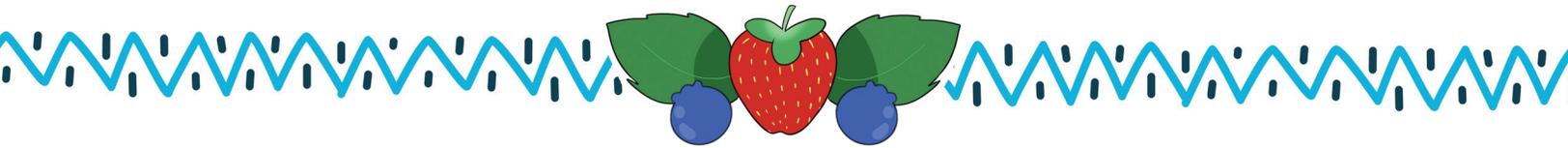


Minwanjige, Mino-bimaadizi

(Eat Well, Live Well)



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



Minwanjige, Mino-bimaadizi

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Anna Wirta Kosobuski
Bois Forte Band of Chippewa

Teague Goodsky
Bois Forte Band of Chippewa

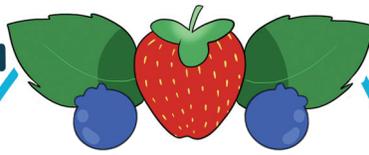
Rachel King-Siert
Ojibwe- Red Lake Nation
Dine` - Navajo Nation

Illustrations by
Jordan Rodgers
Oglala Sioux



Harvey Thompson
Bois Forte Band of Chippewa





Join us for loads of **FUN!**

Boozhoo!

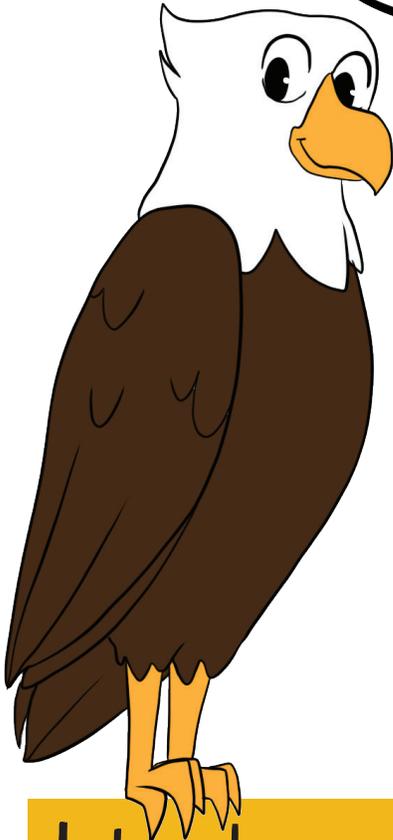
Hello!

Boozhoo! Migizi nindizhinikaaz. Migizi nindoodem, asabiikone-zaaga'iganiing nindoonjibaa.

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

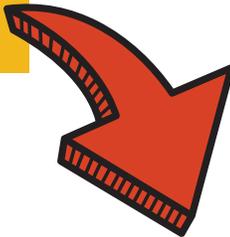
Makwa nindizhinikaaz. Makwa nindoodem, asabiikone-zaaga'iganiing nindoonjibaa.

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



Introduce yourself:

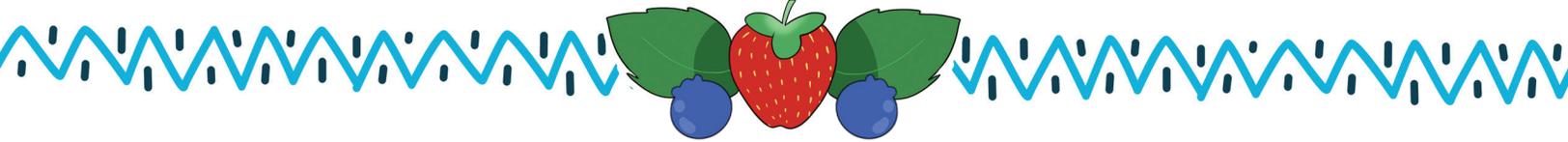
Boozhoo!



_____ nindizhinikaaz
_____ nindoodem
_____ nindoonjibaa

Nindizhinikaaz- My name is...
Nindoodem- My clan is...
Nindoonjibaa- I am from...

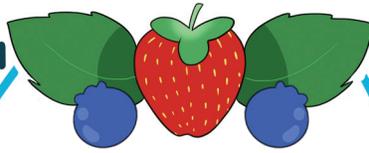




Naawakwe-wiisini

Eats Lunch





Bakade?!?

Hungry?!?

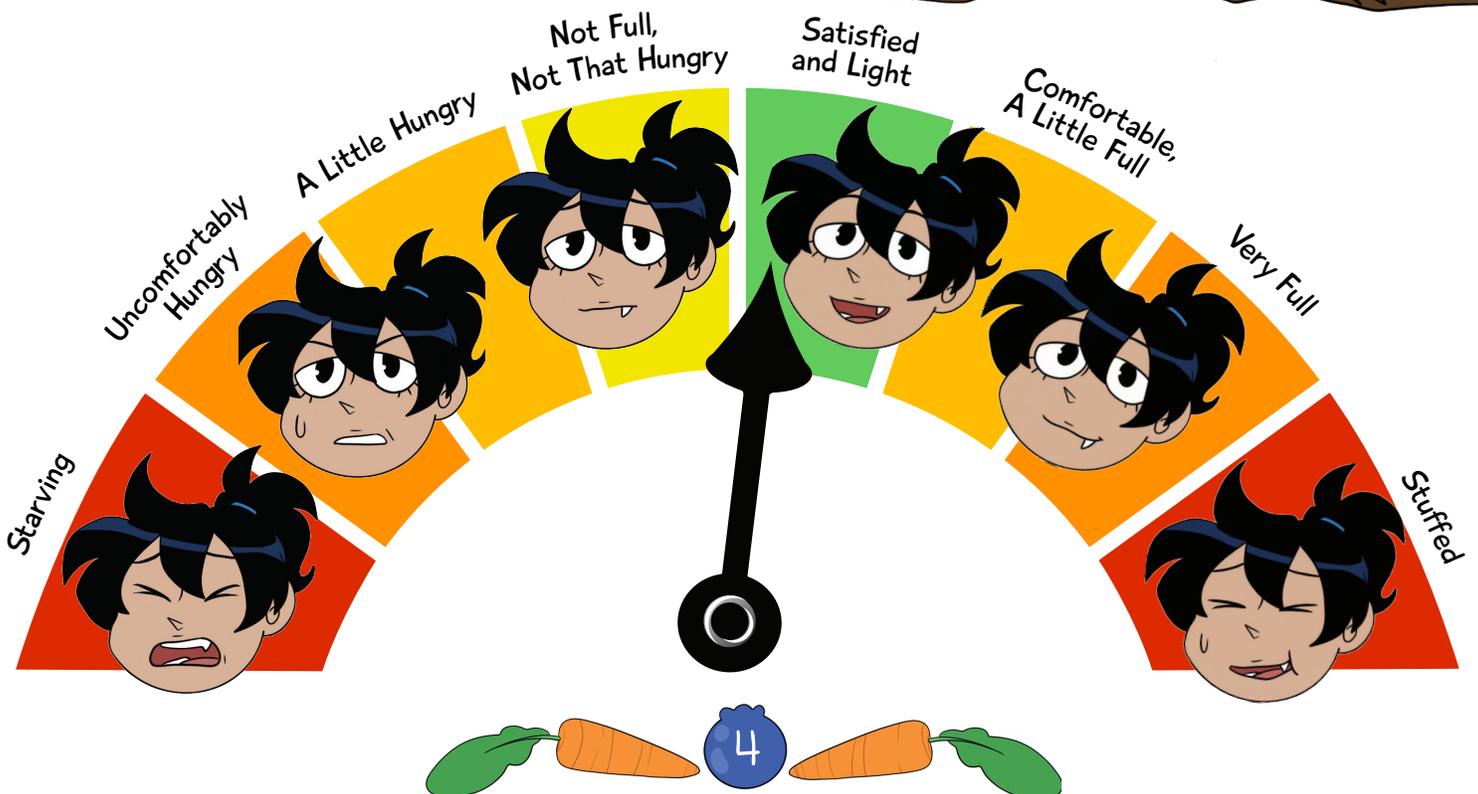
How hungry are you? The best time to eat is when you feel "a little hungry". Eat only until you feel "comfortable and a little full".

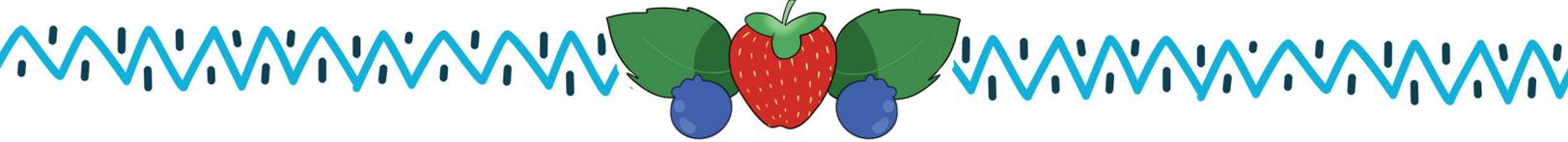
When you feel "very full" or eat until you're "stuffed", your body is telling you that you've overeaten.



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.



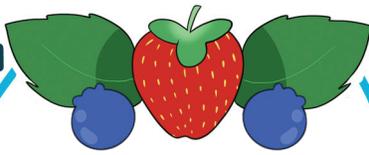
1 Mix everything together in a bowl.

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....

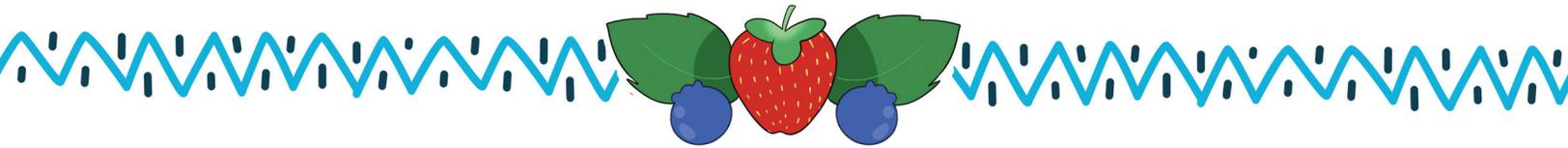
Eye spy is a fun game to play next time you go to the grocery store! Look around and try to find the healthy foods on this list. Circle each one that you spy.



- Cereal
- Pickles
- Milk
- Apples
- Bread
- Bananas
- Rice
- Orange
- Tomatoes
- Oatmeal

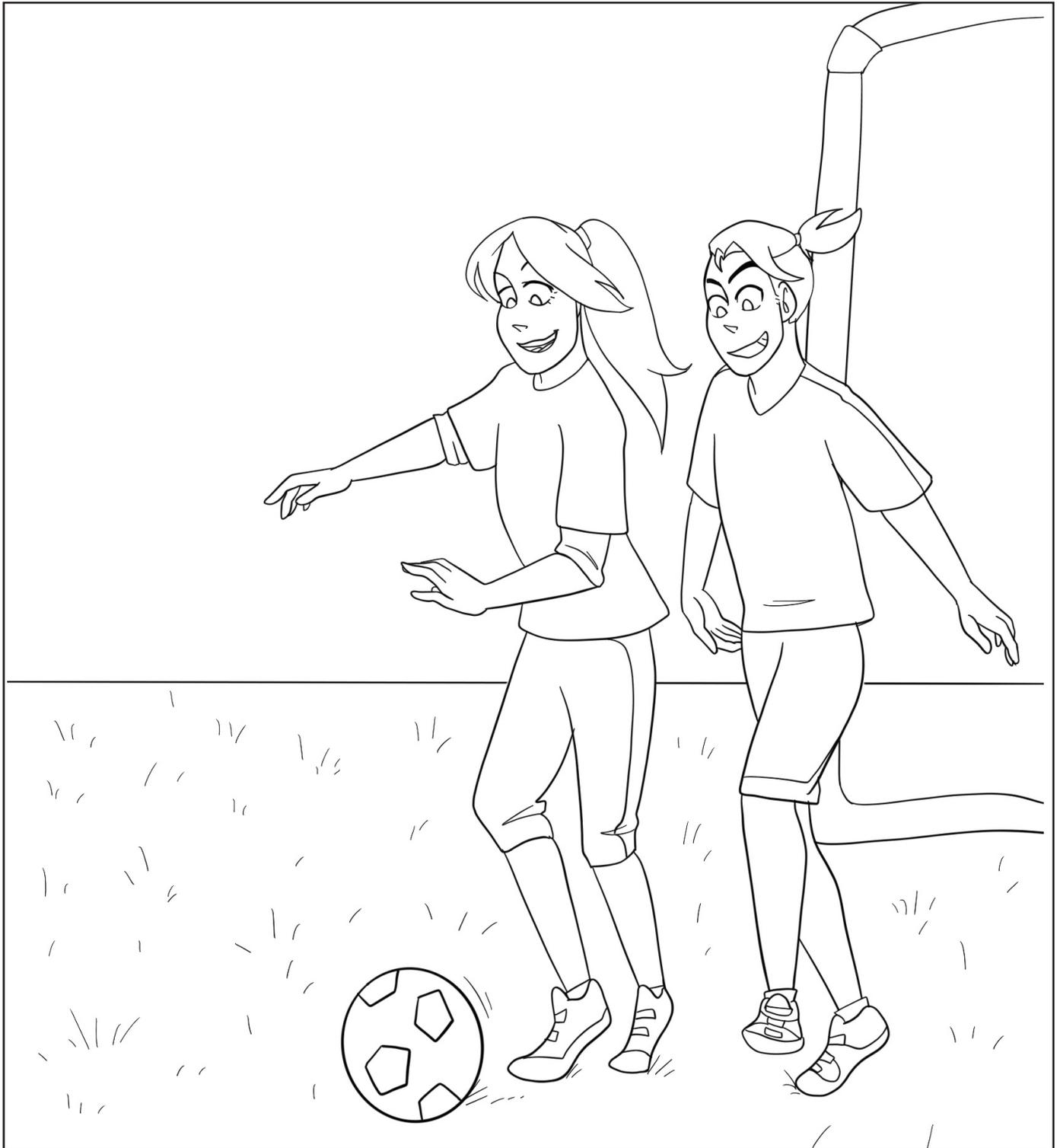
Think of some more healthy foods and see if you can find them!

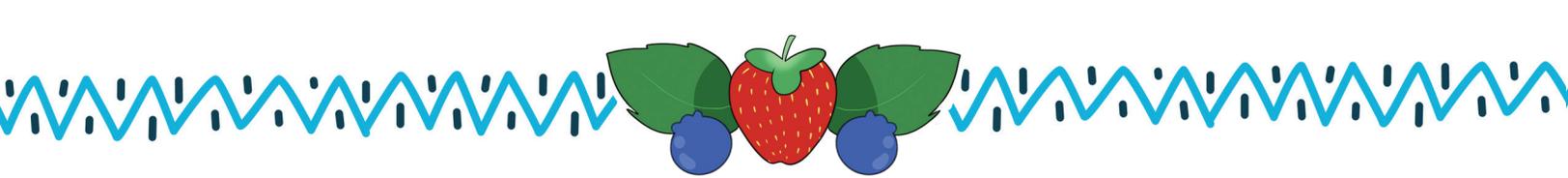




Basikawaadan!

(Kick it!)





Gitigaanens (Vegetable) or Wiishkoban (Fruit)?

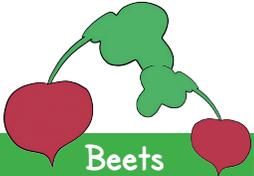
Did you know that you can tell which foods are gitigaanensan (vegetables) and which are wiishkoban (fruits) by how they grow?



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 <input type="checkbox"/> <input type="checkbox"/> Wiishkoban (Fruit) Gitigaanens (Vegetable)	 Beets <input type="checkbox"/> <input type="checkbox"/> Wiishkoban (Fruit) Gitigaanens (Vegetable)	 Lettuce <input type="checkbox"/> <input type="checkbox"/> Wiishkoban (Fruit) Gitigaanens (Vegetable)	 Green Beans <input type="checkbox"/> <input type="checkbox"/> Wiishkoban (Fruit) Gitigaanens (Vegetable)
 Oranges <input type="checkbox"/> <input type="checkbox"/> Wiishkoban (Fruit) Gitigaanens (Vegetable)	 Peas <input type="checkbox"/> <input type="checkbox"/> Wiishkoban (Fruit) Gitigaanens (Vegetable)	 Strawberries <input type="checkbox"/> <input type="checkbox"/> Wiishkoban (Fruit) Gitigaanens (Vegetable)	 Melon <input type="checkbox"/> <input type="checkbox"/> Wiishkoban (Fruit) Gitigaanens (Vegetable)



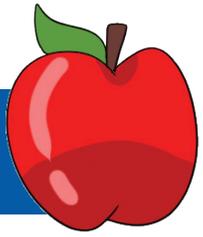
Naanaagadawendan Wiisini

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?

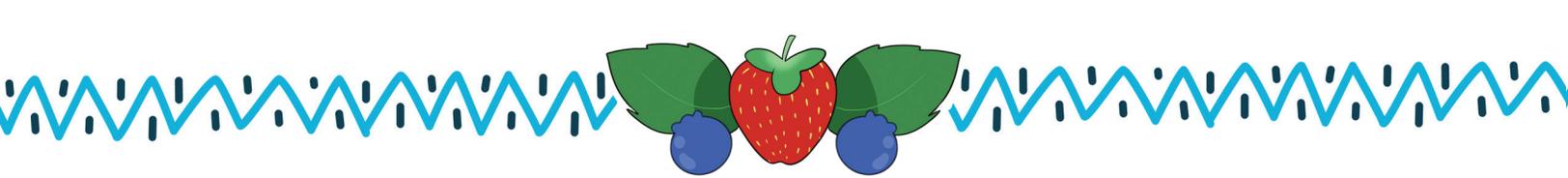
Taste



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'S STORY

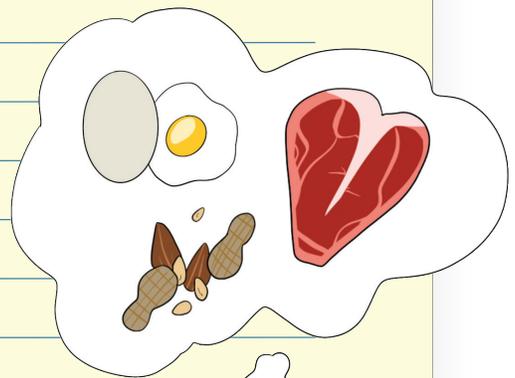
Makwa wrote a story about protein. He forgot some of the words and would like you to help him finish. Use words from the box to fill in the ones that are missing in Makwa's story. Can you write your own story?

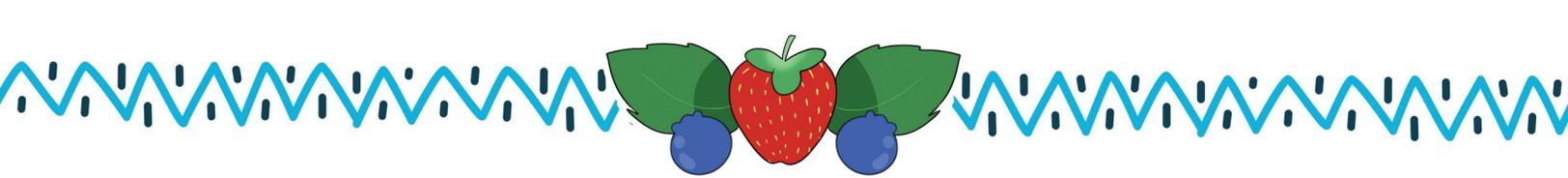


Protein is Good for My Body by Makwa

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 |

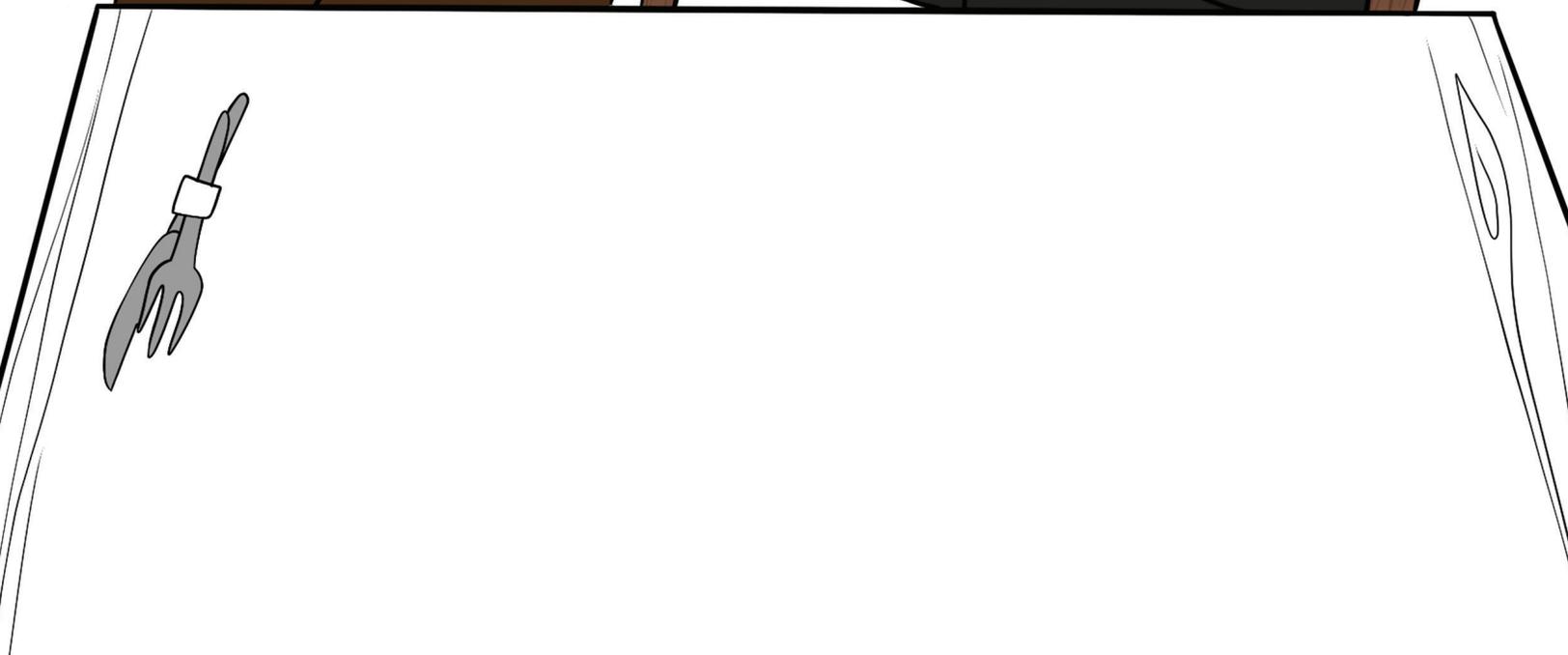


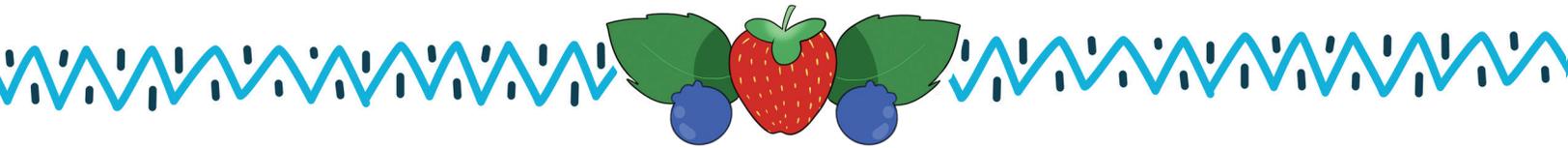


Onaagoshi-wiisini

Eating Supper

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.





GAWIIN BIINDAABIA'AN ZIINZIBAAKWADOONS

NO BAKE SWEET TREATS

Try these fun, easy, and tasty treats



Apple donuts

First, make sure to wash your hands.

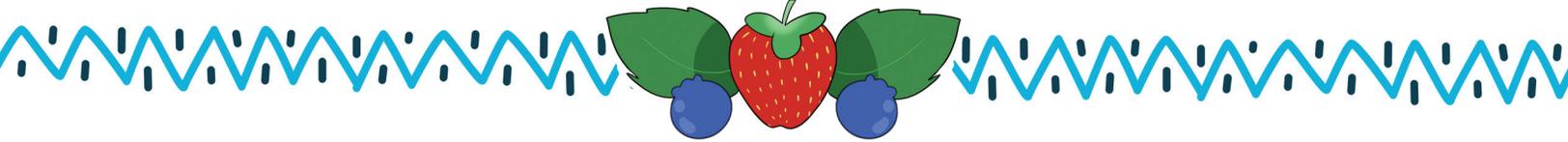


What do you need:

- 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.
- 1/2 Cup melted chocolate
- 1/2 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.



V C S E T A B L E S P O O N E
Q A J N M C Q J B E D T B G P
Y H S I Y R C N I Q J H Z F G
J H S X N M N M K I M I L K U
M G M T K N S N O Y Y H D S L
Y V I B R J L M V R K V C U M
J Y P X F A P A O U H Q U G X
M P X D H D W H F R Z U P A W
T Z H I N U F B J K D E J R Y
K Z R U K N I O E B R I J R X
Q A J I N O S S F R G J G K G
X P Q E C G H N N O R L M V L
S W P M R E E C X I Y I U B J
Z T E U C Z V R D K T T E W C
D K N J D W A T E R D S T S E

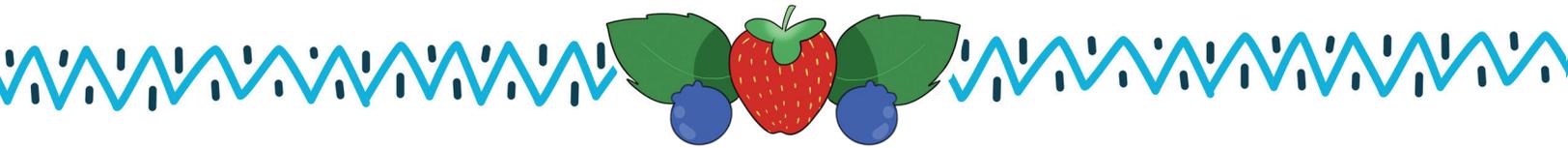


Milk
Water
Tablespoon

Cup
Sugar
Strawberries

Hunger
Fish
Rice





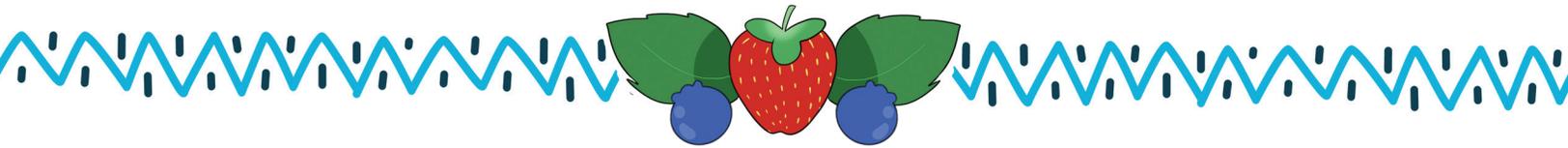
Healthy Eating Log

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Vegetables	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓
Fruits	✓✓	✓✓	✓✓	✓✓	✓✓	✓✓	✓✓
Proteins	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓
Dairy	✓✓	✓✓	✓✓	✓✓	✓✓	✓✓	✓✓
Water	✓✓✓ ✓✓						
Exercise	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓

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

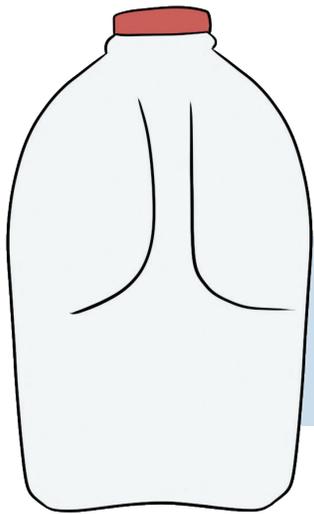
Each day for a week mark the number of times you eat a serving from one of the food groups, drink a full cup of water and exercise for 10 minutes.





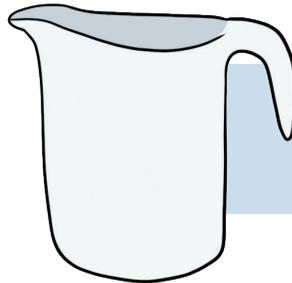
Handy Dandy Kitchen Measurements!

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!



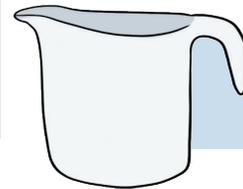
1 Gallon

4 Quarts
8 Pints
16 Cups
128 Ounces



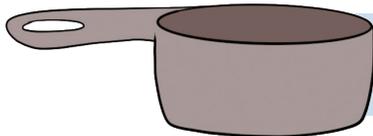
1 Quart

2 Pints
4 Cups
32 Ounces



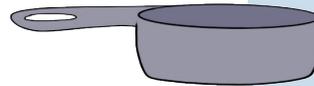
1 Pint

2 C ups
16 Ounces



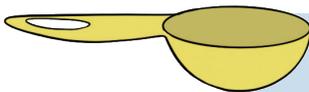
1 Cup

8 Ounces
16 Tablespoons



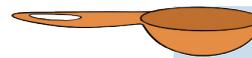
1/4 Cup

4 Tablespoons
12 Teaspoons



1 Tablespoon

1/2 Ounce
3 Teaspoons



1 Teaspoon

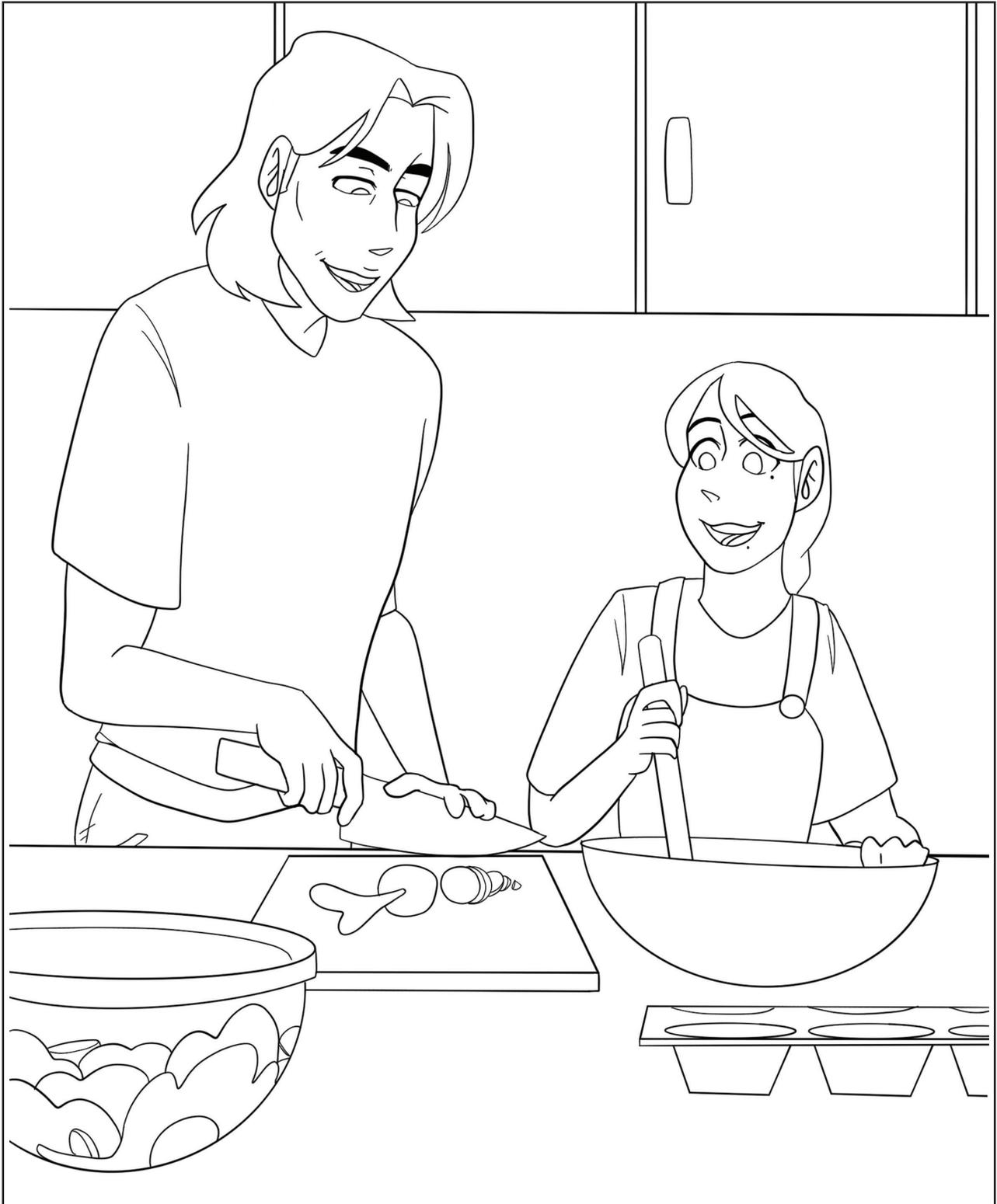
8 Pinches

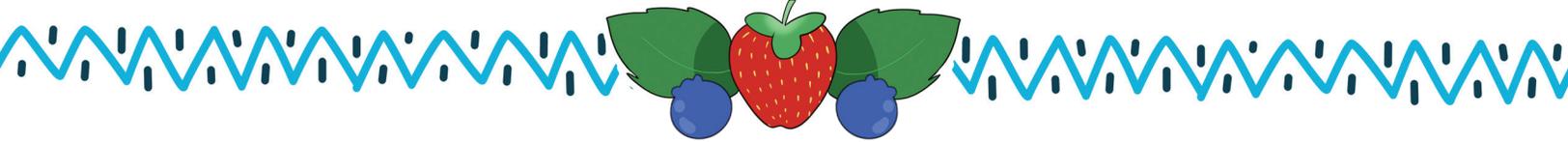




Minozekwe

Cook Well



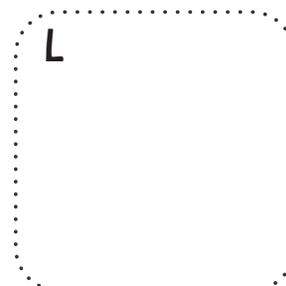
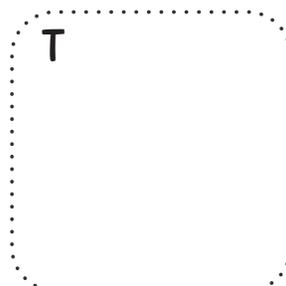
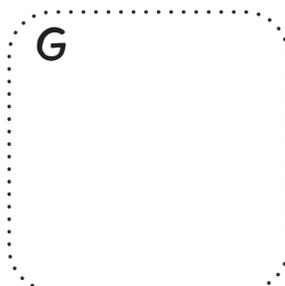
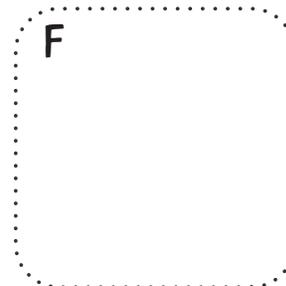
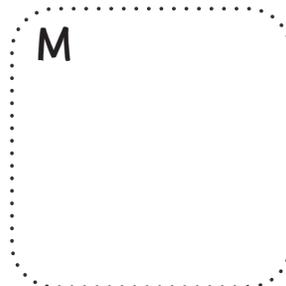
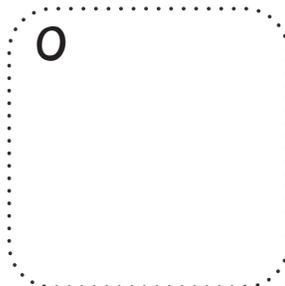
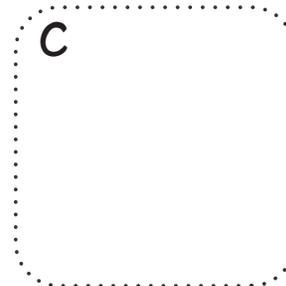
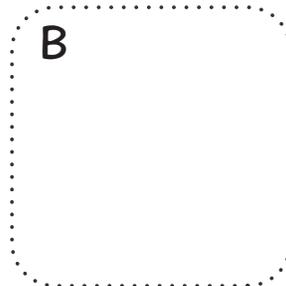
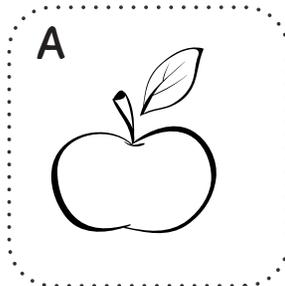


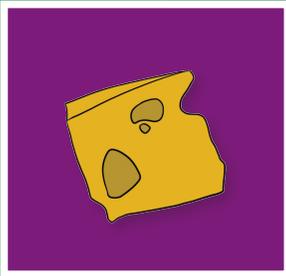
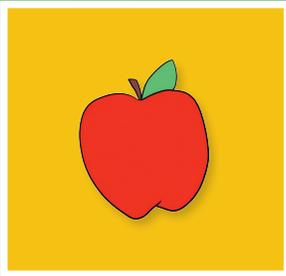
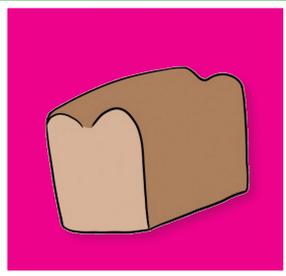
Scavenger Hunt Time!

Gitigaanens (**Vegetable**) gaye Wiishkoban (**Fruit**)

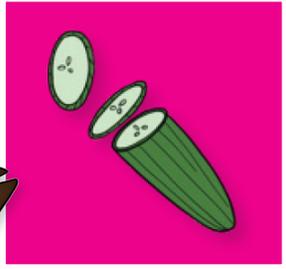
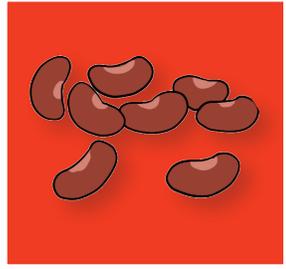


Migizi and Makwa are going on a scavenger hunt! They would like you to help them find fruits and vegetables that start with the letters in each of the boxes. When you find a fruit or a vegetable, draw a picture of it in the box where it belongs. We have done the first one for you.

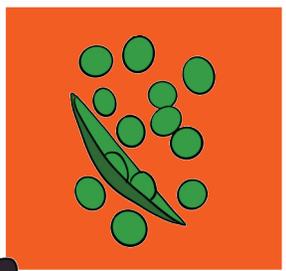
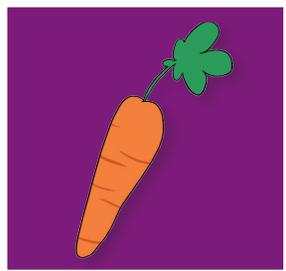
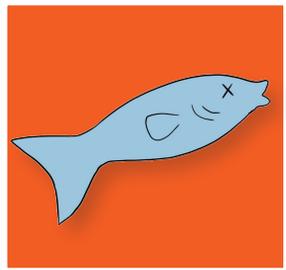
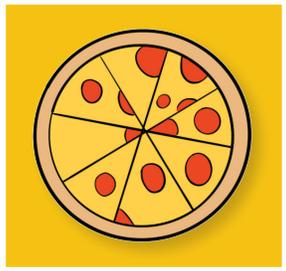




Rolling For a Healthy Body

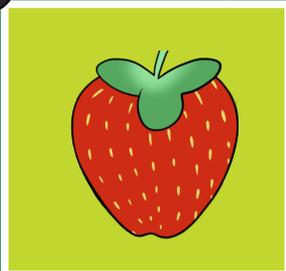
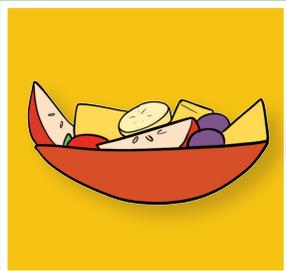


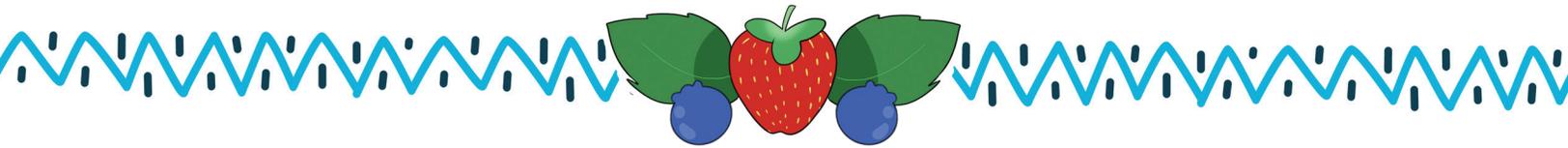
- 1 Find one die.
- 2 Find a small item to use as your game piece. Migizi found a spool of thread and Makwa found a toy racing car.
- 3 Shake the die. On the board, count the number of spaces that you roll.
- 4 If the space has the picture of a healthy food, move your piece to that space.
- 5 If it is 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!



START

FINISH





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

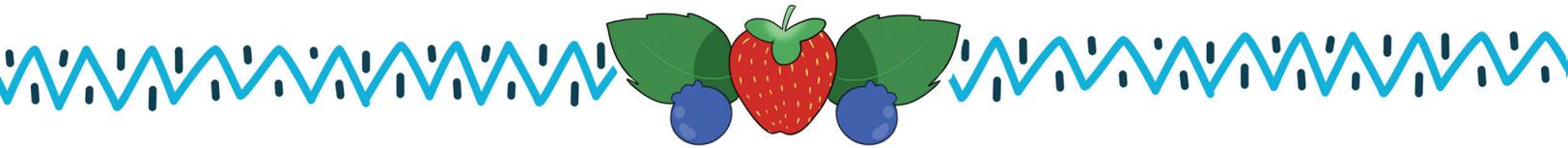
I am a dairy drink. I will help you have strong bones and a healthy smile. In Ojibwe I am called **doodooshaabo**.

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	Oregano
Parsley	Sage
Basil	Cilantro



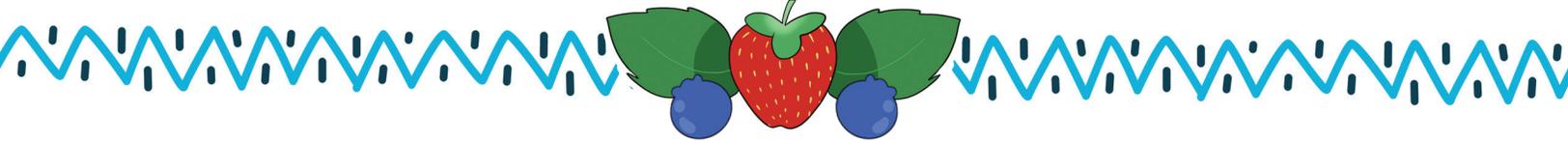
To grow your herbs, what do you need?

- 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!

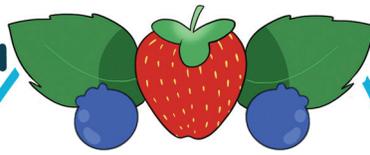




Wiisinii-adaawewigamig

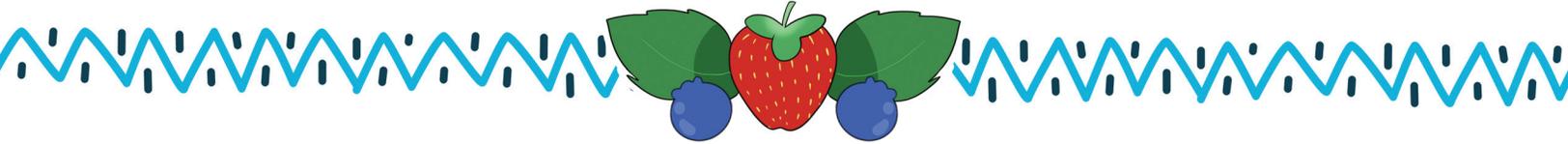
Grocery Store





Puzzle Solutions





Puzzle Solutions

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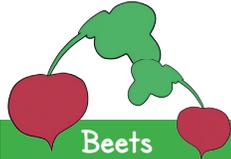


Watermelon



Wiishkoban
(Fruit)

Gitigaanens
(Vegetable)



Beets



Wiishkoban
(Fruit)

Gitigaanens
(Vegetable)



Lettuce



Wiishkoban
(Fruit)

Gitigaanens
(Vegetable)



Green Beans



Wiishkoban
(Fruit)

Gitigaanens
(Vegetable)



Oranges



Wiishkoban
(Fruit)

Gitigaanens
(Vegetable)



Peas



Wiishkoban
(Fruit)

Gitigaanens
(Vegetable)



Strawberries



Wiishkoban
(Fruit)

Gitigaanens
(Vegetable)



Melon



Wiishkoban
(Fruit)

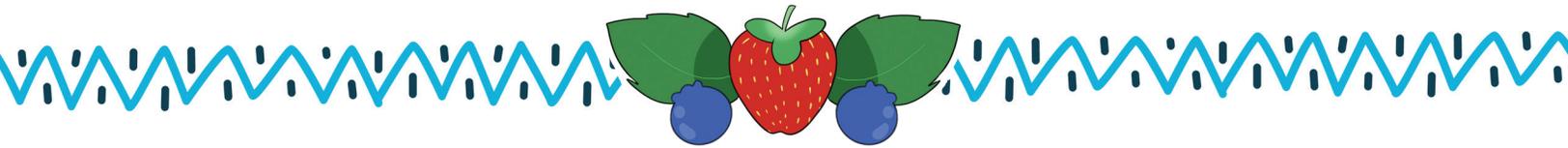
Gitigaanens
(Vegetable)

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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**!





Puzzle Solutions

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V	C	S	E	T	A	B	L	E	S	P	O	O	N	E
Q	A	J	N	M	C	Q	J	B	E	D	T	B	G	P
Y	H	S	I	Y	R	C	N	I	Q	J	H	Z	F	G
J	H	S	X	N	M	N	M	K	I	M	L	L	K	U
M	G	M	T	K	N	S	N	O	Y	Y	H	D	S	L
Y	V	I	B	R	J	L	M	V	R	K	V	C	U	M
J	Y	P	X	F	A	P	A	O	U	H	Q	U	G	X
M	P	X	D	H	D	W	H	F	R	Z	U	P	A	W
T	Z	H	I	N	U	F	B	J	K	D	E	J	R	Y
K	Z	R	U	K	N	I	O	E	B	R	I	J	R	X
Q	A	J	I	N	O	S	S	F	R	G	J	G	K	G
X	P	Q	E	C	G	H	N	N	O	R	L	M	V	L
S	W	P	M	R	E	E	C	X	I	Y	I	U	B	J
Z	T	E	U	C	Z	V	R	D	K	T	T	E	W	C
D	K	N	J	D	W	A	T	E	R	D	S	T	S	E

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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



UNIVERSITY OF MINNESOTA

Medical School

DULUTH CAMPUS



Created by Anna Wirta Kosobuski, Rachel King-Siert, Teague Goodsky, Jordan Rodgers, Harvey Thompson. 2020.

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