

Minwanjige Mino-bimaadizi

"Eat Well, Live Well"



An Ojibwe/English
3rd-4th Grade Activity Book



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(Eat Well, Live Well)

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3rd-4th Grade Activity Book

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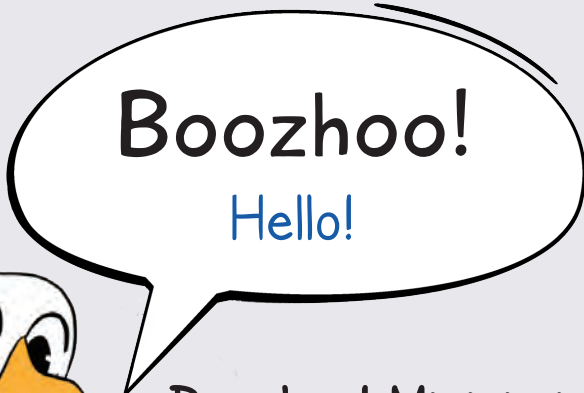
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Join us for loads of **FUN!**

Boozhoo! Migizi nindizhinikaaz.
Migizi nindoodem, Asabiikone-zaaga'iganiing.

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

Makwa nindizhinikaaz.
Makwa nindoodem, Asabiikone-zaaga'iganiing.

"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...

How to Read Food Labels

Eagle and Bear are learning how to read food labels. Food labels can be confusing! There is a lot of information on the package. Here are some of the important things to look at:

SERVING SIZE

This tells you how much each recommended portion is. Directly below serving size, the number of servings per container will be listed.

This can be a little tricky sometimes because one serving is often only a small part of the whole container.

CALORIES

Tells you how much energy you will get from each serving. If you do not use up the energy, it can turn to fat.

TOTAL FAT

Is the total amount of all different kinds of fats in the one serving. Your body needs some fat, but foods high in saturated fats and trans fats are not good for your body.

CHOLESTEROL AND SODIUM

Look for foods that are low in both! Look for 5% or less.

FIBER

Helps your food move through your body, so look for foods with 4g (4 grams) or higher.

SUGARS

Are something our bodies need in only limited amounts. In fact, sugar can add a lot of calories that we do not need!

PROTEIN

Is very important for all the body's cells, but some high protein foods can also be high in saturated fat.

VITAMIN AND MINERALS

Help your body stay healthy. 20% or more is high.

% DAILY VALUE (DV).

These numbers are based on a 2000 calorie diet and tell you the percentage of certain nutrients in each serving.

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 240mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Ningodwaak

(100) Calorie Snacks

Different foods have different numbers of calories. By choosing foods carefully, you can find snacks that are good for your body and taste amazing!

Food with lower calories allows for larger serving sizes. The higher the calories, then the smaller the serving size. Let's see how the snacks measure up when we want them to equal 100 calories.

JUST 4 LAUGHS



What did the lettuce say to the celery?

ANSWER

Quit stalking me!



My Plate Food Search

For people 9-13 years old, a healthy diet includes:

A total of 1200-2200 calories per day. The number of calories our bodies need depend on our growth and activity level.

One day's diet could include lots of choices to fill our healthy plates. Ideas include:

Fruits 1-2 cups of fresh, canned, frozen or dried.

Vegetables 1-3 of cups fresh, canned, frozen or dried.

Protein 4- 6 of ounces seafood, lean meat, eggs, beans, soy products and unsalted nuts/seeds.

Grains 5- 9 ounces of whole wheat bread, oatmeal, unbuttered or lightly salted popcorn, quinoa, or brown and wild rice. Limit refined grains such as white bread, pasta and rice.

Dairy cups of fat-free or low-fat milk, yogurt, cheese, or fortified soy beverages.

Find the healthy food options that you might try on your plate!

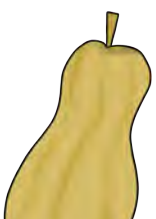
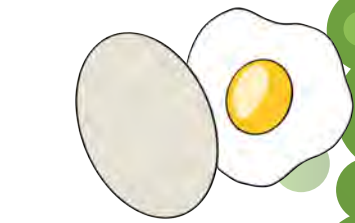
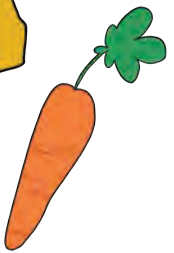
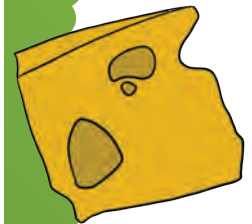
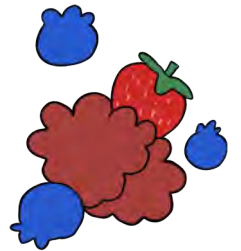
X K B L U E B E R R I E S O A
 P L B J H X U W I L D R I C E
 F S E I Z C G O U X C K S F E
 F U A C H E E S E N Y R O I Q
 U M N J L J O V S J A B V P E
 H A S N Y O G U R T X G L D G
 N E P V E Z O A T M E A L T G
 F G T E R A U Q I E R A T A S
 S J T O M A T O E S W C S P A
 Q T G R G G N U L E T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

Blueberries
 Chicken
 Cheese
 Eggs

Wild Rice
 Squash
 Beans

Tomatoes
 Oatmeal
 Milk

Lettuce
 Yogurt
 Deer



Gigizhebaa-wiisiniwin

(Breakfast)

Why is breakfast the most important meal of the day?

Breakfast gives you a healthy start by fueling your body with energy and nutrients it needs.

Think about the nutrients in the foods you eat for breakfast.

Tip to kick off your day:

A breakfast that includes fruits, veggies, proteins and dairy helps keep you healthy and gives you energy to make it through the morning until lunch time.



1 cup of steel-cut oats with fresh fruit and milk

OR

A bowl of frosted cereal



NUTRITION FACT

Steel-cut oats are loaded with grains. They are also low in sodium and low in sugar! They give you more energy for a longer time.



1 cup of nonfat plain Greek yogurt with fresh fruit

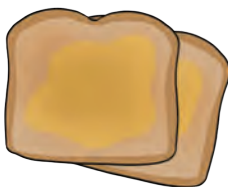
OR

1 cup regular whole milk fruit yogurt



NUTRITION FACT

Nonfat Greek yogurt has double the protein, helping to keep you full longer and the fresh fruit has natural sweetness. Regular flavored yogurt is full of sugar.



2 slices of whole grain toast

OR

1 plain bagel



NUTRITION FACT

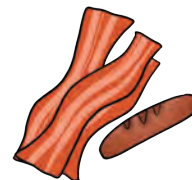
Whole grain toast has more fiber, nearly half the calories and sodium of a plain bagel.



2 eggs

OR

3 pieces of bacon and/or sausage

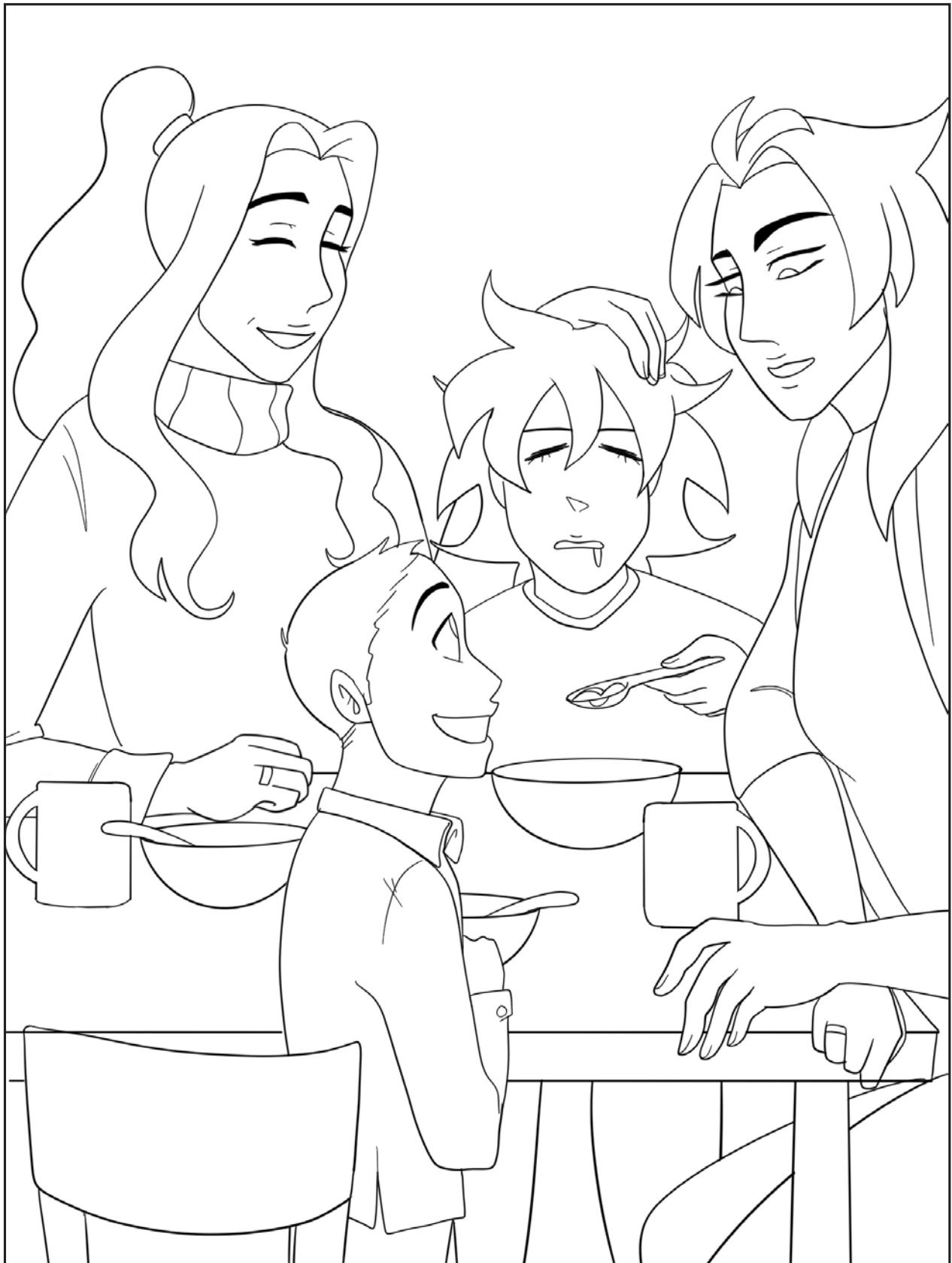


NUTRITION FACT

Eggs are packed with the protein your body needs, and are high in healthy omega-3 and vitamin A. Eggs have all this without saturated fat and sodium (salt), too much of these can lead to poor health.

Gigizhebaa-wiisiniwin

(Breakfast)



Mindful Munching

We snack on many different kinds of foods. What are your favorites? Do you ever really take some time to think about what you experience when you eat? Give it a try!

Grab a couple of your favorite snacks and try this fun exercise with each of them. Use your five senses as you explore what you eat: see, feel, smell, taste, and listen to your food.



Write your answers down and take a look at them after you finish.

Pick your food up but don't put it in your mouth yet.

What does it look like? _____

Is it colorful? _____

What shape is it? _____

What does it feel like in your hand? _____

Is it hot or cold? _____

What does it smell like? _____

Does it have a strong smell? _____

Does it smell sweet or sour? _____

Now put it in your mouth.

Do you **hear** anything? _____

Does it crunch? _____

Is it quiet or silent? _____

How does it **taste**? _____

Is it salty? Sweet? Or is it spicy? _____

How does it **feel** in your mouth? _____

Is it crispy, smooth or squishy? Hard or soft or does it melt? _____

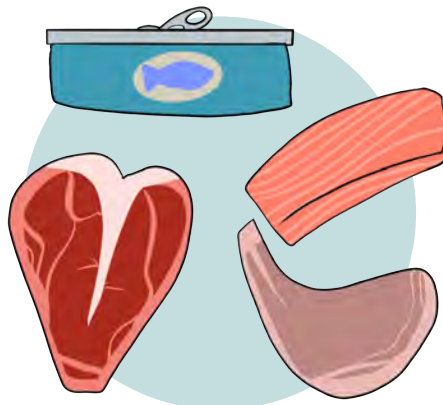
What are some other words you would use to describe the food? _____

Eating can be much more interesting when you take your time to enjoy your food!

Macronutrients!



Carbohydrates



Proteins



Fats

Macronutrients (Mac-row-new-tree-ehnts) are the main types of foods that we need to be healthy and grow. Carbohydrates, proteins and fats are the main nutrients that make up the foods we eat.

CARBOHYDRATES

The body's main source of energy. Most people think of bread, pasta, and potatoes, but you will also find them in some dairy, beans, sugars and fruits.

PROTEINS

Build and repair muscles. Proteins are found in meats, fish, eggs, dairy, beans, and nuts.

FATS

There are two different types of fats. We want to think carefully about what kind of fat we eat. Fats include:

Saturated- These should be limited because too much can be bad for your heart. Saturated fats are found in meat fat, full fat dairy products, butter and oils such as coconut and peanut.

Unsaturated- These help your body store energy, absorb vitamins and insulate your body. Good sources of unsaturated fats can be found in fish, nuts, avocados and vegetable oils.

Remember a healthy plate is a balanced plate!

**JUST 4
LAUGHS**

Knock, knock
Who's there?

Bean
Bean who?

Bean a while
since I saw you!

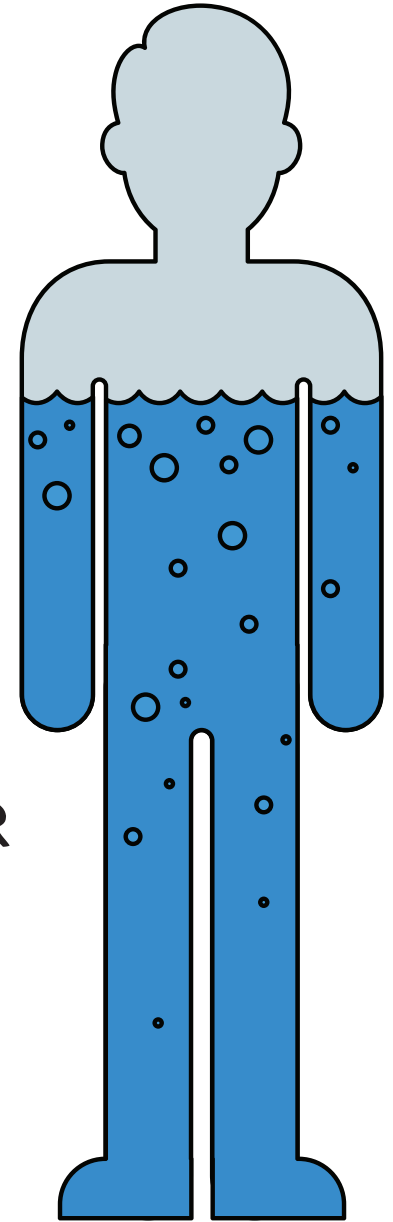


Nibi? Aaniin dash?

(Water? Why?)

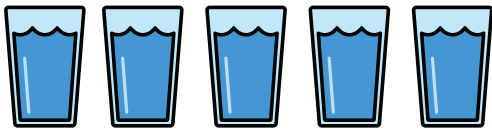
Our bodies are made of about 70% nibi (water)! Even our muscles and organs like our heart, lungs, and kidneys need nibi to work right!

Our blood is made up mostly of nibi. Nibi also helps our bodies stay at the right temperature when we sweat. It even helps us digest food and helps fuel our bodies. We lose nibi through sweat, tears, urine and in the air we breathe.



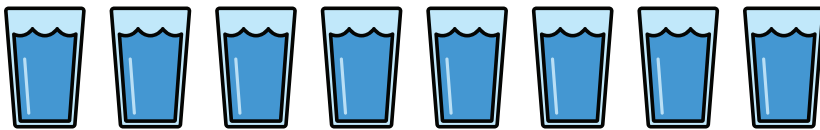
How much nibi should we drink?

YOUNGER THAN 8



If someone is younger than 8 years old, they should drink 4-5 cups of nibi a day.

OLDER THAN 8



If we are 8 years old or older, we should drink 6-8 cups of nibi a day.

When you drink your nibi, here are a few fun ideas to try:



Add a slice of orange, lime, or lemon to your nibi bottle.



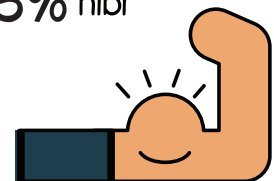
Put a few mint leaves or slices of ginger to your nibi bottle.

Freeze fresh fruit and use them as ice cubes in your nibi.

DID YOU KNOW

Muscles are around

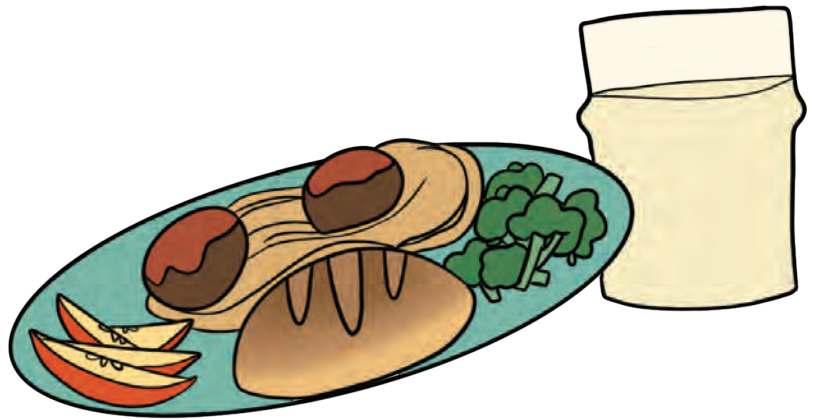
75% nibi



Nawajii

(He/She Eats A Light Meal)

Create your own menu! Think ahead and plan light, nutritious lunches for the week. Make each lunch plate healthy by including all the food groups!



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**JUST 4
LAUGHS**

What did one plate say
to the other plate?

ANSWER

Lunch is on me.





Let's practice reading food labels!



Wiisini Bangii

(Eat a snack)

Pick out two of your favorite snacks. Look at the packages and use the nutrition information to fill in our blank food label. Then, with an adult, compare the nutrition of the foods to decide which snack is the healthiest choice.

Nutrition Facts

___ servings per container
Serving size _____

Amount per serving
Calories _____

	% Daily Value*
Total Fat ____ g	_____ %
Saturated ____ g	_____ %
<i>Trans Fat</i> ____ g	_____ %
Cholesterol _____ mg	_____ %
Sodium _____ mg	_____ %
Total Carbohydrate ____ g	_____ %
Dietary Fiber ____ g	_____ %
Total Sugars ____ g	
Includes _____	_____ %
Protein _____ g	
Vitamin D _____ mcg	_____ %
Calcium _____ mg	_____ %
Iron _____ mg	_____ %
Potassium _____ mg	_____ %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Cholesterol _____ mg	_____ %
Sodium _____ mg	_____ %
Total Carbohydrate ____ g	_____ %
Dietary Fiber ____ g	_____ %
Total Sugars ____ g	
Includes _____	_____ %
Protein _____ g	
Vitamin D _____ mcg	_____ %
Calcium _____ mg	_____ %
Iron _____ mg	_____ %
Potassium _____ mg	_____ %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

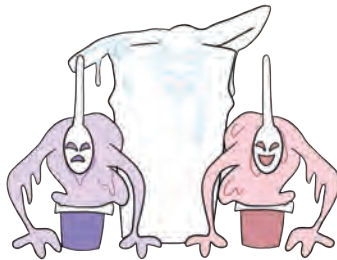
What are allergies?

Allergies are different from colds or another illness. Allergies can cause some people to get sick when they are around certain animals or when they eat certain foods.

Here are a few foods that often cause allergies.

Matti Milk & The Dairy Dudes

Milk, cheese, and other dairy products can cause problems.



Winona Wheat & Gluten Gary

Wheat, rye, barley, and oats are in bread but sometimes secretly hide in many processed foods like hot dogs or lunch meat, pasta, and many types of candy.



The Tree Nut Gang

Oh, nuts! There are many kinds of nuts including pecans, walnuts, pistachios, Brazilian nuts, almonds, pine nuts, and hazelnuts.

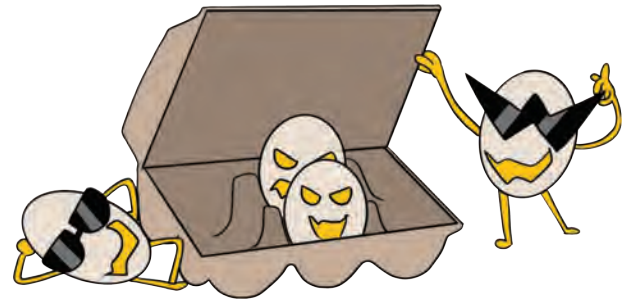
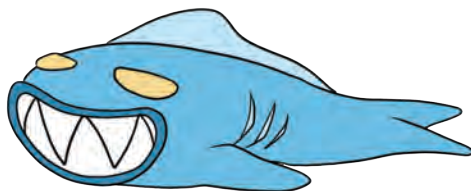


Soybean Sally

Soybeans often feel at home in tofu, or in salads, or as soy milk.

Freddy Fish

Our delicious underwater friends may not be friends with some people.



Edgar Egg & The Scramble Gang

Eggs and their shells can both be harmful to someone who is allergic.

Pete Peanut

This not only includes peanuts but did you know that peanuts can disguise themselves in some packaged foods?



Sheldon Shellfish

Like eggs, people may be allergic to both the tasty meat inside and the shells.

Food allergies can be **VERY** serious.



Here are some tips for friends:

- Wash your hands before and after preparing and eating foods.
- Ask if your friends have any allergies.
- Don't make jokes about allergies.
- Get help immediately if someone gets sick from an allergy.

Minikwe Niibowa Ziinzibaakwad

(Drinking Sugary Drinks)

The foods we eat, what we drink, how much we exercise and sleep affect our personal health. All of these can cause heart disease, diabetes, high blood pressure and many other health conditions. As examples, let's compare how much sugar is in each of the drinks below.

100% Fruit Juice

8 oz 6 teaspoons



CRANBERRY
JUICE 8oz

Orange Juice

10 oz 6.25 teaspoons



OJ 10oz

Bottle of Soda

One bottle of soda has
16.25 teaspoons of sugar!



SODA
20oz

WATER

Sports Drink

32 oz bottle 8.5 teaspoons



SPORTS
DRINK
32oz

Chocolate Milk

16 oz bottle has 9.5 teaspoons



CHOCOLATE
MILK
16oz

Water

0 sugar!



A drink with sugar can be a treat sometimes. The amount of sugar can tell us how much or how often we should have each drink. Try having only a single glass or small bottle of sugary drinks once in a while. Other times, a glass of water can be really refreshing!

Gaajigaade Ziinzibaakwad gaye Wiini

(Hidden Sugars and Fats)

Food Label Reading Fun!

Grab a package of food from your cupboard or refrigerator. Anything with a food label will do, it could be a cereal box, can of soup, or yogurt.

Read the ingredient list.

DID YOU KNOW?

Ingredients are listed in the order from the **LARGEST** amount in the food to the smallest amount.

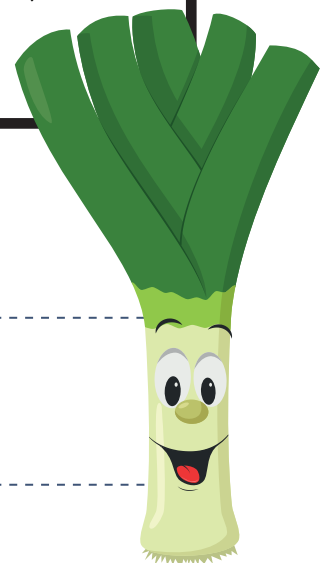
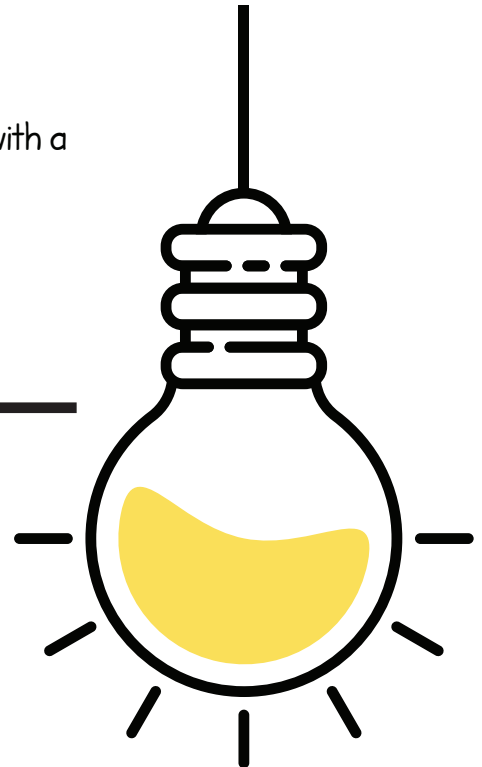
Sometimes sugars and fats are listed using other names.

FATS may be listed as:

Oil, vegetable/animal oil/fat, coconut oil, palm oil, shortening, lard, milk solids.

Other names for SUGAR:

Sucrose, maltose, lactose, dextrose, fructose, glucose, glucose syrup, corn syrup, molasses, maltodextrin, fruit juice concentrate.



**JUST 4
LAUGHS**

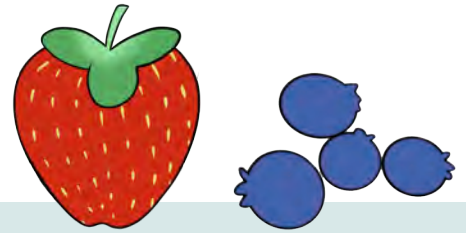
What is a plumber's favorite vegetable?

ANSWER

A leek.

Berry Fun Riddles

Berries are delicious and nutritious! Below are some berry fun riddles, use the legend to decode the berry answer to each of the riddles.



A	B	C	D	E	F	G	H	I	J	K	L	M
26	25	24	23	22	21	20	19	18	17	16	15	14
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
13	12	11	10	9	8	7	6	5	4	3	2	1

1 I'm sometimes in breakfast cereal.
I am a common fruit that is red.
With many seeds on the outside.
Heart berry is what I am called in Ojibwe, Ode'imín

8 7 9 26 4 25 22 9 9 2

2 Mazhoomin is what Ojibwes call me.
I can be red or green
I grow on a vine.
I'm dried to make raisins.

20 9 26 11 22

3 Many people eat this fruit with turkey.
To help fill up your belly.
It sometimes comes as a sauce.
And sometimes it's a jelly.
My name in Ojibwe is mashkiigimin.

24 9 26 13 25 22 9 9 2

4 My color is blue.
Often used as a natural dye.
Popular in pie and muffins and pancakes.
Miin is my name in Ojibwe.

25 15 26 13 25 22 9 9 2

JUST 4 LAUGHS

Father: What do you call a sad strawberry?
Son: What?
Father: A blueberry!
Son: That's the worst joke you told me.
Father: Well that was berry rude of you to say!

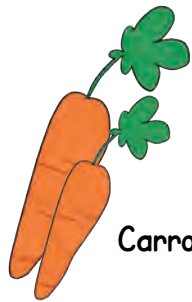


Mashkawizi!

(She/He is Strong!)

Protein is one of the five food groups we need to eat to be strong and healthy. Proteins are important for growing and repairing muscles, skin, organs, blood, hair and nails.

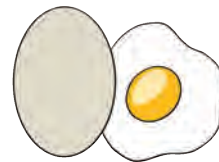
Circle the foods high in protein.



Carrots



Beef



Eggs



Beans



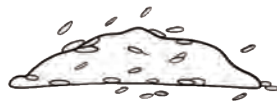
Strawberries



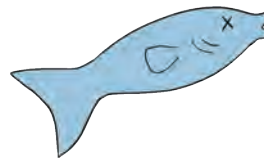
Bread



Apple



Rice



Fish

**JUST 4
LAUGHS**

Why don't eggs tell jokes?

ANSWER

They'd crack each other up!



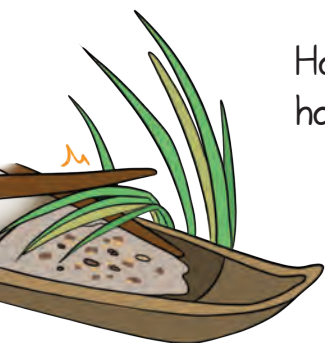


Manoominike

(She/he Harvests Wild Rice)

Why is manomin (wild rice) good for me?

- Manomin (wild rice) is low in calories.
- Manomin (wild rice) is high in fiber.
- Manomin (wild rice) contains more protein than most types of rice (twice as much as white or brown rice).
- Manomin (wild rice) tastes like home!



Harvesting manomin is fun and good exercise! Here are some of the steps used to harvest manomin. What muscles do you think are used when you do these steps?

Threshing

Removes wild rice from the plants. Special sticks are used to knock the rice off of the plants and into a canoe.

Hulling

Removes the grain, the part of the rice we can eat, from the part we can't. To do this, many Ojibwe tread on the rice (walk on it with special moccasins). Other people dance on the rice!



Winnowing

Cleans the rice by removing the chaff or husks. To winnow, the rice is placed into a basket and tossed into the air over and over. The chaff floats away into the air! The tasty rice is left in the basket.



Giigoonh Minopogwad

(The fish taste good)

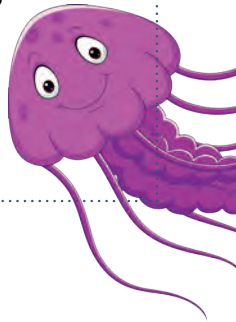
Our waters provide us with tasty, nutritious fish. Traditionally, before fishing, many Ojibwe offer a pinch of asemaa, or traditional tobacco, to the earth and the water by putting it down on the ground in prayer. This is done to give thanks for the fish they will catch to feed their families. Here are some that you might recognize.

JUST 4 LAUGHS

What kind of fish goes great with peanut butter?

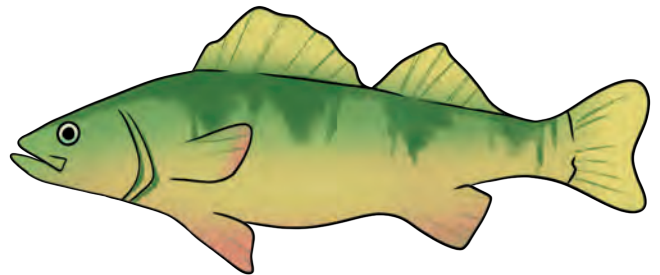
ANSWER

Jellyfish



Ooga "Walleye"

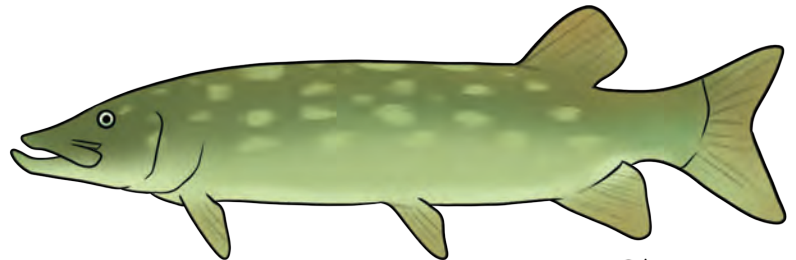
The walleye has a "pearly" eye. Walleye have great eyesight when there is not a lot of light, even at night! The walleye's eyes also help them see when they are in fast-moving waters.



WALLEYE

Ginoozhe "Northern Pike"

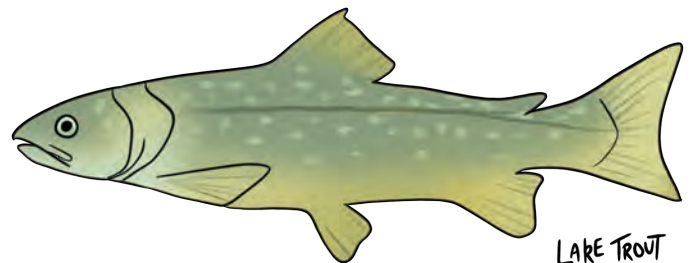
The northern pike's body is long, slender. Its body is olive green and its belly is yellowish-white. The sides of the northern pike have lighter colored spots that are usually about the same color as its belly.



PIKE

Namegos "Lake Trout"

Lake trout have a forked fin. Their bodies are a grey to greenish color and lighter on the underside. They have yellowish spots and the lower fin is orange-red with a white edge.



LAKE TROUT

Why do we want to eat fish?

Fish is high in protein and healthy fats!

References:
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fishingbooker.com/blog/muskie-vs-pike-all-you-need-to-know/
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Three Sisters Gardening- BEANS, SQUASH AND CORN

Beans, squash and corn are called the "Three Sisters". When we plant the Three Sisters together, they help one another grow strong. The corn stalks grow tall for the beans to climb, this helps the squash by giving it room to grow. Beans add nitrogen to the soil, nitrogen helps give all the plants fuel to grow. The squash leaves are large, this helps shade the ground and help keep the soil moist for all of the plants.

JUST 4 LAUGHS

Why shouldn't
you tell secrets
in a cornfield?



ANSWER

Too many ears.



Banana Pops

What you will need:

- 3 bananas
- $\frac{3}{4}$ cup of vanilla Greek yogurt
- Sprinkles or topping of your choice (try chopped nuts or chocolate shavings)
- Popsicle sticks



Instructions

- 1 Cover a plate with wax paper or parchment paper.
- 2 Peel and cut the bananas in half. Insert the popsicle stick into each banana half.
- 3 Dip each banana into the yogurt so that it is covered all over.
- 4 Add sprinkles or topping.
- 5 Place bananas on the plate.
- 6 Freeze your banana pops until the yogurt has hardened and your banana freezes through. Enjoy!



JUST 4 LAUGHS

Why did the banana go to the doctor?

ANSWER

Because it wasn't peeling well.



Giziibiigininjii

(Wash hands)

It is always important to wash our hands before and after handling food.



Making Peanut Butter or Almond Butter

Did you know you can make your own peanut butter or almond butter at home? Here's a fun and easy recipe!

What you will need:

- A grown-up's helping hands
- 2 cups of shelled peanuts or almonds (your choice)
- 1-2 tablespoons of maple syrup
- Blender



To make your own peanut butter:

- 1 Put the peanuts and the maple syrup into a blender.
- 2 Turn the blender up to the highest level. As the mixture starts to turn creamy, turn the bender off and stir the mixture.

To make almond butter use the same steps, just replace the peanuts with almonds.

Refrigerate your peanut butter or almond after you make it. They will be good for about 2 weeks.

Make your peanut butter super yummy!

Here's some ideas to create your own special recipe.

- 1 tablespoon of cocoa powder
- 1/2 teaspoon cinnamon
- 1 tablespoon Nutella
- A handful of chocolate chips
- Use honey instead of maple syrup



Puzzle Solutions

PAGE 5 My Plate Food Search



PAGE 16 Berry Fun Riddles

- 1 $\frac{S}{8} \frac{t}{7} \frac{r}{9} \frac{a}{26} \frac{w}{4} \frac{b}{25} \frac{e}{22} \frac{r}{9} \frac{r}{9} \frac{y}{2}$
- 2 $\frac{G}{20} \frac{r}{9} \frac{a}{26} \frac{p}{11} \frac{e}{22}$
- 3 $\frac{C}{24} \frac{r}{9} \frac{a}{26} \frac{n}{13} \frac{b}{25} \frac{e}{22} \frac{r}{9} \frac{r}{9} \frac{y}{2}$
- 4 $\frac{B}{25} \frac{l}{15} \frac{u}{6} \frac{e}{22} \frac{b}{25} \frac{e}{22} \frac{e}{9} \frac{r}{9} \frac{y}{2}$

PAGE 18 Mashkawizi!

