

Minwanjige, Mino-bimaadizi

(Eat Well, Live Well)



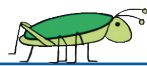
An Ojibwe/English
Kindergarten Activity Book



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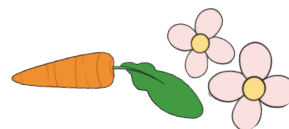
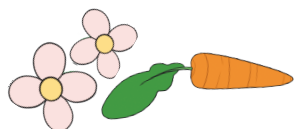
Anna Wirta Kosobuski
Bois Forte Band of Chippewa

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Ojibwe- Red Lake Nation
Dine` - Navajo Nation

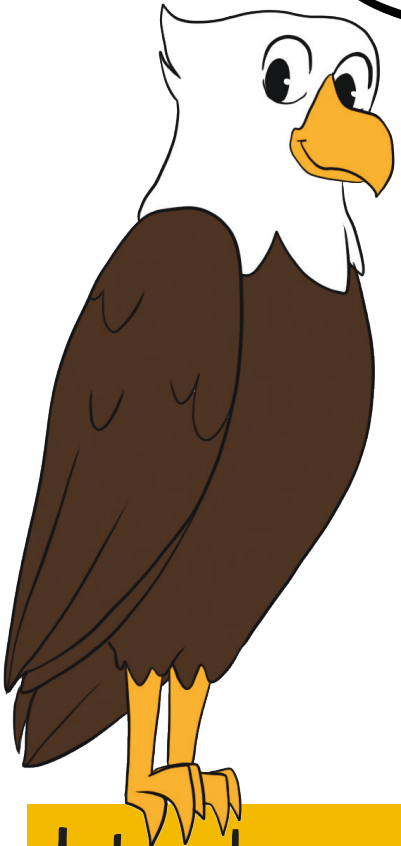
Illustrations by
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Join us for loads of **FUN!**



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...



Giziibiigininjii

Washing Your Hands

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.

Makwa's paw washing steps



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.

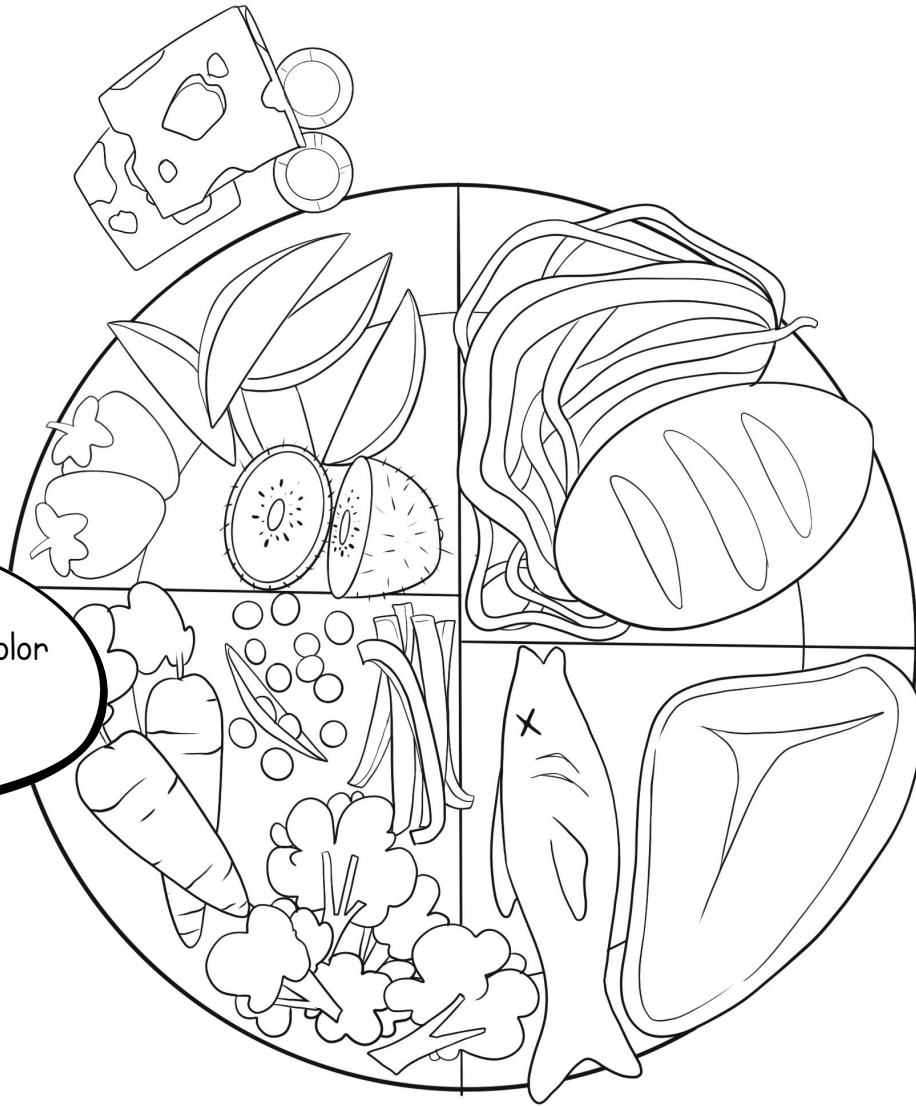




Debisinii

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.



Brown

Grains



Red

Fruits



Green

Vegetables



Blue

Dairy



Orange

Protein



Bakade Migizi

Hungry Eagle

Migizi is hungry!

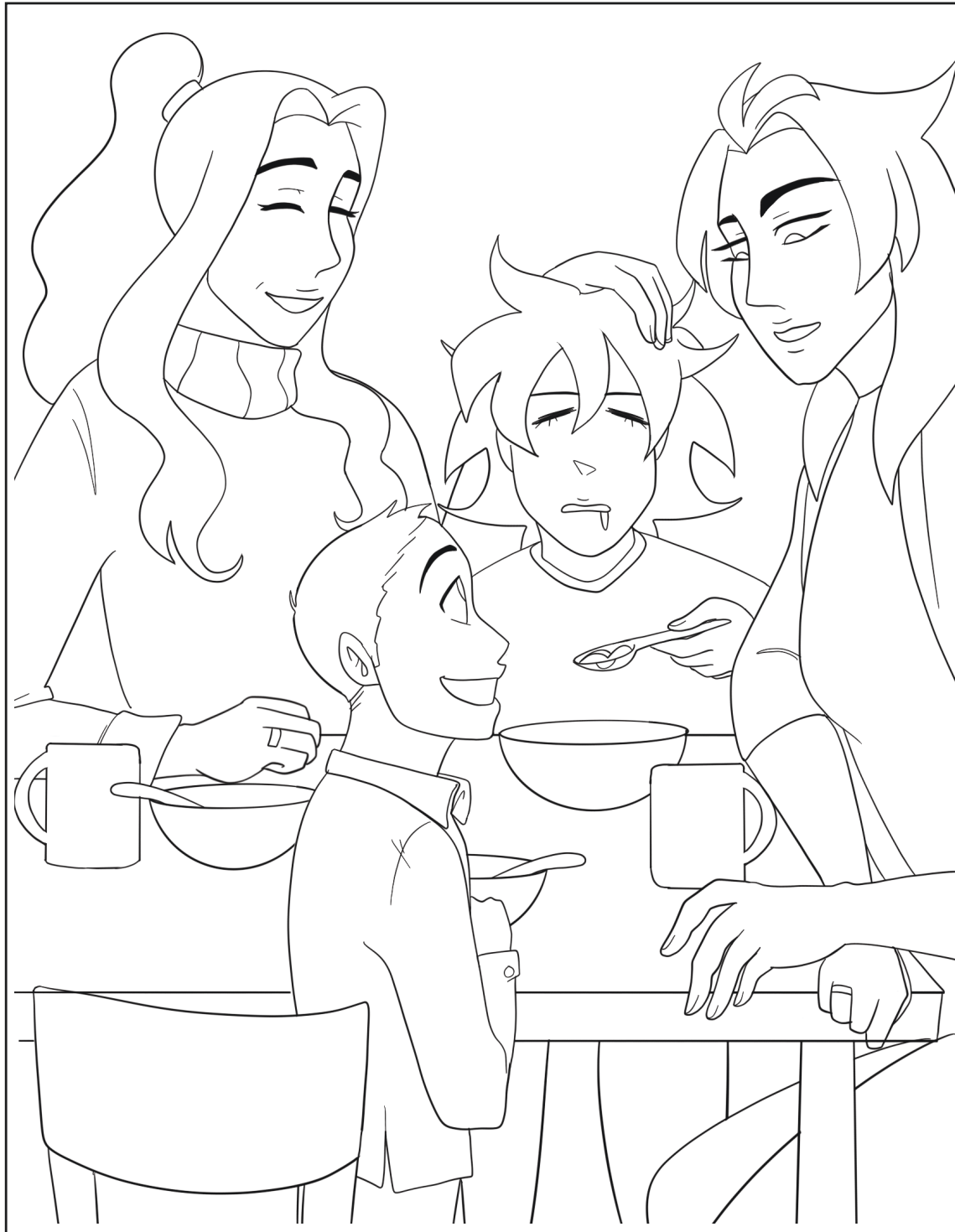
Help him find his way to the **healthy foods!**





Gigizhebaa-wiisiniwin

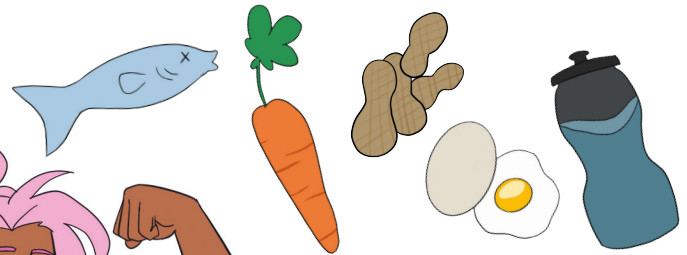
Breakfast



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

Nishkiinzhiq (Eyes)

Fish, peanuts, carrots, squash, oranges, eggs, water



Niinindib (Brain)

Cauliflower, berries, nuts, salmon, oatmeal, water



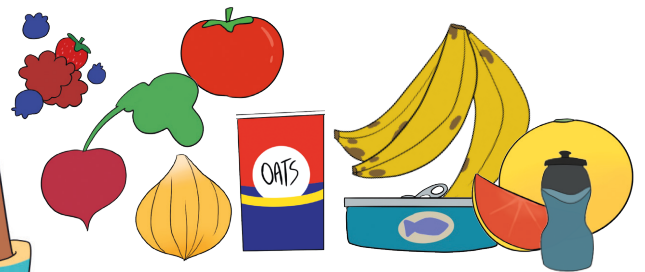
Niibid (Teeth)

Eggs, milk, cheese, apples, almonds, fish, water



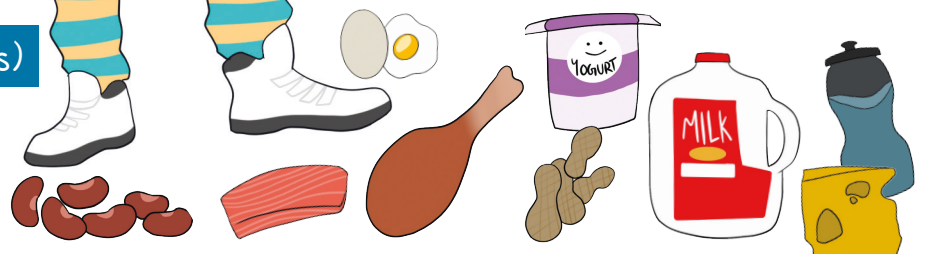
Inde' (Heart)

Berries, tomatoes, bananas, beets, onions, oatmeal, tuna, grapefruit, water



Mashkawiziiwinan (Muscles)

Eggs, salmon, yogurt, cheese, peanuts, chicken, beans, milk, water

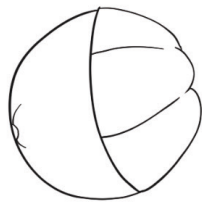
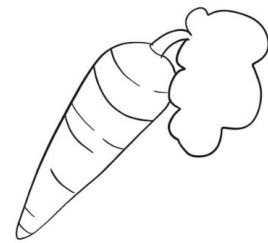
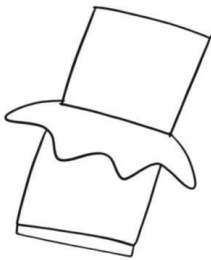
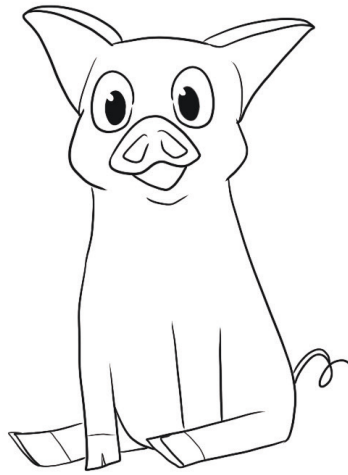
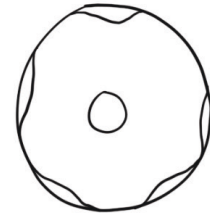
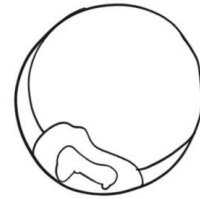
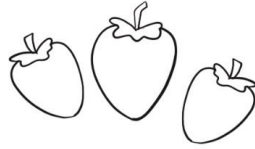
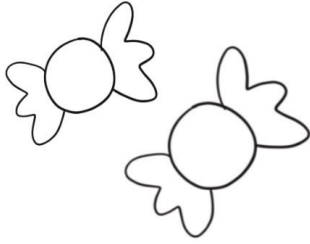




Healthy Gookoosh

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!

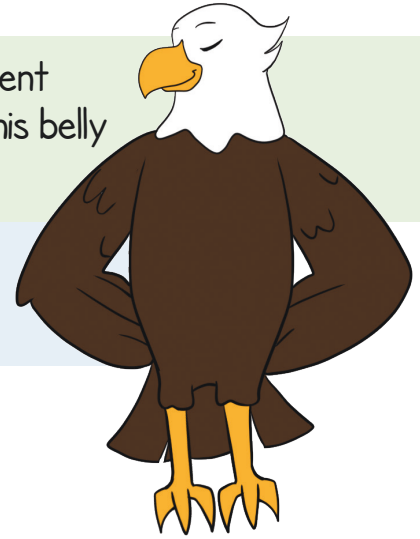


Mino-wiisini, Mino-niiyaw

Eat Good, Happy Body

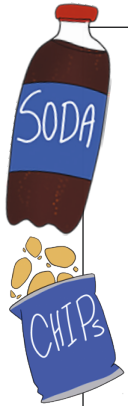


Different foods can make your body feel different ways. When Makwa eats too much chocolate, his belly hurts and he doesn't feel well.

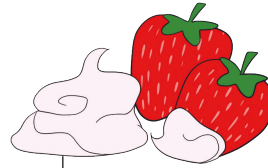


When Migizi eats yogurt and berries for breakfast, he feels ready for the day!

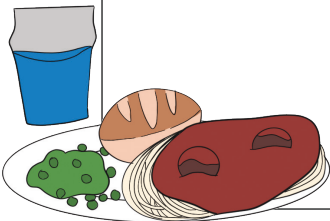
Draw a picture of how these foods make you feel when you eat them.



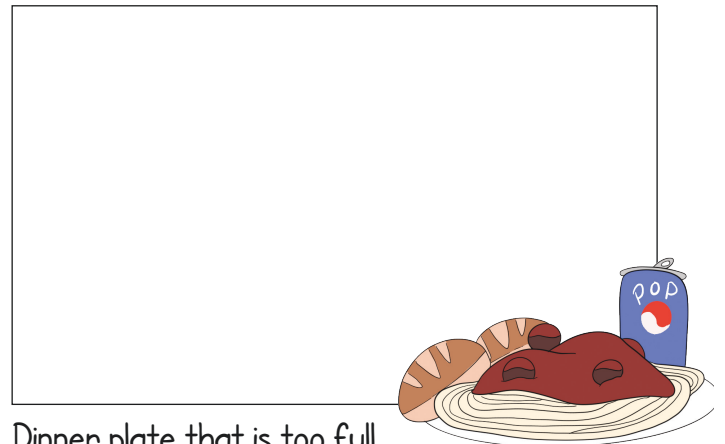
Chips and soda



Strawberries with a spoon of whipped cream



Dinner plate with healthy meal



Dinner plate that is too full



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

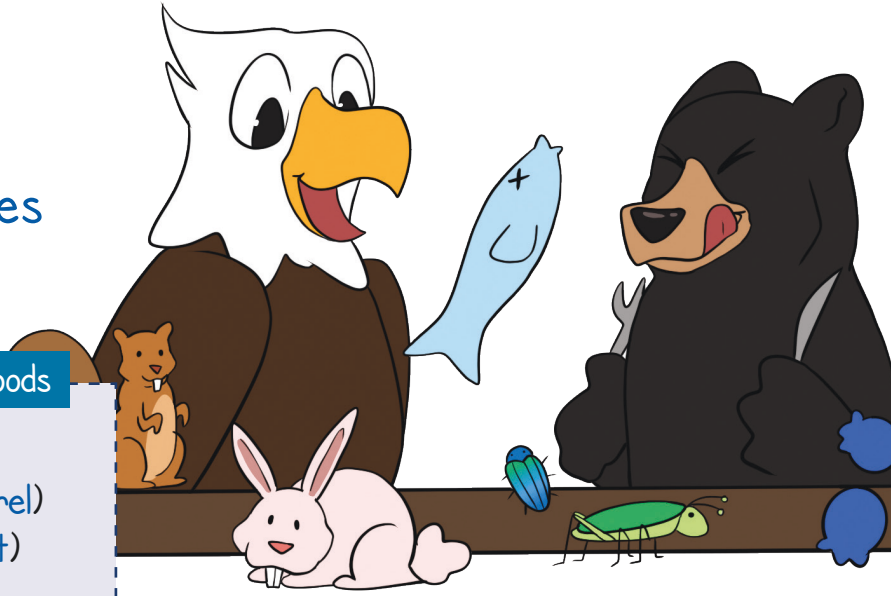


Makwa's favorite foods

- 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 bimibattoo (run)?



Do you ride ditibiwebishkigan (bike)?



Do you do yoga?



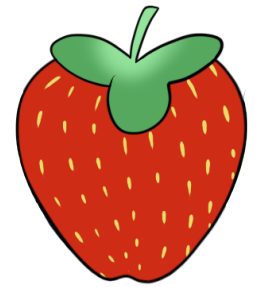
Do you bakitejii'ige (play baseball)?



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



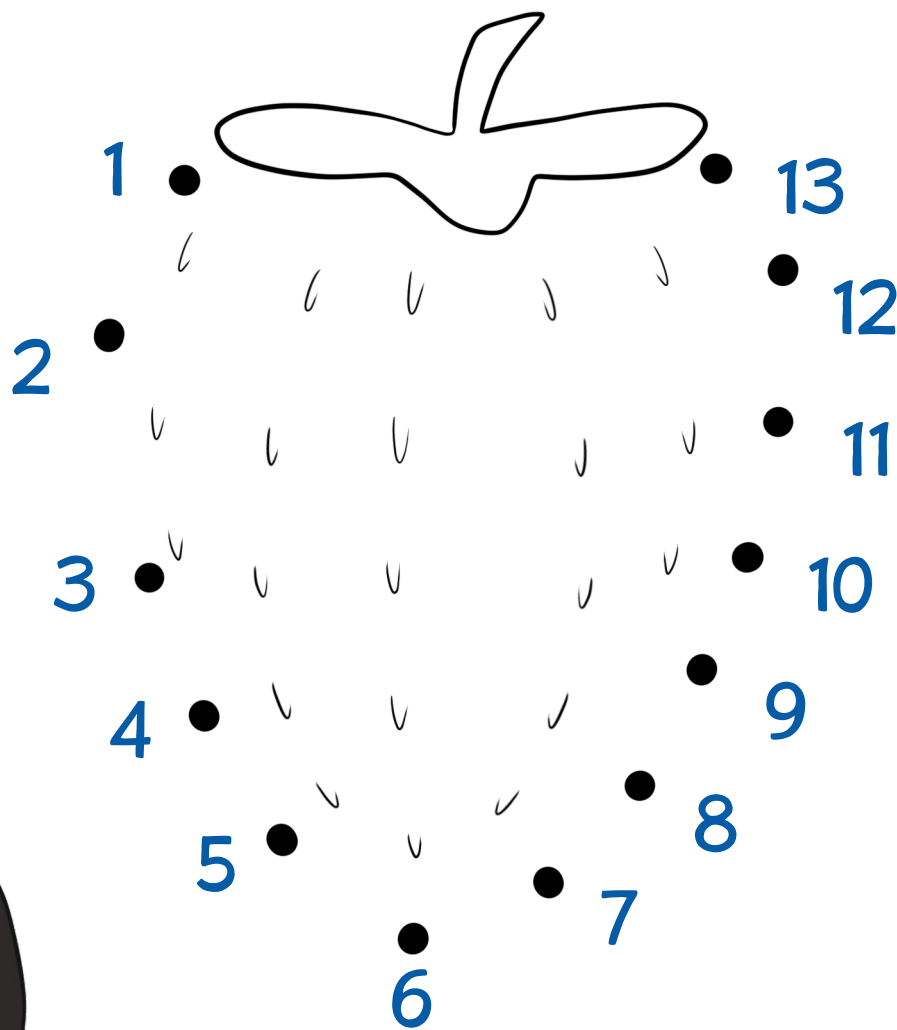
Dot to Dot

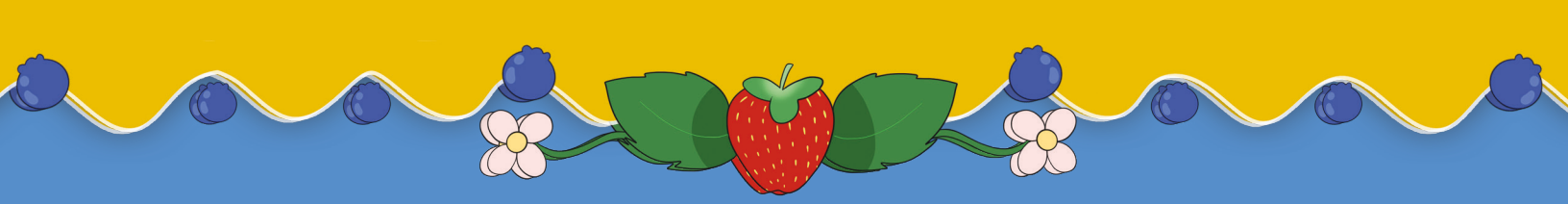


Ode'imin
Strawberry

Connect the dots to show
Makwa's favorite fruit!

Start at 1 and connect the dots through number 13.

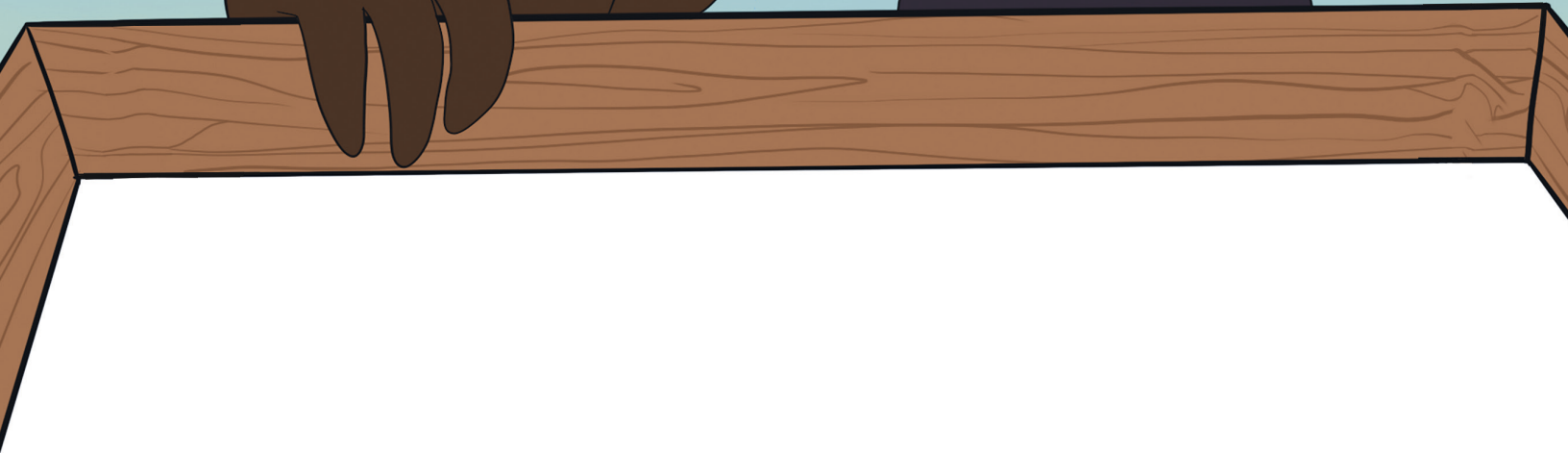




Makwa gaye Migizi Gitige

Bear and Eagle Garden

Makwa and Migizi love gardening!
Help them by drawing your favorite fruits
and vegetables in their garden!



Nimimijime

Picnic

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

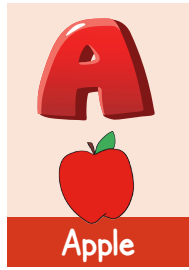
What do you need:

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

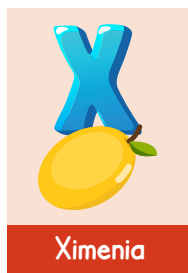
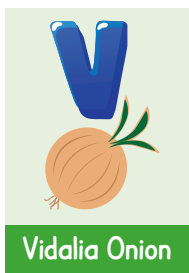
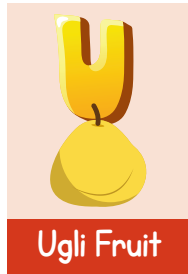
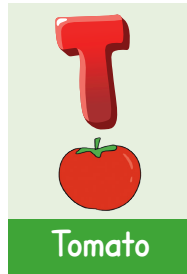
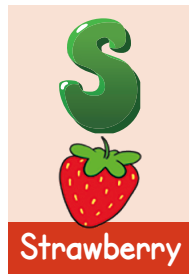
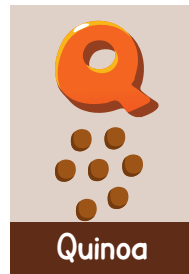
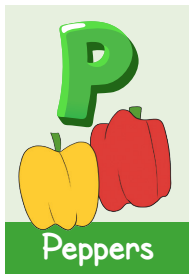
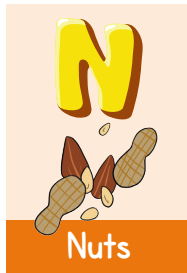
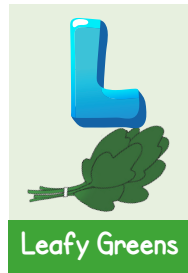
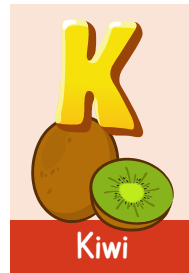
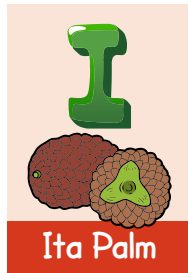
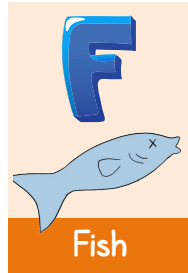
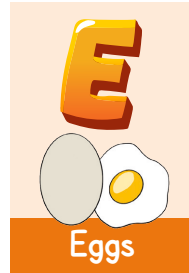


ABC

Healthy Foods Alphabet



Fruits Grains Dairy
 Vegetables Proteins





Color the foods to match the food group they belong to.



Nagweyaab (Rainbow) of a Balanced Diet

Brown Crayon Grains

Red Crayon Fruits

Orange Crayon Protein

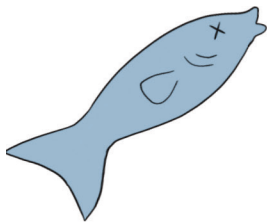
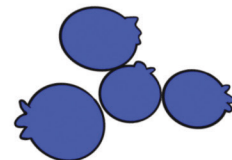
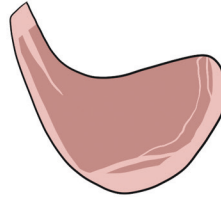
Green Crayon Vegetables

Blue Crayon Dairy



Healthy Justin

Help Healthy Justin pick good foods for his body.
Draw a line from the good foods to Healthy Justin!

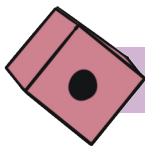


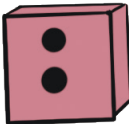
Odamino Niiyaw Mamaajii

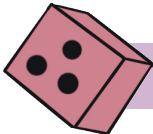
Body in Motion Game

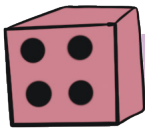
Makwa and Migizi are playing a game. When they take turns shaking the dice, the number they roll tells them to do something fun. You try it! Shake the dice, then do the activity for 10 seconds.




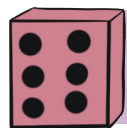
 = Run in place

 = 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!

 = _____

 = _____

 = _____

 = _____

 = _____

 = _____

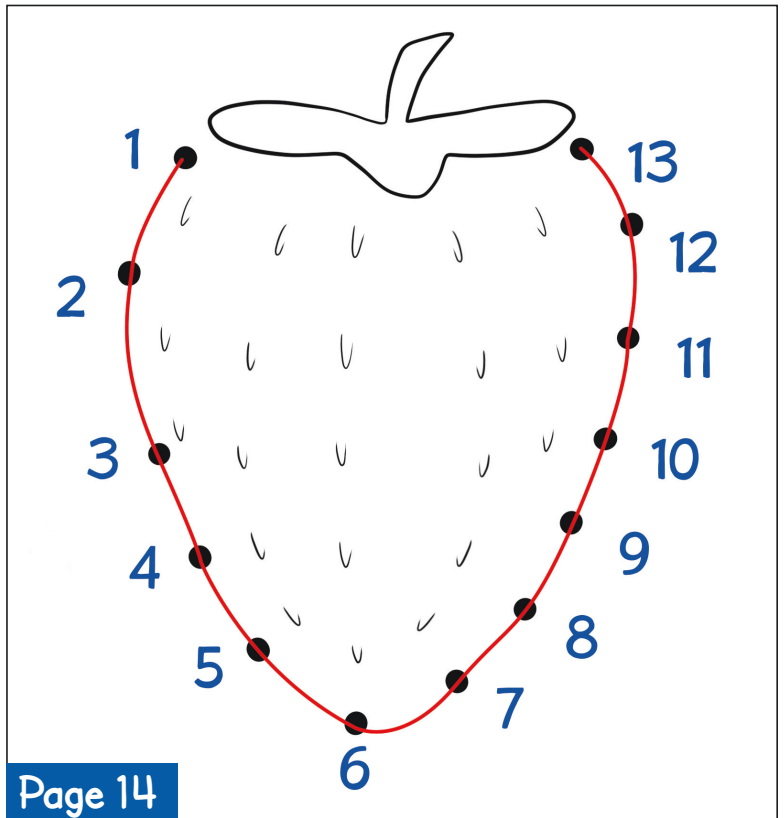
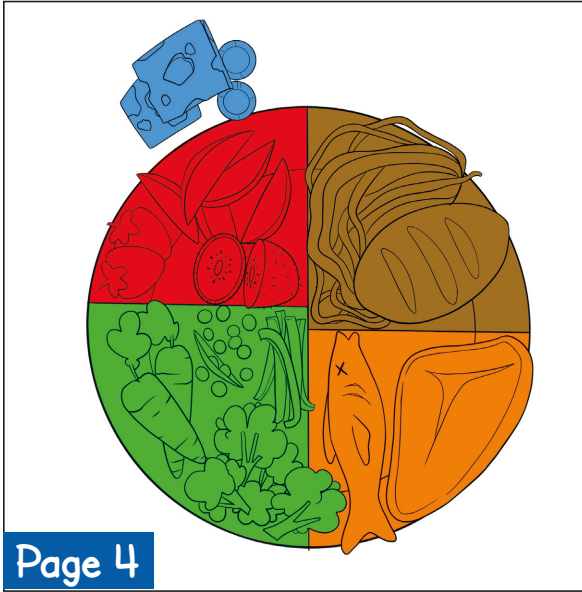


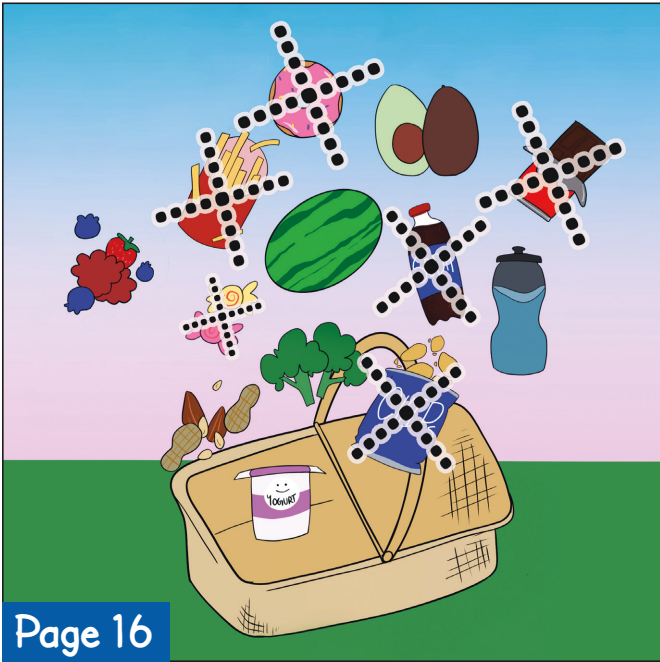
Gitige

Garden



Puzzle Solutions





Page 16



Page 19



Page 20

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