

# Picky Eater



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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 Inuktitut reading program, Uqalimaariuqsaniq. Uqalimaariuqsaniq is a sequential and progressive Inuktitut reading program that supports students in their development from emergent to independent readers.

Healthy behaviours start at home. Healthy children become healthy adults. For more information, visit [www.gov.nu.ca/health](http://www.gov.nu.ca/health) and your local Health Centre.

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### **Family Engagement/ It Starts at Home**

A child's success as a reader is dependent on supportive home and school environments. Reading, and a love of reading, begins at home. The Department of Health has developed a series of levelled take-home books to support reading at home. The following is a list of things you can do to support children as they become independent readers.

**Keep distractions to a minimum.** Find a quiet place to read and talk about the book. Even the best readers have a difficult time focusing on reading when there are too many distractions.

**Take turns.** Read to the child, read with the child, and let the child demonstrate his or her reading skills to you. This will help you provide gentle corrections, and it will provide an opportunity for the child to show you how he or she is improving.

**Read it again and again.** It is good to read the book a few times. Repetition helps strengthen learning and develops a child's confidence in reading.

**Ask questions.** As you read through the book, pause and ask questions about what is going on. This will help the child think about what he or she is reading, and will reinforce reading comprehension.

**Focus on successes, not mistakes.** All early reading experiences should focus on praising success, as this will build confidence in the child.

**Talk about the symbols or letters and sounds.** Help the child learn the names of the symbols or letters and the sounds they make. Point out other things around the house that start with the same sound.

**Read it and experience it.** If possible, make connections between what the book is about and what happens in life. For example, if the book is about food, talk about food you eat together at home.

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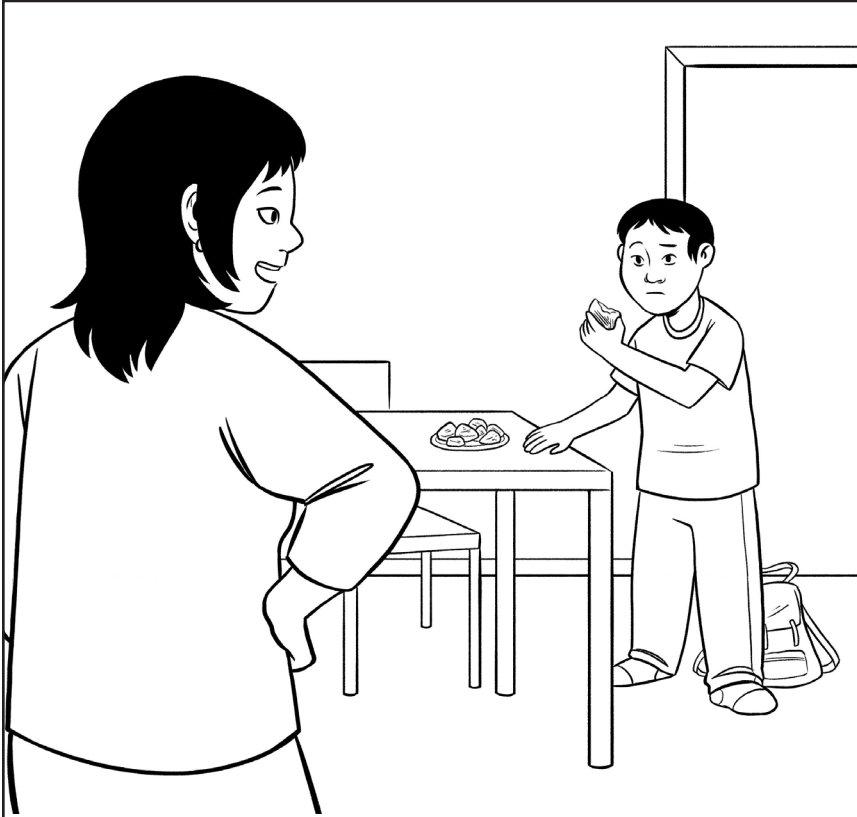
### **Book details**

**Level:** 10

**Text Type:** Fiction

**Subject/themes:** Healthy eating habits, country food, how to eat a balanced meal

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



Patrick was very hungry when he got home from school! He immediately grabbed a piece of bannock from the kitchen table.  
“Patrick, you should eat more than just bannock,” his mother said.



Patrick crossed his arms and stomped his foot.  
“But I only like bannock,” he said. Patrick took a bite of bannock.



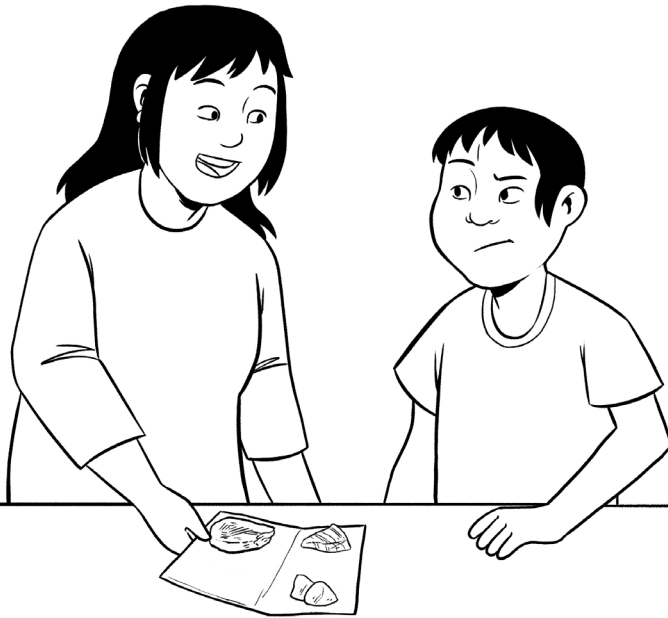
“Bannock is very good, but you need to eat many other delicious food, too,” his mother said.

Patrick shook his head but put the rest of the bannock down on a plate.



“Like what?” he asked.

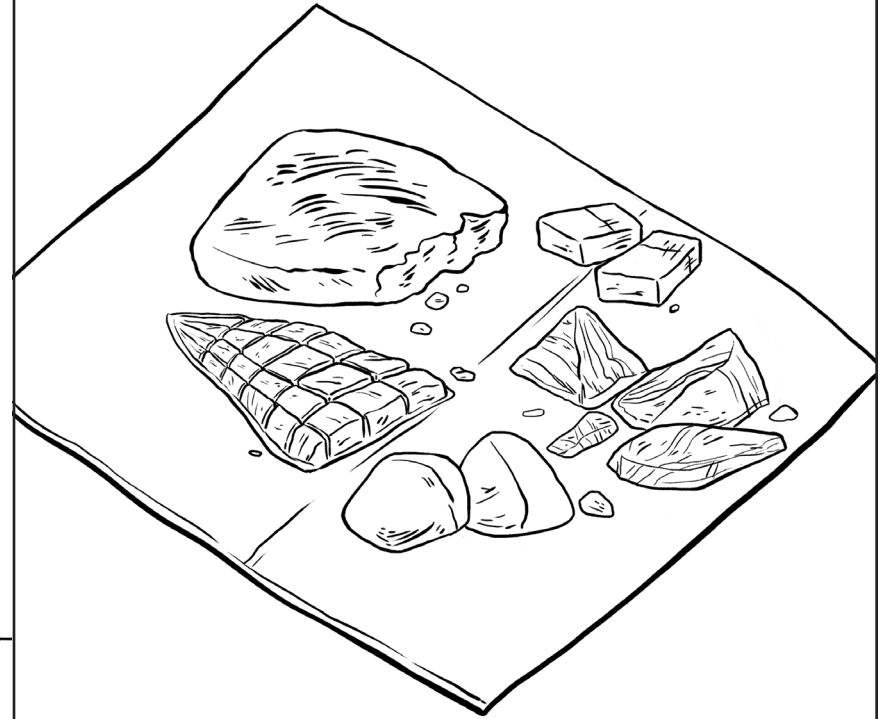
His mother opened the freezer and pulled out some tuktu. “Country food is very tasty,” she said. “And eating country food is good for you, too!”



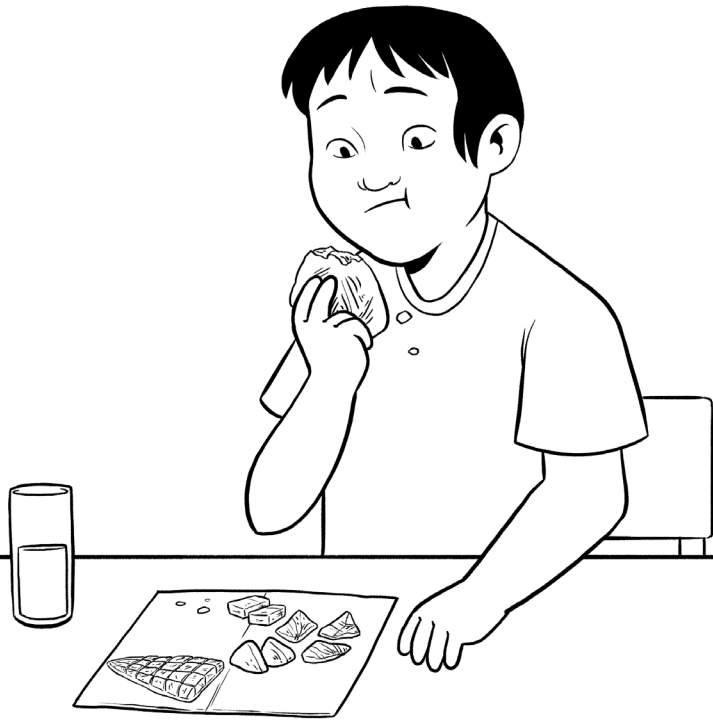
Patrick put the tuktu on his plate with his bannock.

His mother added some Arctic char and maktaaq. "I think you will enjoy these foods, too," she said.

The food did look good.



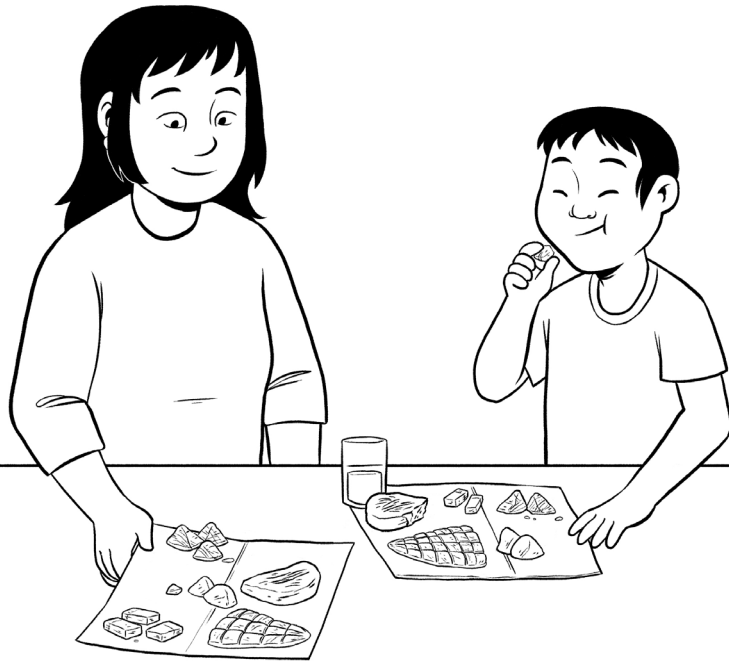
Patrick looked at the food his mother gave him. He was hungry and it looked delicious. But what if he didn't like it?



Patrick picked up another piece of bannock and ate it. He looked at the rest of his food. His mother placed a glass of water next to him.



Patrick ate another piece of bannock. He asked, "So bannock is good to eat, but I should also eat many different foods?" "Exactly!" his mother said.



Patrick took a bite of the tuktu and smiled. “Hey, this tastes really good!” he said. His mother smiled, too. She took some food for herself and together they ate supper.

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