



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](http://www.gov.nu.ca/health) and your local Health Centre.

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### Book details

**Level:** 10

**Text Type:** Non-fiction

**Subject/themes:** Different types of country food, nutrients and vitamins, healthy eating habits

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

# What's in Country Food?



Written by  
**Kaitlin Tremblay**

Country food is healthy and delicious!

Eating different types of country food gives us important **nutrients**. Different foods have different nutrients. For example, maqtaaᑭ has **Vitamin C**, which gives us healthy skin.

What are some of your favourite country foods?

**Did You Know?**

Nutrients help us grow and stay healthy by making sure our body is working well.





Many country foods have fats to help us stay warm.

Seal helps keep us warm. Seal meat and blubber have fats and many nutrients, including **fatty acids**. Fatty acids help to keep your heart healthy and are good for your skin.

Arctic char is good for your heart and bones. Char has **protein** that makes our muscles stronger, fatty acids that keep our skin healthy, and **vitamin D** that strengthens our bones.



### Did You Know?

In Nunavut, the sun is not strong enough to give us enough vitamin D. We can get vitamin D from food, from sunlight, and from vitamin D supplements.

## Did You Know?

Vitamin A is very good for our eyes, and it helps us grow.



All parts of caribou are good for us! Caribou meat has protein, which is good for our muscles. Caribou liver has many nutrients, including **vitamin A**.

Walrus is very good for your heart. Your heart is a muscle, so the protein in walrus meat helps to keep it strong. Walrus also has fatty acids that are good for your skin.



### Did You Know?

Igunaq is fermented walrus. Fermented means that it has aged a long time.



Narwhal and beluga are good for your heart and help your body fight infections. Most parts of narwhal and beluga are good sources of protein, vitamins A, C, and D, and fatty acids.

Many plants and berries are  
tasty and healthy foods.  
Cloudberries are sweet. They have more  
vitamin C than other berries,  
but all **edible** berries are good to eat.



### Did You Know?

Vitamin C is good  
for your heart,  
bones, and skin.

## Did You Know?

Mountain sorrel leaves can be chopped and mixed with sugar in water to make a sweet, refreshing drink that is similar to lemonade.



Arctic willow, mountain sorrel,  
and netted willow have small amounts of  
different nutrients.  
Mountain sorrel and arctic willow have vitamin C.

Your body needs lots of different nutrients to be healthy!  
Country food is delicious and it gives your body exactly what you need to grow and be strong.



# Glossary

**edible:** can be eaten safely.

**fatty acids:** fats that are healthy and help the heart and blood work. Fatty acids also help the brain.

**nutrients:** substances that help the body grow, as well as heal itself when damaged.

**protein:** an essential nutrient for building muscles.

**vitamin A:** a vitamin that is important for good vision and many internal organs.

**vitamin C:** a vitamin that helps the body form and maintain bones, blood vessels, and skin.

**vitamin D:** a vitamin that helps the body absorb calcium, which the body needs for strong bones.

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