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

An Ojibwe/English Kindergarten Activity Book
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Boozhoo! Hello!

Boozhoo! Migizi nindizhinikaaz. Migizi nindoodem, asabiikone-zaaga’iganiing nindoornjibaa.
"Hello. My name is Eagle, from eagle clan. I am from Nett Lake."

Makwa nindizhinikaaz. Makwa nindoodem, asabiikone-zaaga’iganiing nindoornjibaa.
"My name is Bear, from bear clan. I am from Nett Lake."

Introduce yourself:

Boozhoo!

_________________________ nindizhinikaaz
_________________________ nindoodem
_________________________ nindoornjibaa

Nindizhinikaaz- My name is....
Nindoornjibaa- I am from....
Before you eat, remember to wash your hands! Washing your hands gets rid of germs and helps you stay healthy. Let's give it a try.

**Giziibiigininjii**  
Washing Your Hands

1. Wet your hands under warm water.
2. Put soap on your hands.
3. Lather up good! Rub your hands together while you say your ABC’s.
4. Make sure to get between your fingers and under your nails.
5. Rinse your hands well under warm water.
6. Dry your hands.

**Makwa’s paw washing steps**
Debisinii
Getting Enough From Food

The foods we eat are made up of five groups. There are grains, vegetables, fruits, dairy and protein. Healthy meals have foods from all these groups.

Here are some foods to add to your plate! Color the foods to match the group they belong to.
Bakade Migizi
Hungry Eagle

Migizi is hungry!
Help him find his way to the healthy foods!
Gigizhebaawiisiniwin

Breakfast
I am Eating Healthy from my Nishtigwaan (Head) to the Wanakozid (Tips of My Toes)!

**Nishkiinzhiig (Eyes)**
Fish, peanuts, carrots, squash, oranges, eggs, water

**Niinindib (Brain)**
Cauliflower, berries, nuts, salmon, oatmeal, water

**Niibid (Teeth)**
Eggs, milk, cheese, apples, almonds, fish, water

**Inde’ (Heart)**
Berries, tomatoes, bananas, beets, onions, oatmeal, tuna, grapefruit, water

**Mashkawiziwinan (Muscles)**
Eggs, salmon, yogurt, cheese, peanuts, chicken, beans, milk, water
Healthy Gookoosh
Pig

Just like us, Greg Gookoosh needs to eat foods that are good for his body. Help him to eat healthy! Color all of the healthy foods that Greg Gookoosh should eat.
Frozen Yogurt Berry Bites

Fun, simple, good for your body, and yummy!

What do you need:
- A grown-up's helping hands
- 2 cups of your favorite yogurt
- ½ cup of sliced strawberries
- ½ cup of blueberries
- Ice cube tray

5 steps to deliciousness!

1. Wash your hands.
2. Make sure to also wash the fruit with lots of clean water.
3. Mix the yogurt and berries together.
4. Pour them into the ice trays and place them into the freezer.
5. Your berry bites will take 2 to 3 hours to freeze. Yum!
Different foods can make your body feel different ways. When Makwa eats too much chocolate, his belly hurts and he doesn’t feel well.

When Migizi eats yogurt and berries for breakfast, he feels ready for the day!

Draw a picture of how these foods make you feel when you eat them.
Nibi Water

Hey Kids,

stay healthy by drinking at least 5 cups of nibi (water) every day.

DID YOU KNOW?

- Nibi (water) makes up more than half of our body weight!
- Nibi (water) helps to remove germs from our bodies.
- Nibi (water) helps keep our bodies at the right temperature. Not too hot, not too cold.
- Nibi (water) is lost when we go to the toilet, when we sweat, and even when we breathe!
Minopidan
He/She Likes the Way It Tastes

Makwa’s favorite foods
miinan (blueberries)
manidoonsag (insects)
giigoonh (fish)

Migizi’s favorite foods
giigoonh (fish)
ajidamoo (squirrel)
waabooz (rabbit)

Now draw your favorite foods. Do you pick them from the garden? Do you make them in the kitchen? Do you eat them at school?
Mamaajii!
He/She Moves

Eating healthy foods and exercising helps you to grow and makes you strong.

**How do you move your body?**

I love to niimi (dance).

Do you bimibatoo (run)?

Do you ride ditibiwebishkigan (bike)?

Do you do yoga?

Do you bakitejii’ige (play baseball)?

Makwa and Migizi enjoy doing all of these things.
Use the space below to show them how you move your body.
Dot to Dot

Connect the dots to show Makwa's favorite fruit!

Start at 1 and connect the dots through number 13.
Makwa gaye Migizi Gitige
Bear and Eagle Garden

Makwa and Migizi love gardening! Help them by drawing your favorite fruits and vegetables in their garden!
Migizi and Makwa are going on a picnic. They want to bring only healthy foods. Cross out the unhealthy foods that they should take out of the basket.
Minwendaagozi Awesiinh Wiisiniwinan

Fun Wild Animal Foods

Try these fun and healthy snacks!

First, make sure to wash your hands.

**Rice Cake Bears**

**What do you need:**

- A grown-up’s helping hands
- Rice cakes
- Banana
- Blueberries
- Peanut butter
- Low fat cream cheese

**Dolphin Banana Split**

**What do you need:**

- A grown-up’s helping hands
- Half banana
- Handful of blueberries and raspberries
- Black marker to draw the dolphin’s eyes

First, make sure to wash your hands.
ABC Healthy Foods Alphabet

Fruits | Grains | Dairy | Vegetables | Proteins

A | Apple
B | Bread
C | Cheese

D | Dried Berry
E | Eggs
F | Fish
G | Ginger
H | Honeydew
I | Ita Palm

J | Jerky
K | Kiwi
L | Leafy Greens
M | Milk
N | Nuts
O | Oats

P | Peppers
Q | Quinoa
R | Raspberry
S | Strawberry
T | Tomato
U | Ugli Fruit

V | Vidalia Onion
W | Watermelon
X | Ximenia
Y | Yam
Z | Zucchini
Color the foods to match the food group they belong to.

Nagweyaab (Rainbow) of a Balanced Diet

Brown: Grains
Green: Vegetables
Red: Fruits
Blue: Dairy
Orange: Protein
Healthy Justin

Help Healthy Justin pick good foods for his body. Draw a line from the good foods to Healthy Justin!
Odamino Niiyaw Mamaajii
Body in Motion Game

Makwa and Migizi are playing a game. When they take turns shaking the dice, the number they roll tells them to do something fun. You try it! Shake the dice, then do the activity for 10 seconds.

- Run in place
- Dance
- Hop on one foot
- Jumping Jacks
- Stretch way up high and then touch your toes
- Bend down low and then jump up high

Now that you have tried Makwa and Migizi’s activities, make up some of your own!

- ____________________________
- ____________________________
- ____________________________
- ____________________________
- ____________________________
References


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