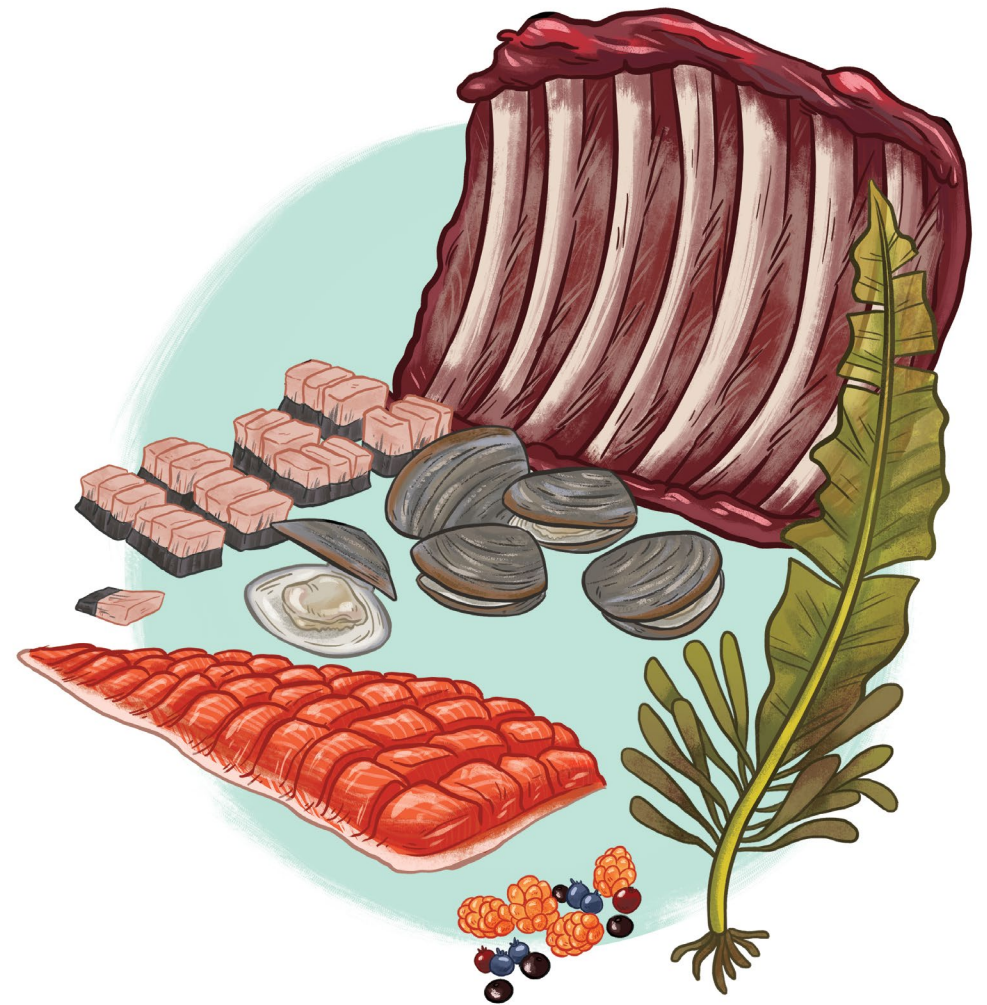
This is dairy.



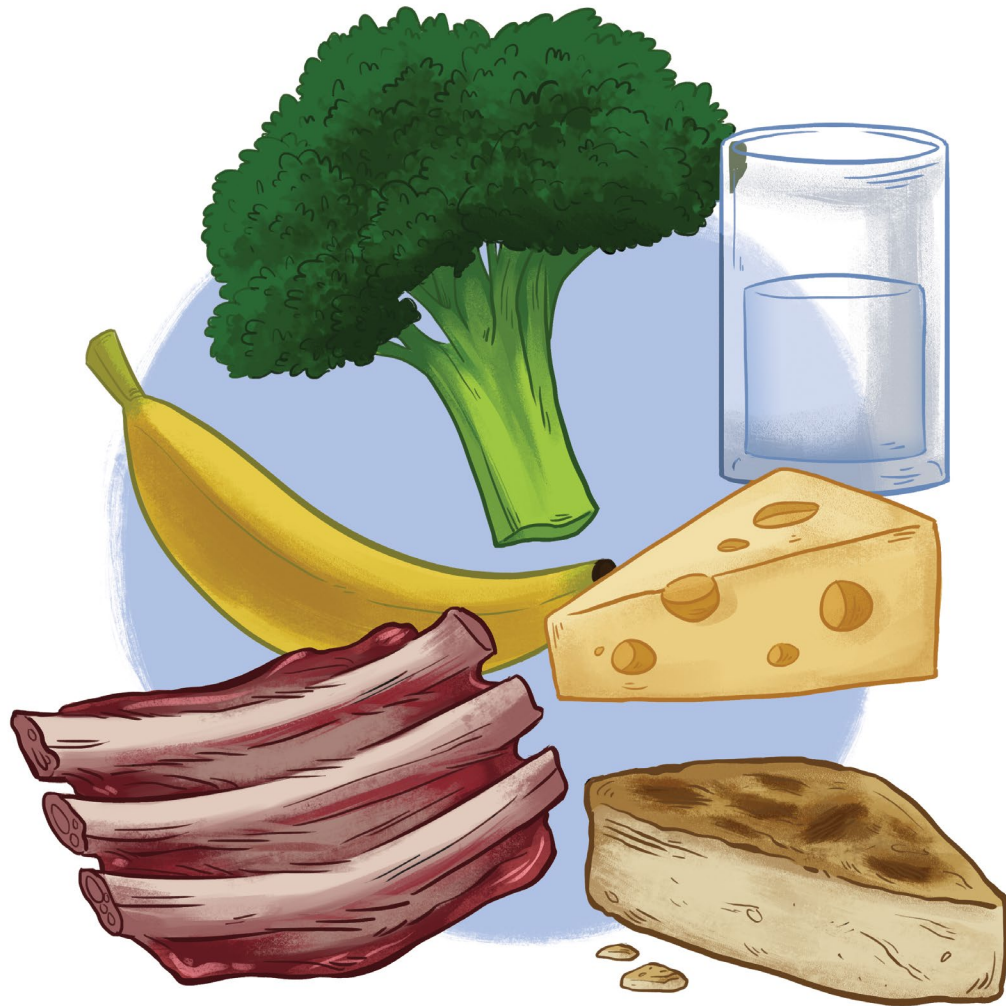
These are grains.



This is meat.



This is country food.



This is healthy food.

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