Minwanjige, Mino-bimaadizi
(Eat Well, Live Well)

An Ojibwe/English
1st & 2nd Grade Activity Book

Anna Wirta Kosobuski
Bois Forte Band of Chippewa

Rachel King-Siérc
Ojibwe- Red Lake Nation
Dine` - Navajo Nation

Harvey Thompson
Bois Forte Band of Chippewa

Teague Goodsky
Bois Forte Band of Chippewa

Illustrations by
Jordan Rodgers
Oglala Sioux
Boozhoo! Migizi nindizhinikaaz. Migizi nindoodem, asabiikone-zaaga’iganiing nindoonejibaa.

"Hello. My name is Eagle, from eagle clan. I am from Nett Lake."

Makwa nindizhinikaaz. Makwa nindoodem, asabiikone-zaaga’iganiing nindoonejibaa.

"My name is Bear, from bear clan. I am from Nett Lake."

**Introduce yourself:**

Boozhoo!

__________________________ nindizhinikaaz
__________________________ nindoodem
__________________________ nindoonejibaa

Nindizhinikaaz- My name is...
Nindoodem- My clan is...
Nindoonejibaa- I am from...
Naawakwe-wiisini
Eats Lunch
How hungry are you? The best time to eat is when you feel "a little hungry". Eat only until you feel "comfortable and a little full".

When you feel "very full" or eat until you're "stuffed", your body is telling you that you've overeaten.

It takes 20 minutes for your stomach to tell your brain that it is full!

Take your time and enjoy each bite of your food.
Coconut Water Popsicles

They’re deliciously refreshing and brightly flavored.

First, make sure to wash your hands.

What do you need:

• A grown-up’s helping hands
• 2 Tablespoons of honey or maple syrup
• ½ Cup fresh of blueberries
• 2 Tablespoons of lemon juice
• ¼ Cup of coconut juice
• 1 ½ Cups of juice. Choose one that you like.

1 Mix everything together in a bowl.

2 Spoon your mixture into ice cube trays then place them in the freezer.

3 After half an hour, poke toothpicks into the popsicles to make sticks. Continue to freeze them for about 4 hours.

When you take them out, if you turn over the trays and run warm water over them for a little bit, it’s easier to remove your popsicles.
Eye Spy in the Grocery Store....

Eye spy is a fun game to play next time you go to the grocery store! Look around and try to find the healthy foods on this list. Circle each one that you spy.

Cereal
Pickles
Milk
Apples
Bread
Bananas
Rice
Orange
Tomatoes
Oatmeal

Think of some more healthy foods and see if you can find them!
Basikawaadan!
(Kick it!)
Gitigaanens (Vegetable) or Wiishkoban (Fruit)?

Did you know that you can tell which foods are gitigaanensan (vegetables) and which are wiishkoban (fruits) by how they grow?

Wiishkoban (fruits) grow from the flower of a plant or tree after it is done blooming. Fruits also have seeds. An apple is a fruit.

Gitigaanensan (vegetables) are the stems, leaves, or roots of plants. A carrot is a vegetable.

Can you guess which foods are wiishkoban (fruits) and which foods are gitigaanensan (vegetables)?

Watermelon

Beets

Lettuce

Green Beans

Oranges

Peas

Strawberries

Melon
Naanaagadawendan Wiisini
Thoughtful Eating

Migizi (Eagle) and Makwa (Bear) are practicing thoughtful eating. They would like you to join them.

Find an apple and try each of these.

**Look**
What is the color and shape of the apple?

**Touch**
Is the apple smooth, bumpy or rough?

**Smell**
Does the apple have a smell? Is it sweet or sour?

**Listen**
Hold the apple close to your ear and listen. Does it make a sound?

**Taste**
Take a bite but don’t chew it. What does the apple feel like in your mouth? Do you taste anything yet?

Now, start to chew, does the flavor change? How many different flavors are there?
Next time try this with a different food.
Makwa wrote a story about protein. He forgot some of the words and would like you to help him finish. Use words from the box to fill in the ones that are missing in Makwa’s story. Can you write your own story?

Protein is Good for My Body
by Makwa

Protein helps my b___ grow, my brain, m______, and t____. Fish, d___, p___, e___ and n___ are proteins. They help make my muscles s______!

strong          pork
eggs            nuts
muscles         body
 toes            deer
Makwa and Migizi can’t wait to come to your house and eat a healthy supper with you. You are in charge of cooking! What are you going to make? Draw the meal on the table.
What do you need:

- A grown-up’s helping hands
- One 12oz. package of low fat cream cheese. Let it soften.
- 2 Tablespoons of honey. Keep each spoon separate.
- ½ Cup melted chocolate
- ½ Cup peanut butter
- 3 apples
- Colorful sprinkles for decorating

1. To make your topping, first divide the low fat cream cheese into three pieces. Put each piece into its own small bowl.

2. In the first bowl, add 1 tablespoon of honey to the cream cheese. In the second bowl, add the melted chocolate. In the last bowl, add the other 1 tablespoon of honey and the peanut butter.

3. Take each bowl one at a time and stir together what you’ve added. Keep stirring until it is mixed well.

4. Slice your apples into 3 slices and cut out the core.

5. Spread the different toppings you’ve made on the apple slices and finish them off with sprinkles.
WORD SEARCH

Migizi and Makwa like to do puzzles with their friends. Today they are looking for these hidden words. Help them to find the words! Circle the ones that you find.

Milk  Water  Tablespoon  Cup  Sugar  Strawberries  Hunger  Fish  Rice

13
### Healthy Eating Log

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables</td>
<td>✅✅✅</td>
<td>✅✅✅</td>
<td>✅✅✅</td>
<td>✅✅✅</td>
<td>✅✅✅</td>
<td>✅✅✅</td>
<td>✅✅✅</td>
</tr>
<tr>
<td>Fruits</td>
<td>✅✅</td>
<td>✅✅</td>
<td>✅✅</td>
<td>✅✅</td>
<td>✅✅</td>
<td>✅✅</td>
<td>✅✅</td>
</tr>
<tr>
<td>Proteins</td>
<td>✅✅✅</td>
<td>✅✅✅</td>
<td>✅✅✅</td>
<td>✅✅✅</td>
<td>✅✅✅</td>
<td>✅✅✅</td>
<td>✅✅✅</td>
</tr>
<tr>
<td>Dairy</td>
<td>✅✅</td>
<td>✅✅</td>
<td>✅✅</td>
<td>✅✅</td>
<td>✅✅</td>
<td>✅✅</td>
<td>✅✅</td>
</tr>
<tr>
<td>Water</td>
<td>✅✅✅</td>
<td>✅✅✅</td>
<td>✅✅</td>
<td>✅✅</td>
<td>✅✅</td>
<td>✅✅</td>
<td>✅✅</td>
</tr>
<tr>
<td>Exercise</td>
<td>✅✅✅</td>
<td>✅✅✅</td>
<td>✅✅</td>
<td>✅✅</td>
<td>✅✅</td>
<td>✅✅</td>
<td>✅✅</td>
</tr>
</tbody>
</table>

Each day we should try to eat a balanced diet, drink plenty of water and get exercise. See how you do for a week.

Each day for a week mark the number of times you eat a serving from one of the food groups, drink a full cup of water and exercise for 10 minutes.
Handy Dandy Kitchen Measurements!

Whether you are measuring for cooking or keeping track of your serving sizes, understanding kitchen measurements is important. Here are some handy dandy pictures to help you!

1 Gallon
- 4 Quarts
- 8 Pints
- 16 Cups
- 128 Ounces

1 Quart
- 2 Pints
- 4 Cups
- 32 Ounces

1 Pint
- 2 Cups
- 16 Ounces

1 Cup
- 8 Ounces
- 16 Tablespoons

1/4 Cup
- 4 Tablespoons
- 12 Teaspoons

1 Tablespoon
- 1/2 Ounce
- 3 Teaspoons

1 Teaspoon
- 8 Pinches
Minozekwe
Cook Well
Migizi and Makwa are going on a scavenger hunt! They would like you to help them find fruits and vegetables that start with the letters in each of the boxes. When you find a fruit or a vegetable, draw a picture of it in the box where it belongs. We have done the first one for you.
1. Find one die.

2. Find a small item to use as your game piece. Migizi found a spool of thread and Makwa found a toy racing car.

3. Shake the die. On the board, count the number of spaces that you roll.

4. If the space has the picture of a healthy food, move your piece to that space.

5. If it is a space with the picture of an unhealthy food, don’t move your piece and stay where you are.

6. The first person to cross the finish line wins!
Wiisiniwin (Food) Riddles

Solve each food riddle by filling in the missing letters!

I am a protein. I will help your muscles grow. I have a hard shell but please don’t drop me! In Ojibwe, I am called waawan.

What am I? E _ _

I am a fruit. I am red, juicy and sweet and help to keep your teeth clean. The Ojibwe word for me is mishiimin.

What am I? AP _ _ E

I am a dairy drink. I will help you have strong bones and a healthy smile. In Ojibwe I am called doodooshaabo.

What am I? _I_ K

I am a vegetable. I am good for your stomach and can help you digest your food. I am yellow and my stalks grow very tall. In Ojibwe I am called mandaamin.

What am I? C _ R_
Biindig Gitige
Indoor Garden

You can grow your own herbs for cooking and they can be harvested all year long.

There are many herbs to choose from. Here are some that grow together well and are used in many delicious recipes:

- Mint
- Parsley
- Basil
- Oregano
- Sage
- Cilantro

To grow your herbs, what do you need?

- Seeds
- An empty flower pot or bucket. Ask an adult to make some holes in the bottom so it can drain when you water your plants.
- Planting soil

1. Start by filling up your pot with the soil. Save just a little bit to cover your seeds.
2. Sprinkle the seeds on the top of the soil. Then add just enough soil to cover them.
3. Find a warm, sunny place for the plants to grow, like near a window.

Remember to water your plants every other day!
Wiisinii-adaawewigamig
Grocery Store
Puzzle Solutions

Page 8

Watermelon  
Wishkoban (Fruit)  Gitigaanens (Vegetable)

Beets  
Wishkoban (Fruit)  Gitigaanens (Vegetable)

Lettuce  
Wishkoban (Fruit)  Gitigaanens (Vegetable)

Green Beans  
Wishkoban (Fruit)  Gitigaanens (Vegetable)

Oranges  
Wishkoban (Fruit)  Gitigaanens (Vegetable)

Peas  
Wishkoban (Fruit)  Gitigaanens (Vegetable)

Strawberries  
Wishkoban (Fruit)  Gitigaanens (Vegetable)

Melon  
Wishkoban (Fruit)  Gitigaanens (Vegetable)

Page 10

Protein is Good for My Body by Makwa

Protein helps my body grow, my brain, muscles, and toes. Fish, deer, pork, eggs and nuts are proteins. They help make my muscles strong!
Solve each food riddle by filling in the missing letters!

I am a protein. I will help your muscles grow. I have a hard shell but please don’t drop me! In Ojibwe, I am called waawan.

Egg

I am a fruit. I am red, juicy and sweet and help to keep your teeth clean. People say eating one of me each day will keep the doctor away! The Ojibwe word for me is mishiimin.

Apple

I am a dairy drink. I will help you have strong bones and a healthy smile. In Ojibwe I am called doodooshaabo.

Milk

I am a vegetable. I am good for your stomach and can help you digest your food. I am yellow and my stalks grow very tall. In Ojibwe I am called mandaamin.

Corn