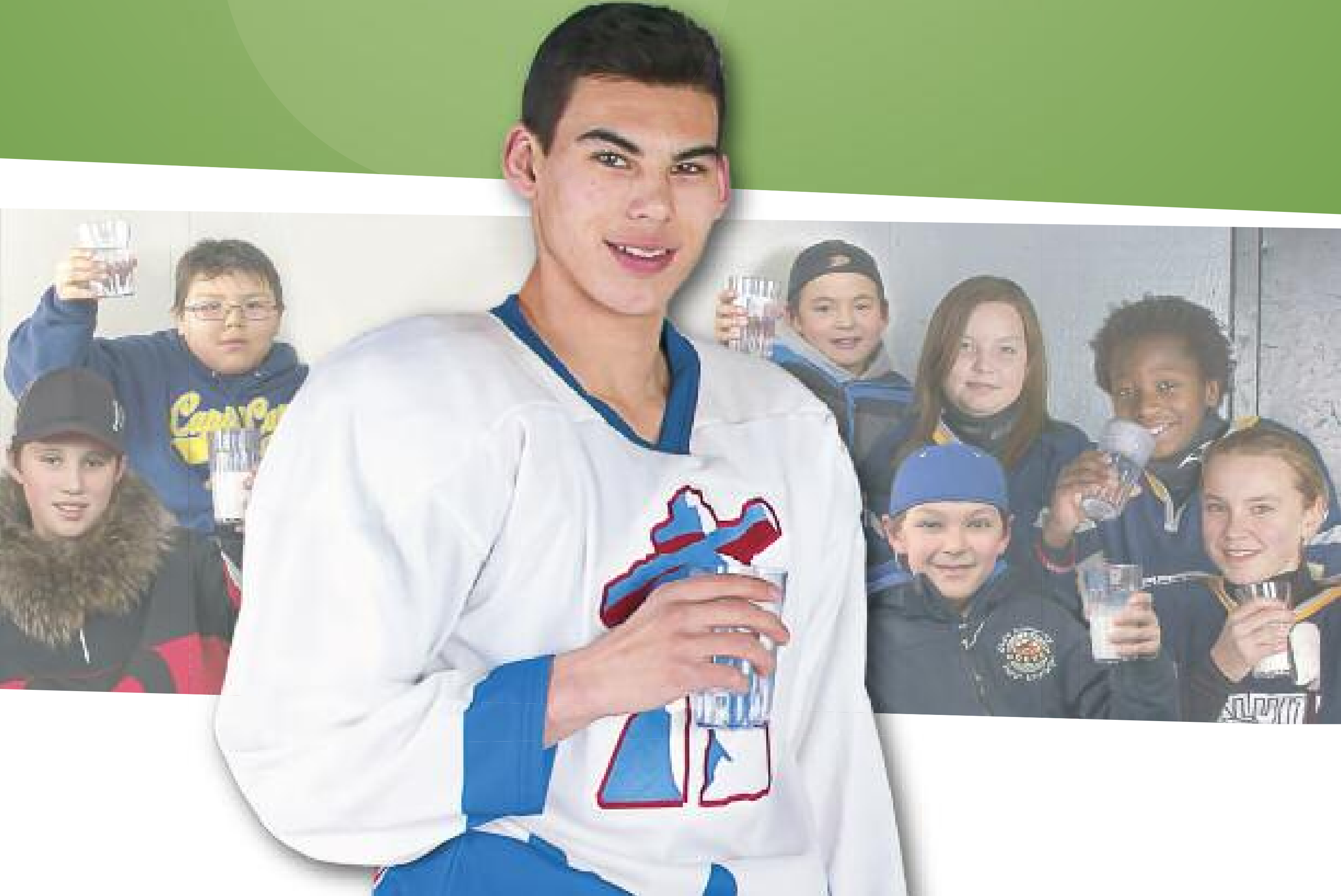
ᖃᓄᐃᓕᐅᕈᑎᒧᑦ ᒪᓕᒐᒃᓴᖅ

ᐃᒥᒐᖕᒋᖕᒑᕐᓗᑎᑦ!



“ᐃᒥᒐᖅᑦᑕᕉᓐᓃᓚᐅᖅᐳᖓ
ᕼᐋᑭᖅᑎᑦᑎᐊᕙᐅᒃᑲᓐᓂᕈᒪᓪᓗᖓ
ᓯᑯᒥᓪᓗ ᓱᒃᑲᓂᖅᓴᐅᔪᒪᓪᓗᖓ.”

Maxwell Shoo

“ᐃᒥᖅᑐᖅᐸᐳᖓ
ᐃᒥᕈᖕᓇᖕᒋᓐᓂᖅᓴᐅᖕᒪᑦ
ᐃᒥᒐᕐᒥᒃ.”

Aven Adams

“ᐃᒥᖅᑐᖅᐸᐳᖓ ᑎᒥᒧᑦ
ᐱᐅᓂᖅᓴᐅᖕᒪᑦ.”

Taukie Qiatsuk

ᑐᙵᓱᒋᑦ ᐃᒥᒐᙱᖔᕐᓗᑎᒍᕐ! ᑖᓐᓇ ᖃᓄᐃᓕᐅᕈᑎᒃᓴᕐᒧᑦ ᒪᓕᒐᒃᓴᖅ ᐅᓄᖅᑐᓂᒃ ᖃᓄᐃᓕᐅᕈᑎᒃᓴᓄᑦ ᐃᓱᒪᓕᐅᕈᑎᒃᓴᓕᒃ ᑎᒍᓯᕝᕙᒋᔭᓇᖅᑕᑦ ᓂᕈᐊᕐᕙᒋᔭᓇᖅᑕᓪᓗ ᐊᑐᓕᕈᓐᓇᕐᓂᕐᒧᑦ ᓴᒃᑯᓪᓗᒍ ᐃᒥᒐᕐᒥ!

ᓱᒻᒪᑦ ᐃᒥᒐᙱᖔᓇᐊᖃᖅᐱᑕ?

ᐃᒥᒐᐃᑦ, ᔫᕐᓇᖅᑐᑦ ᐃᒥᒐᑦᓴᑦ, ᐆᒪᑦᓯᐊᕆᓐᓇᖅᑐᓪᓗ ᐃᒥᒐᑦᓴᐃᑦ ᓱᑲᓕᐊᓘᒻᒪᑕ. ᔫᕐᓇᖅᑐᑦ ᐃᒥᒐᑦᓴᑦ 100%-ᐳᓴᓐᑎᒥᑦ ᐱᕈᖅᑐᕕᓂᕐᒥᙶᕐᒋᑦᑐᑦ, ᓲᕐᓗ ᐃᒥᒐᑦᓴᐃᑦ ᐸᓂᖅᑐᑦ.

ᓱᑲᖅ ᔫᕐᓇᖅᑐᓂᑦ ᐃᒥᒐᑦᓴᓃᑦᑐᑦ ᑭᒍᑎᓂᑦ ᐊᐅᓂᖅᑖᕈᑕᐅᔪᓐᓇᖅᑐᑦ. ᐃᒥᖃᑦᑕᖅᑐᓂ ᓱᒃᑯᖅᑐᔪᓂᑦ ᖁᐃᑦᑎᓐᓇᖅᑐᖅ ᐊᒻᒪᓗ ᑎᒥᒃᑯᑦ ᓱᑲᖃᓗᐊᓕᕈᑕᐅᔪᓐᓇᖅᑐᖅ.

ᓱᕈᓰᑦ ᔫᕐᓇᖅᑐᓂᑦ ᐃᒥᒐᑦᓴᖅᑐᖃᑦᑕᖅᑎᓪᓗᒋᑦ ᐃᒻᒧᒦᙶᖅᑐᓂᑦ ᑎᒥᖓᑕ ᐱᒋᐊᓕᖏᓐᓂ ᐱᖃᑦᑕᖏᑦᑐᑦ. ᐃᒻᒧᒃ ᐃᑲᔫᑎᖃᕐᒪᑦ ᓴᙱᔪᓂᑦ ᓴᐅᓂᖃᕐᓂᕐᒧᑦ ᑭᒍᑎᖃᕐᓂᕐᒧᓪᓗ.

ᓱᕈᓰᑦ ᔫᕐᓇᖅᑐᓂᑦ ᐃᒥᒐᑦᓴᖅᑐᓇᐊᖃᙱᑦᑐᑦ ᑭᒍᑎᖏᑦ ᓴᙱᔫᓂᐊᕐᒪᑕ ᑎᒥᑦᑎᐊᕆᓐᓂᐊᕐᒪᑕᓗ.

ᐃᓕᓐᓂᐊᖅᑎᖁᑎᑎᑦ ᐃᒪᐃᓕᐅᖁᖃᑦᑕᕐᓗᒋᑦ:

- ᐃᒥᕐᒥᑦ ᐃᒥᒐᔭᓐᓂᖅᓴᐅᑎᖔᖃᑦᑕᕐᓗᒋᑦ!
- ᐃᒻᒧᑦᑐᖃᑦᑕᕐᓗᑎᑦ ᓴᙱᔪᓂᑦ ᑭᒍᑎᓄᑦ ᐊᒻᒪᓗ ᓴᐅᓂᑦᑎᐊᕆᓂᕐᒧᑦ!

> **ᓄᑖᖅ**
>
> ᑕᑯᓗᒍ ᓴᒃᑯᓪᓗᒍ ᐃᒥᒐᖅ ᑎᑎᕋᓕᐊᒐᖅ ᖃᓄᐃᓕᐅᕈᑎᒃᓴᓄᑦ ᐊᔾᔨᓕᐊᕆᔪᓐᓇᖅᑕᑦ. ᑖᒃᑯᐊ ᐱᓕᕆᐊᒃᓴᐃᑦ ᐃᓚᖕᒋᑦ ᐅᖃᕐᕕᒃᓴᖃᕐᓂᖅᓴᐅᕗᑦ ᑕᕝᕙᓂ ᐊᑐᐊᒐᕐᓂ. ᕿᓂᖅᐸᔅᓗᑎᑦ ᐃᒪᐃᓕᖕᒐᔪᒥᒃ!

ᓇᓕᖅᑲᖏᓃᒃ ᐱᒃᑲᓂᓇᓐ?

ᖃᓄᐃᓕᐅᕈᑏᑦ ᐃᑲᔫᑏᓪᓗ ᒥᓇᖅᑕᐅᔪᓐᓇᖅᑐᑦ ᐅᕙᓂ www.livehealthy.gov.nu.ca.

Building Nunavut Together
Nunavutliuqatigiingniq
Bâtir le Nunavut ensemble

ᐋᓐᓂᐊᖃᕐᓇᙱᑦᑐᓕᕆᔨᒃᑯᑦ
Department of Health
Munaqhiliqiyitkut
Ministère de la Santé

ᐃᒥᒐᙱᙵᕐᓂᖅ ᐱᓇᓱᐊᕈᓯᖓᓄᑦ

ᐊᖏᔪᖅᑳᕆᔭᐅᔪᓄᑦ ᐸᖅᑭᔨᐅᔪᓄᑦᑐ,

ᐃᓕᓐᓂᐊᖅᑎᒍᓐ ᐃᓕᓐᓂᐊᕝᕕᑦᑎᓐᓂ ᐃᓚᐅᓂᐊᕆᒍᑦ ᐅᒍᖓ ᓄᓇᕘᓕᒫᒻᒧᑦ "ᐃᒪᒐᖅᑕᐃᓕᒪᓂᖅ" ᓴᖅᑭᑕᐅᓲᖅ ᐊᕐᕌᒍᑕᒫᖅ ᐱᓇᓱᐊᕈᓯᖓᓐᓄᑦ ______________________________.

ᐃᓕᓐᓂᐊᖅᑏᑦ ᐃᓕᓐᓂᐊᖅᑎᑕᐅᓂᐊᖅᑐᑦ ᓂᕿᑦᑎᐊᕙᓐᓂᑦ ᐊᒻᒪᓗ ᓂᕈᐊᖅᓯᓂᕐᒥᑦ ᐃᒥᒐᑦᓴᑦᓯᐊᕙᐅᔪᓂᒃ.

ᐃᒥᒐᑦᑕᐃᓕᒪᓚᖓᔪᐃᑦ ᐅᑦᑐᓄᑦ ᑕᑦᑕᓕᒪᓄᑦ. ᐃᓕᓐᓂᐊᖅᑏᑦ ᐃᒥᒐᕿᔪᖅᑲᑦᑕᖅᑲᑕ ᐊᑕᐅᓯᕐᒥᑦ ᐅᖓᑖᓄᑦ ᐃᒥᒐᕐᒥᑦ ᐅᑦᑐᑕᒫᖅ, ᐅᔾᔨᕈᓱᓕᑐᐃᓐᓇᕆᐊᓖᑦ ᑎᒥᖏᑦ ᐃᓱᒪᖏᑦᑐ ᐊᓯᔾᔨᓐᓂᖅᑲᖅᓂᖏᓐᓂᒃ ᐃᒥᒐᕈᓐᓃᖅᐸᑕ. ᐃᓕᓐᓂᐊᖅᑎᖅᑯᑏᑦ ᑕᖅᑲᐃᖅᓯᓂᖅᓴᐅᑐᐃᓐᓇᕆᐊᓕᒃ, ᐅᑕᖅᑭᑦᑎᐊᕈᓐᓇᖅᓗᓂ ᐊᒻᒪᓗ ᑐᑭᓯᐅᒪᑎᑕᐅᓂᖅᓴᐅᓗᓂ ᑐᕌᒐᕆᔭᖓᓄᑦ ᐃᒥᒐᑦᑕᐃᓕᓂᕐᒧᑦ.

ᐃᒥᑐᐃᓐᓇᖅ ᐃᒻᒧᑦᑐ ᐱᐅᓂᖅᐹᖑᔫᒃ ᓱᕈᓯᕐᓄᑦ ᐃᓐᓄᕐᓄᑦᑐ ᐊᔾᔩᑦᑐᒥᑦ. ᐃᒥᒐᙱᙵᕐᓄᑎᑦ, ᓱᕈᓰᑦ ᒪᑯᓂᖓ ᐃᒥᙴᕈᓐᓇᖅᑐᑦ:

- ᐃᒥᕐᒥ
- ᐃᒻᒧᒃ
- ᐃᒻᒧᒃ ᑯᑯᓚᒃ
- ᔫᒍᑦ ᐃᒥᒐᑦᓴᐃᑦ
- 100% ᐃᒥᒐᑦᓴᓪᓚᑦᑖᑦ (ᐅᑯᐊᖑᖏᑦᑐᑦ ᑰ-ᓚᐃᑦ, ᐃᒥᒐᑦᓴᐃᑦ ᓲᕐᓇᖅᑐᑦ, ᐊᓯᖏᑦᑐ ᐃᒥᒐᑦᓴᐃᑦ 100% ᐃᒥᒐᑦᓴᓪᓚᑦᑖᖑᖏᑦᑐᑦ)

ᓇᑯᕐᒦᒃ ᐃᑲᔪᑦᓱᖅᑕᐅᒐᕕᑦ ᐃᒥᒐᙱᙵᕐᓂᖅ ᐱᓇᓱᐊᕈᓯᖓᓄᑦ!

ᑎᑎᕋᖅᑐᖅ,

ᐃᒥᒐᙱᖕᒎᕐᓂᕐᒧᑦ ᓵᓚᖃᑫᓱᐊᕐᓂᖅ
ᐃᓕᓐᓂᐊᖃᑎᒌᑦ ᓈᓴᐅᑎᖏᑦ ᑎᑎᖅᑕᐅᕕᖓ

ᐃᓕᓴᐃᔨᐅᑉ ᖃᓄᐃᓕᐅᓇᐊᖃᕐᓂᖕᒐ: ᑖᓐᓇ ᐸᐃᑉᐹᖅ ᐊᒥᓱᙳᖅᑎᓪᓗᒍ ᐃᓕᓐᓂᐊᖃᑎᑎᓪᓗ ᐊᑐᕐᓂᐊᑫᑦᓯᐅ. ᑎᑎᖅᓯᖃᑦᑕᕐᓗᓯ ᐅᓪᓗᓂᑦ ᐃᓕᓐᓂᐊᖅᑏᑦ ᐃᒥᒐᖅᑐᙱᑦᑕᖕᒋᓐᓂ. ᐸᐃᑉᐹᖅ ᐱᔭᕇᖅᓯᒪᔪᖅ ᐃᒥᒐᙱᖕᒎᕐᓂᕐᒧᑦ ᑲᒪᔨᐅᔪᒧᑦ ᑐᓂᓗᒍ.

ᐃᓕᓐᓂᐊᕐᕕᐅᑉ ᐊᑎᖓ:

ᐃᓕᓴᐃᔨᐅᑉ ᐊᑎᖓ:

ᖁᑦᑎᓐᓂᓛᑦ:

ᐃᓕᓐᓂᐊᖅᑎᐅᑉ ᐊᑎᖓ	ᐅᓪᓗᖅ 1	ᐅᓪᓗᖅ 2	ᐅᓪᓗᖅ 3	ᐅᓪᓗᖅ 4	ᐅᓪᓗᖅ 5	ᑲᑎᓪᓗᒋᑦ
ᐆᑦᑑᑎ: ᐋᓂ ᑯᓄᒃ	✓	✓		✓	✓	4
1						
2						
3						
4						
5						
6						
7						
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12						
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24						

ᑎᑎᖅᑕᐅᓯᒪᔪᑦ ᑲᑎᓪᓗᒋᑦ:

ᐃᓕᓐᓂᐊᖅᑏᑦ ᖃᑦᓯᐅᓂᖏᑦ ᑲᑎᓪᓗᒋᑦ:

ᖃᓄᐃᓕᐅᕈᑏᑦ
ᐊᑐᖅᑕᐅᔪᓐᓇᖅᑐᑦ ᐃᓕᓐᓂᐊᕐᕕᓕᒫᓄᑦ

ᖃᓄᐃᓕᐅᕈᑎᑦ ᐃᒥᒐᙵᕆᖅᒫᕐᓂᕐᒧᑦ ᓵᓚᖃᕋᓱᐊᕐᓂᖅ

ᐊᑦᓱᕈᕐᓇᕐᓂᖓ: ᐱᔾᔭᐊᑭᑦᑐᖅ ᑕᐃᑯᖓ ᐊᑦᓱᕈᕐᓇᖅᑐᖅ

ᑐᕌᒐᖓ: ᐃᓕᓐᓂᐊᖅᑏᑦ ᐃᒥᒐᕆᓪᓗᑎᑦ ᐃᓕᓐᓂᐊᕐᓇᐅᑉ ᐱᓇᓱᐊᕈᓯᖓᓂ

ᐊᑐᓇᐊᓖᑦ: ᐃᒥᒐᙵᕆᖅᒫᕐᓂᕐᒧᑦ ᓵᓚᖃᕋᓱᐊᕐᓂᖅ ᐃᓕᓐᓂᐊᖃᑎᕇᑦ ᓈᓴᐅᑎᓄᑦ ᑎᑎᖅᑕᐅᕕᖓ (ᒪᐸᒐᖅ 3 ᑕᑯᓗᒍ)

ᐃᓕᓐᓂᐊᖅᑏᑦ ᑲᔪᕆᖅᓴᕐᓗᕆᑦ ᐃᓕᐅᖃᑕᐅᓗᑎᑦ ᐃᒥᒐᙵᕆᖅᒫᕐᓂᕐᒧᑦ ᓵᓚᖃᕋᓱᐊᕐᓂᕐᒧᑦ ᐃᒥᒐᙵᕆᖅᒫᕐᓗᑎᑦ ᐊᓱᕆᓪᓗ ᓲᕐᓇᖅᑐᑦ ᐃᒥᒐᓵᐃᑦ ᐃᓕᓐᓂᐊᕐᓇᖅᑐᑦ ᐅᓪᓗᐃᑦ ᑕᓪᓕᒪᓄᑦ. ᓴᖅᑭᑎᑕᓗᑎᑦ ᐃᒥᒐᙵᕆᖅᒫᕐᓂᕐᒧᑦ ᓵᓚᖃᕋᓱᐊᕐᓂᖅ ᐃᓕᓐᓂᐊᖃᑎᕇᑦ ᓈᓴᐅᑎᓄᑦ ᑎᑎᖅᑕᐅᕕᖓᓂ (ᒪᐸᒐᖅ 3 ᑕᑯᓗᒍ) ᐃᕝᕕᑦ ᐃᓪᓗᕈᓯᖓᓂ. ᐃᓕᓐᓂᐊᖅᑏᑦ ᑏᑦᓯᒥᖓ ᐊᑐᕈᓐᓇᖅᑐᑦ ᑎᑎᖅᓯᕖᓪᓕᐊᕐᓂᐊᕐᒪᑕ ᖃᓄᐃᓕᖓᓂᓇᔾᔨᕐᓂ. ᑭᒍᑎᑦᑎᐊᓇᓂᕐᒧᑦ ᑎᒥᑦᑎᐊᓇᓂᕐᒧᓪᓗ, ᐃᓕᓐᓂᐊᖅᑏᑦ ᐃᒥᖖᒫᖅᑦᑕᕐᑯᓗᕆᑦ ᐃᒥᑐᐃᓐᓇᕐᒥᑦ ᐃᒻᒧᑦᑐᖅᑦᑕᕐᓗᑎᓗ ᖃᐅᑕᒫᑦ. ᐃᓱᓕᑉᐸᑦ ᑖᓐᓇ ᐃᒥᒐᙵᕆᖅᒫᕐᓂᕐᒧᑦ ᓵᓚᖃᕋᓱᐊᕐᓂᐅᔪᖅ ᖁᕕᐊᓱᒋᑎᕆᓗᓯᐅᒃ ᐃᓕᓐᓂᐊᖅᑏᑦ ᐊᓂᒍᖅᑕᖓ ᖃᓄᐃᓕᐅᕈᔫᔭᕐᓗᓯ ᐅᑮᓗᓐᓃᑦ ᓵᓚᒐᐅᓯᐊᖅᑕᖃᕐᓗᓂ!

ᖃᓄᐃᓕᐅᕈᑎᑦ ᐱᙳᐊᕈᓰᑦ

ᐊᑦᓱᕈᕐᓇᕐᓂᖓ: ᐱᔾᔭᐊᑭᑦᑐᖅ ᑕᐃᑯᖓ ᐊᑦᓱᕈᕐᓇᖅᑐᖅ

ᑐᕌᒐᖓ: ᐃᓕᓐᓂᐊᖅᑏᑦ ᐃᓚᐅᓗᑎᑦ ᑎᒥᒧᑦ ᖃᓄᐃᓕᐅᕈᑎᓄᑦ

ᐊᑐᓇᐊᓖᑦ: ᐱᙳᐊᕈᑎᓄᑦ ᐊᑐᓇᐊᓖᑦ, ᐃᒥᑐᐃᓐᓇᖅ ᐃᒥᖅᑕᐅᓂᐊᖅᑐᒥᑦ, ᑕᒧᓗᒐᕐᓴᐃᑦ ᑎᒥᒧᑦ ᐱᐅᓗᑎᑦ (ᓱᕐᓗ ᐃᓄᑦᓯᐅᑏᑦ, ᓯᕗᓖᑦ, ᔫᓯ, ᐱᕈᖅᑐᕕᓃᑦ ᔫᕐᓇᖅᑐᑦ ᐊᒻᒪᓗ ᔫᒋᑦ)

ᐱᙳᐊᖅᐸᒡᓗᒍᑦ ᐅᓐᓄᒃᑯᑦ, ᐅᓪᓗᕈᒻᒥᓴᕐᓇᒃᑯᑦ, ᑲᑎᒪᑎᓪᓗᒋᓘᓐᓃᑦ ᐃᖃᐃᓕᓴᕈᒪᕐᑯᓪᓗᑎᑦ ᐃᓅᓱᖅᑦᑎᐊᕐᑯᓪᓗᑎᑦ. ᐃᓕᓐᓂᐊᖅᑏᑦ ᐃᖅᑲᐃᑎᕆᐊᕐᓗᑎᑦ ᐱᙳᐊᕐᓂᕆᓐᓂ, ᐃᒥᖅ ᐱᐅᓂᖅᐹᙳᒻᒪᑦ ᐃᒥᕈᖅᑎᓪᓗᑎᑦ. ᐱᙳᐊᕐᓂᕐᒧᑦ ᐃᒥᒐᔅᓴᐃᑦ ᓱᑲᖅᑲᕐᒪᑕ ᐃᒥᖅᑕᐅᕙᖅᑦᑕᕐᓗᑎᑦ ᐱᙳᐊᕝᔪᐊᖅᑎᓪᓗᑎᑦ, ᓲᕐᓗ ᕼᐋᑭᖅᑎᓪᓗᑎᑦ. ᐆᒪᓯᐊᓇᓐᓇᖅᑐᑦ ᐃᒥᒐᓵᐃᑦ ᐃᒥᖅᑕᐅᖃᑦᑕᓪᓗᐊᕆᑦᑐᑦ ᐱᙳᐊᖅᑎᓪᓗᑎᑦ ᓱᑲᖃᓗᐊᕐᒪᑕ ᕿᑦᑕᐃᓴᐅᑎᒥᓪᓗ. ᐱᙳᐊᓖᖅᐸᑕ, ᑐᒧᓗᒐᓵᑦᑎᐊᕙᓐᓂ ᐃᒥᒐᓵᑦᑎᐊᕙᓐᓂᓪᓗ ᐊᑐᐃᓐᓇᐃᓗᑎᑦ.

ᐊᑐᖅᑕᐅᔪᓐᓇᖅᑐᑦ ᐊᑦᑎᓂᖅᓴᒥᑦ ᐃᓕᓐᓂᐊᖅᑐᓄᑦ ᐱᙳᐊᕈᑏᑦ

ᐃᖅᑲᐃᓕᓴᕐᕕᖕᒥ ᐱᙳᐊᕈᓰᑦ

ᖃᑦᓯᒨᖅᑲ ᐊᒪᕈᖅ

ᒪᖅᑮᓐᓂᒃ ᐱᔭᐅᓐᓇᖏᑦᑐᖅᑕᖅᑲᖅᑐᖅ, ᐱᙳᐊᕐᕕᐅᑉ ᐃᓱᖏᓐᓂᒃ. ᐊᑕᐅᓯᕐᒥᑦ ᐃᓕᓐᓂᐊᖅᑎᒥᑦ ᐊᒪᕈᙳᐊᖅᑕᖅᑲᖅᑐᓂ ᓇᖏᖅᓯᒪᓗᓂ ᐱᔭᐅᓐᓇᖏᑦᑐᒥᑦ ᑐᓄᖓᓗᓂ ᐃᓕᓐᓂᐊᖅᑎᓄᑦ ᐊᐃᑉᐸᖓᓂ ᐃᓱᐊᓂ. ᐃᓕᓐᓂᐊᖅᑏᑦ ᐊᑕᐅᑦᓯᒃᑯᑦ ᖃᐃᒐᓛᕐᓗᑎᑦ, "ᖃᑦᓯᒨᖅᑲ ᐊᒪᕈᖅ?" ᐊᒪᕈᖅ ᑭᐅᓗᓂ ᖃᑦᓯᒨᓐᓂᕋᕐᓗᓂᐅᒃ ᐃᓕᓐᓂᐊᖅᑏᓪᓗ ᓯᕗᒻᒧᓪᓗᑎᑦ ᑕᐃᒫᑎᒋ ᐊᓪᓕᖅᑲᑦᑕᖅᓗᑎᑦ. ᓲᕐᓗ, ᐊᒪᕈᖅ ᑭᐅᓐᓂᖅᑲᑦ, "4 ᒧᐊᖅᑐᖅ!" ᐃᓕᓐᓂᐊᖅᑏᑦ ᑎᓴᒪᐃᖅᓱᕐᓗᑎᑦ ᓯᕗᒻᒧᑦ ᐊᓪᓗᕐᓗᑎᑦ ᐊᒪᕉᑉ ᒥᑦᓲᓄᑦ. ᐊᒪᕉᔪᖅ ᐃᓱᒪᓕᖅᑲᑦ ᐃᓕᓐᓂᐊᖅᑏᑦ ᖃᓂᓪᓕᓕᖅᑐᑦ, ᑭᐅᓗᓂ, "ᓂᓇᓐᓇᖅᓯᔪᖅ," ᓵᕝᕕᒋᓗᓂᒋ ᐊᖑᔮᓇᓗᓂᒋᑦ ᐊᑦᑕᖅᓯᓇᓱᓪᓗᓂ ᐱᔭᐅᓐᓇᖏᑦᑐᒨᓚᐅᙱᓐᓂᖏᓐᓂ. ᐃᓕᓐᓂᐊᖅᑎᒥᑦ ᐊᑦᑐᖅᑕᐅᔪᖅᑲᖅᑲᑦ, ᐊᒪᕉᙳᖕᒍᓕᕐᓗᓂ.

ᑎᓴᒪᑦ ᑎᓇᖅᑯᑦ

ᐱᙳᐊᕐᕕᐅᑉ ᑎᓇᖅᑯᓕᒫᖏᑦ ᓈᓴᐅᑎᓕᖅᓱᖅᑕᐅᓗᑎᑦ 1ᒥ 4ᒧᑦ. ᓈᓴᐃᔾ ᐃᑦᓯᕚᕐᓗᓂ ᐱᙳᐊᕐᕕᐅᑉ ᕿᑎᐅᓂ ᓈᓴᐃᓗᓂ ᕐᑯᓕᓄᑦ ᓯᑯᙱᖅᓯᒪᓗᓂ. ᓈᓴᐃᔾ ᓈᓴᐃᓂᖓᓂᑦ, ᐃᓕᓐᓂᐊᖅᑏᑦ ᐊᓯᖏᑦ ᐅᓪᓚᑦᓴᖅᖅᓗᑎᑦ ᑎᓇᖅᑯᕐᓄᑦ ᑎᓇᖅᑯᒦᒋᐊᖅᑲᖅᑐᑎᓗ ᓈᓴᐃᔾ ᕐᑯᓕᓄᑦ ᓈᓴᐃᓕᒪᓕᖅᑲᑦ. ᓈᓴᐃᔾ ᑕᐃᓯᓗᓂ ᑎᓇᖅᑰᑉ ᐃᓚᖓᑕ ᓈᓴᐅᑎᖓᓂ (1ᒥ 4ᒧᑦ) ᐅᐃᓕᕐᓗᓂ. ᐃᓕᓐᓂᐊᖅᑏᑦ ᑕᐃᑲᓅᑦᑐᑦ ᑎᓇᖅᑯᕐᒥᑦ ᑕᐃᔭᐅᔪᒥᑦ ᐲᕐᓗᑎᑦ. ᑕᐃᒪᐃᓕᐅᖏᓐᓇᕐᓗᑎᑦ ᐊᑕᐅᓯᑕᐅᙳᓐᓇᓱᓐᓂᖓᓂ ᐃᓕᓐᓂᐊᖅᑎ ᓈᓴᐃᔾᐅᖕᒑᓕᕐᓗᓂᓗ.

ᐹᕐᑭᑦᐹᓪᒥᑦ ᐊᖅᓴᕐᒥᑦ ᓱᒃᑳᓴᐅᔾᔨᓂᖅ

ᐃᓕᓐᓂᐊᖅᑏᑦ ᐊᕙᑦᑐᕐᓗᒋᑦ ᒪᖅᑮᓐᓂᒃ ᑕᐱᓅᓄᑦ. ᐊᑐᓂ ᑕᐱᓅᑦ ᑐᑭᓕᓅᑦᓯᓗᑎᑦ ᑕᐃᑲᓂᑦᓴᐃᓐᓇᖅ ᐱᙳᐊᕐᕕᐅᑉ ᐃᓱᖓᓂ. ᐊᑐᓂ ᐃᓕᓐᓂᐊᖅᑐᑦ ᐊᖅᓴᕐᒥᑦ ᑐᓐᓂᖃᓗᒍ ᓯᕗᓂᐊᓃᑦᑐᒥᑦ. ᐱᒋᐊᕐᑯᓕᕈᕕᒋᑦ, ᐃᓕᓐᓂᐊᖅᑏᑦ ᓱᒃᑳᓴᐅᔾᔨᓗᑎᑦ ᐊᖅᓴᕐᒥᑦ ᐱᙳᐊᕐᕕᐅᑉ ᕿᑎᐊᓄᑦ ᑎᑎᖅᓯᒪᔪᑯᑖᒧᑦ ᐅᑎᓕᕐᓗᑎᑦ ᑕᐱᖏᓐᓄᑦ. ᐃᓕᓐᓂᐊᖅᑎ ᑐᓂᓕᕐᓗᓂᐅᒃ ᐊᖅᓴᖅ ᐊᓯᒥᓄᑦ ᑐᑭᓕᓅᖅᓯᒪᔪᓄᑦ ᑕᐃᒪᐃᓕᐅᒃᑲᓐᓂᓕᕐᒥᓗᓂ. ᑕᐱᓅᑦ ᐱᔭᓅᖅᑳᖅᑐᑦ ᓵᓚᑦᓴᕐᓗᑎᑦ!

ᕚᓕᕚᒧᑦ ᑕᓛᓐᓄᒃ ᖃᖓᑦᑕᖅᑎᓪᓗᒍ, ᐊᓪᓚᓐᓄᑦ ᖃᖓᑦᑕᖅᑎᓗᒍ, ᐊᓪᓚᓐᓄᑦ ᐊᓇᐅᓗᒍ!

ᐃᓕᓐᓂᐊᖅᑏᑦ ᐊᕙᑦᑐᕐᓗᒋᑦ ᐊᐃᑉᐸᖅᑖᕐᓗᑎᑦ ᕚᓕᕚᒥᑦᑐ ᑐᓐᓂᖃᓗᒋᑦ. ᐊᑐᓂ ᑕᐱᓅᓄᑦ, ᐃᓕᓐᓂᐊᖅᑎᒥᑦ ᑕᓕᖏᓐᓄᑦ ᐊᖅᓴᖅ ᖃᖓᑦᑕᖅᑎᑕᐅᓗᓂ ᐊᐃᑉᐸᓪᒥᓄᑦ. ᐃᓕᓐᓂᐊᖅᑎ ᐊᓪᓚᒥᓄᑦ ᐊᓇᐅᓕᕐᓗᓂᐅᒃ ᑕᐱᖕᒪᓄᑦ. ᐅᑭᐅᑭᓐᓂᖅᓴᓄᑦ ᐃᓕᓐᓂᐊᖅᑐᓄᑦ, ᑕᐱᓅᖑᔪᑦ ᐊᓪᓚᒥᓄᑦ ᖃᖓᑦᑕᖅᑎᑦᓯᓗᑎᑦ ᐅᑎᖅᑕᖅᑕᐅᓗᓂ.

ᓯᓚᒥ ᐱᙳᐊᕈᓰᑦ

ᑎᓱᖅᑭᓂᖅ

ᐃᓕᓐᓂᐊᖅᑏᑦ ᓴᓚᒨᕈᑎᑐᒋᑦ ᐊᓕᐊᓇᐃᒍᓱᑦᑐᑎᑦ ᑎᓱᖅᑭᓂᐊᕐᒪᑕ ᐊᐳᑎᒥᑦ.

ᐊᔾᔩᙱᑦᑐᒃᑰᖅᑎᑦᓯᓂᖅ

ᐊᖅᑯᑎᑦᑎᐊᕙᐅᖏᑦᑐᒃᑯᑦ ᓱᒃᑲᓂᖅᓴᐅᓇᓱᒃᑐᓯ ᐱᙳᐊᕐᕕᖕᒥ ᓯᓚᒥ. ᑕᕝᕙᓂ ᐱᙳᐊᕐᕕᖕᒥ ᓯᓚᒦᑦᑐᒥ ᖃᓄᐃᓕᐅᕈᑎᖏᓐᓂᒃ ᐊᑐᕐᓇᖅᑐᓯ ᐊᓪᕕᐊᕈᔫᖅᑐᓂᒃ ᐊᑐᓯ ᐊᓪᕕᐊᖅᑐᖅᑲᕈᔫᖅᑐᒃᑯᑦ ᐅᓪᓚᔫᓪᓗᓯ.

...ᐊᑐᖅᑕᐅᔪᓐᓇᖅᑐᑦ ᐊᑦᑎᓂᖅᓴᒥᑦ ᐃᓕᓐᓂᐊᖅᑐᓄᑦ ᐱᙳᐊᕈᑏᑦ ᑲᔪᓯᔪᖅ

ᐊᔾᔨᒋᔭᐅᙱᑦᑐᒥᑦ ᐅᓪᓗᕐᓗᑎᑦ ᓱᒃᑲᔭᐅᔾᔨᓂᖅ

ᐊᕙᒃᑐᕐᓗᒋᑦ ᐃᓕᓐᓂᐊᖅᑏᑦ 5-ᖑᕐᓗᑎᒃ ᐃᓕᒌᒃᓱᖅᑐᑦ. ᓇᓗᓇᐃᖅᓯᓗᓯ ᐱᒋᐊᕐᕕᖓᓂᒃ ᐃᓱᓕᕝᕕᖓᓂᓪᓗ ᑎᑎᖅᓯᒪᓗᓂ ᒪᓂᕋᕐᒥ ᐊᐳᑎᒥ. ᐱᒋᐊᕐᓗᓯ ᐱᒋᐊᕐᕕᖓᓂᑦ ᐃᓕᓐᓂᐊᖅᑎᑦ ᐅᓪᓚᔭᓯᓗᑎᒃ ᓇᒍᑐᐃᓐᓇᖅ ᐊᔾᔨᐅᙱᑦᑐᒥᓪᓗ ᐅᓪᓚᐅᓯᖃᕋᓱᐊᕐᓗᑎᒃ. ᓲᕐᓗ, ᓯᕗᓪᓕᖅᐹᖅ ᐅᓪᓚᒃᓯᔪᖅ ᓴᓂᒍᙱᒃᐸᑦ ᑖᓐᓇ ᑭᖑᓂᑦᑎᐊᙱᓃᑦᑐᖅ ᓈᙱᔭᕈᓐᓇᖅᑐᖅ. ᐅᓪᓚᑏᖅᑐᑦ ᐅᑎᒃᑲᐅᖅᑐᕐᓗᑎᒃ ᐊᒃᑐᖅᓯᑲᐅᖅᑐᕐᓗᑎᓪᓗ ᐃᓕᒋᔭᒥᓂᒃ ᐊᒃᑯᖅᑕᐅᒍᓂ ᑭᓯᐊᓂ ᐅᓪᓚᒃᓯᑕᐃᓐᓇᕐᓗᓂ. ᑖᒃᑯᐊ ᐃᓕᒌᑦ ᓯᕗᓪᓕᖅᐹᑦ ᓵᓚᖃᓕᕐᓗᑎᒃ.

ᐊᐳᑎᒧᑦ ᐊᒻᒪᓗᕋᓯᓯᒪᔪᓄᑦ ᐃᓄᙳᐊᓕᐅᕐᓂᕐᒧᑦ ᑐᐊᕕᕐᓂᑭᓴᐅᑎᓂᖅ

ᐃᓕᓐᓂᐊᖅᑏᑦ ᐊᕕᑦᑐᕐᓗᒋᑦ ᑕᐱᓅᖑᓗᑎᑦ. ᑕᐱᓅᖑᔪᑦ ᑐᐊᕕᕐᓂᑭᓴᐅᑎᓗᑎᑦ ᐊᐳᑎᒧᑦ ᐊᒻᒪᓗᕋᓯᓯᒪᔪᓂᑦ ᐃᓄᙳᐊᓕᐅᕐᓗᑎᑦ. ᓯᕗᓪᓕᖅᐸᒥᑦ ᐃᓄᙳᐊᓕᐅᖅᑐᑦ ᐊᐳᑎᒧᑦ ᓵᓚᖃᖅᑐᑦ.

ᖃᓄᐃᓕᐅᕈᑎᑦ

ᖃᓄᐃᙱᑦᓯᐊᕐᓂᕐᒧᑦ ᖃᐅᔨᑎᑦᓯᓂᖅ

ᐊᑦᓱᕈᕐᓇᕐᓂᖓ: ᐱᔭᓇᐊᕿᑦᑐᖅ ᑕᐅᑯᖓ ᐊᑯᓐᓂᖅᓱᖅᑐᒧᑦ

ᑐᕋᖓ: ᐃᓕᓐᓂᐊᖅᑏᑦ ᓄᓇᓕᒻᒥᐅᓪᓗ ᐃᓕᓐᓂᐊᕐᓗᑎᑦ ᖃᓄᐃᙱᑦᓯᐊᕈᑎᓂᑦ ᐊᔾᔩᙱᑦᑑᑎᓂᑦ

ᖃᓄᐃᙱᑦᓯᐊᕐᓂᕐᒧᑦ ᖃᐅᔨᑎᑦᓯᓂᖅᑕᕐᑲᕐᓗᓂ ᐃᓕᓐᓂᐊᕐᕕᒻᒥ. ᑐᙵᓱᑎᑕᐅᓗᑎᑦ ᐋᓐᓂᐊᖅᑐᓕᓈᔾᔪᑦ, ᓲᕐᓗ ᓄᓇᓕᓐᓂ ᑭᒡᒐᖅᑐᐃᔾᔨᐅᔪᑦ ᐋᓐᓂᐊᖅᑐᓕᓇᓂᕐᒧᑦ, ᓂᕿᑦᑎᐊᕙᓕᓈᔾᔪᑦ, ᐋᓐᓂᐊᓯᐅᖅᑏᑦ, ᐊᒻᒪᓗ ᑭᒍᓯᓈᔾᔪᑦ ᐊᕕᑦᑐᖅᓯᒪᔪᓂᑦ ᑐᑭᓯᒋᐊᕈᑎᖃᕐᓗᑎᑦ ᐅᖃᓪᓚᖃᑦᑕᕐᓗᑎᓗ ᑎᒥᒧᑦ ᐱᐅᔫᑕᐅᖏᖅᑐᓂᑦ ᐃᒥᓚᙱᖏᕐᓗᑎᑦ. ᐃᓐᓇᐃᓪᓗ ᑐᙵᓱᑎᑕᐅᓗᑎᑦ ᐅᖃᓪᓚᓪᓗᑎᑦ ᐃᓕᓐᓂᐊᖅᑎᓄᑦ ᑕᐃᑦᓱᒪᓂ ᖃᓄᕐᓕ ᑎᒥᖏᓐᓂ ᑲᒪᖃᑦᑕᓚᐅᕐᒪᖏᑦ ᐅᓪᓗᒥᓗ ᖃᓄᖅ ᖃᓄᐃᙱᑦᓯᐊᕈᓐᓇᕐᒪᖏᑦ. ᐅᕝᕙᓘᓐᓃᑦ, ᐃᓕᓐᓂᐊᖅᑏᑦ ᐸᕐᓇᐃᓗᑎᑦ ᑐᑭᓯᒋᐊᕈᑎᑦᓴᖏᓐᓂ ᐊᕕᑦᑐᖅᓯᒪᔪᓂᑦ ᐊᔾᔩᙱᑦᑐᑕᐅᓗᑎᑦ. ᓲᕐᓗ, ᓂᕆᔭᐊᕐᓂᖅ, ᐃᖅᑲᐃᓚᓴᕐᓂᖅ, ᓯᓚᓕᐊᕐᒧᓪᓗ ᓄᖅᑲᐅᔾᔨᓂᕐᒥᑦ. ᐃᓕᓐᓂᐊᖅᑏᑦ, ᐃᓕᒌᖑᔪᓪᓗ ᓄᓇᓕᒻᒥᐅᓪᓗ ᑐᙵᓱᑎᑕᐅᓗᑎᑦ ᐅᐸᒍᑎᓂᕐᒧᑦ.

ᐅᑭᐅᖅᑯᖅᑐᓂᖅᓴᐅᔪᓄᑦ ᐃᓕᓐᓂᐊᕐᕕᐊᓗᒻᒥᓪᓗ ᐱᙳᐊᕈᑎᐅᔪᓐᓇᖅᑐᑦ

ᒥᓂᑦᒥᑦ ᐱᕕᖅᖅᑎᑕᐅᓂᖅ ᓵᓚᖃᕋᓱᐊᕐᓂᕐᒧᑦ ᐱᙳᐊᕐᓂᖅ

ᒥᓂᑦᒥᑦ ᐱᕕᖅᖅᑎᑕᐅᓂᖅ ᓵᓚᖃᕋᓱᐊᕐᓂᕐᒧᑦ ᐱᙳᐊᕐᓃᑦ ᖃᓄᐃᓕᐅᕈᑎᐅᔪᑦ ᐱᔮᓅᖅᑕᐅᓇᓱᒋᐊᓖᑦ ᐊᑕᐅᓯᕐᒥᑦ ᒥᓂᑦᒥᑦ. ᓲᕐᓗ: ᖁᓕᓅᖑᔪᓂᒃ ᐋᐳᓂᑦ ᓴᓇᓂᖅ ᐱᖓᓱᓄᑦ ᑎᑦᑕᑯᓗᓐᓄᑦ ᓇᑉᐸᖓᓗᓂ ᐅᕝᕙᓘᓐᓃᑦ ᐋᖅᑭᑦᓱᒐᕐᒥᑦ ᑲᑎᖅᓱᐃᓗᑎᑦ ᓴᓇᓯᒪᓗᓂ ᐅᓪᓚᖅᓯᐅᑎᐅᑉ ᔫᕐᒪᓂ.

ᐃᓄᐃᑦ ᐱᙳᐊᕈᓯᖏᑦ

ᐃᓕᓐᓂᐊᖅᑏᑦ ᑐᙵᓱᑦᑎᓪᓗᒋᑦ ᐃᓄᐃᑦ ᐱᙳᐊᕈᓯᖏᓐᓂ ᐱᙳᐊᕐᓗᑎᑦ, ᓲᕐᓗ ᑐᑭᖅᓯᓂᕐᒧᑦ, ᔫᖅᑯᖓᓗᓂ ᐅᖓᓯᑖᒧᑦ ᒥᓯᓐᓂᑭᓴᐅᑎᓂᖅ, ᐊᒻᒪᓗ ᓇᑦᓯᖅᑎᑐ ᐊᒡᒐᖏᓐᓄᑦ ᖃᖓᑦᑕᖅᑲᑦᑖᕐᔪᓪᓗᓂ.

ᐋᖅᑭᑦᓱᖅᓯᒪᔪᑦ ᐱᙳᐊᕈᑎᑦᓴᐃᑦ

ᐃᓕᓐᓂᐊᖅᑏᑦ ᐹᔅᑭᑦᐹᕐᓗᑎᑦ, ᕘᓕᕘᕐᓗᑎᑦ ᐊᖅᓴᕐᒨᓐᓃᑦ ᑐᒃᑲᕐᓗᑎᑦ.

ᓈᓴᐅᓯᕆᓂᕐᒧᑦ ᐊᐱᖅᑯᑏᑦ

ᑕᑯᓗᒍ ᐱᓕᕆᔾᔪᑎᒃᓴᖅ

ᖃᓄᐃᓕᐅᕈᑎᑦ ᐃᒥᒐᐅᑉ ᐊᑭᖓ

ᐊᑦᓱᕈᕐᓇᕐᓂᖓ: ᐊᑯᓐᓂᖅᓱᖅᑐᒥᑦ ᑕᐃᑯᖓ ᐱᔭᕆᐊᑐᔪᕐᒧᑦ
ᑐᕌᖓᖓ: ᐃᓕᓐᓂᐊᖅᑏᑦ ᐃᓕᓐᓂᐊᕐᓗᑎᑦ ᖃᑦᓯᑐᒻᒪᖔᖅ ᐃᒥᒐᕐᓂᖅ
ᐊᑐᕆᐊᖈᑦ: ᐸᐃᑉᐹᖅ, ᑎᑎᕋᐅᑏᑦ, ᐂᔭᐃᕈᑎᑦ

ᖃᐅᔨᒋᐊᕐᓗᒍ ᐊᑕᐅᓯᖅ ᐃᒪᒐᖅ ᖃᑦᓯᓇᐊᕐᒪᖔᖅ ᓄᓇᓕᑦᓯᓐᓂ. ᓲᕐᓗ $2.00.

ᐃᓕᓐᓂᐊᖅᑏᑦ ᐃᒪᐃᓕᐅᖅᑎᑦᓗᒋᑦ:
- ᖃᐅᔨᓇᓱᑦᓗᒍ ᐃᓕᓐᓂᐊᖅᑎ ᐊᑕᐅᓯᖅ ᖃᑦᓯᓂᑦ ᐃᒥᒐᓲᖑᒻᒪᖔᖅ ᐅᑦᓗᖅ ᐊᑕᐅᓯᕐᒥᑦ. ᓲᕐᓗ ᑕᑦᑕᒪᓂᑦ ᐃᒥᒐᕐᓂᑦ.
- ᓈᓴᐅᑎᖏᑦ ᖃᐅᔨᓇᓱᑦᓗᑎᑦ ᖃᑦᓯᓇᐊᕐᒪᖔᖅ ᑕᐃᒫᑎᒋ ᐃᒥᒐᖅᑲᑦᑕᕐᓂᐅᔪᖅ ᐅᑦᓗᖅ ᐊᑕᐅᓯᕐᒥᑦ.
ᓲᕐᓗ: $2.00 x 5 ᐃᒥᒐᐃᑦ = $10.00
- ᓈᓴᐅᑎᖏᑦ ᖃᐅᔨᓇᓱᑦᓗᑎᑦ ᖃᑦᓯᓇᐊᕐᒪᖔᖅ ᐃᒥᒐᕐᓂᖅ ᐱᓇᓱᐊᕈᓯᕐᒧᑦ, ᐊᑕᐅᓯᕐᒧᑦ ᐊᕐᕌᒍᒧᑦ ᐊᒻᒪᓗ 15ᓄᑦ ᐊᕐᕌᒍᓄᑦ. ᓲᕐᓗ: $10 ᐅᑦᓗᕐᒧᑦ x 7 ᐅᑦᓗᐃᑦ = $70 ᐱᓇᓱᐊᕈᓯᕐᒧᑦ; $70 ᐱᓇᓱᐊᕈᓯᕐᒧᑦ x 52 ᐱᓇᓱᐊᕈᓰᑦ ᐊᕐᕌᒍᒥᑦ = $3,640 ᐊᕐᕌᒍᒧᑦ; $3,640 ᐊᕐᕌᒍᒧᑦ x 15 ᐊᕐᕌᒍᓄᑦ = $54,600
- ᐃᓕᓐᓂᐊᖅᑏᑦ ᐊᐱᕆᓗᒋᑦ: ᑭᓱᓂᑦ ᓂᐅᕕᖓᕈᓐᓇᖅᐱᑕ ᐃᒥᒐᐅᙱᖓᖅᑐᒧᑦ?

ᑕᑯᓗᒍ ᐱᓕᕆᔾᔪᑎᒃᓴᖅ

ᖃᓄᐃᓕᐅᕈᑎᑦ ᓱᑲᖅ ᐃᒥᒐᒻᒥ

ᐊᑦᓱᕈᕐᓇᕐᓂᖓ: ᐊᑯᓐᓂᖅᓱᖅᑐᒥᑦ ᑕᐃᑯᖓ ᐱᔭᕆᐊᑐᔪᕐᒧᑦ
ᑐᕌᖓᖓ: ᐃᓕᓐᓂᐊᖅᑏᑦ ᐃᓕᓐᓂᐊᕐᓗᑎᑦ ᖃᓄᑎᒋ ᓱᑲᖃᕐᒪᖔᖅ ᐃᒥᒐᖅ
ᐊᑐᕆᐊᖈᑦ: ᐸᐃᑉᐹᖅ, ᑎᑎᕋᐅᑎ, ᐂᔭᐅᑎ, ᓱᑲᖅ, ᐊᓘᑎᕋᖅ, ᐱᖓᓱᑦ ᐊᖏᔪᑦ ᐊᓗᒡᕖᑦ

ᐃᒥᒐᓕᒫᑦ ᐃᒪᓐᓇᑎᒋ ᓱᑲᖃᑎᕆᖃᒡᒍᔪᑦ 50 ml (10 ᐊᓘᑎᕋᑦ).

ᐃᓕᓐᓂᐊᖅᑏᑦ ᐃᒪᐃᓕᐅᖅᑎᑦᓗᒋᑦ:
- ᖃᐅᔨᓇᓱᑦᓗᒍ ᐃᓕᓐᓂᐊᖅᑎ ᐊᑕᐅᓯᖅ ᖃᑦᓯᓂᑦ ᐃᒥᒐᓲᖑᒻᒪᖔᖅ ᐅᑦᓗᖅ ᐊᑕᐅᓯᕐᒥᑦ. ᓲᕐᓗ ᑕᑦᑕᒪᓂᑦ ᐃᒥᒐᕐᓂᑦ.
- ᖃᓄᑎᒋ ᓴᑲᕐᑲᕐᒪᖔᖅ ᖃᐅᔨᓇᓱᑦᓗᑎᑦ ᐃᒥᒐᕐᓂᖓ ᐅᑦᓗᕐᒧᑦ ᒪᓕᑦᓗᒍ. ᓲᕐᓗ: 50 ml ᓱᑲᖅ x 5 ᐃᒥᒐᐃᑦ = 250 ml
- ᖃᓄᑎᒋ ᓱᑲᕐᒥᑦ ᐱᖃᑦᑕᕐᒪᖔᖅ ᖃᐅᔨᓇᓱᑦᓗᒍ ᐱᓇᓱᐊᕈᓯᕐᒧᑦ, ᑕᖅᑭᒧᑦ ᐊᕐᕌᒍᒧᑦᓗ.
ᓲᕐᓗ: 250 ml x 7 ᐅᑦᓗᐃᑦ = 1,750 ml/ᐱᓇᓱᐊᕈᓯᕐᒧᑦ; 1,750 ml x 4 ᐱᓇᓱᐊᕈᓯᕐᓄᑦ = 7,000 ml/ᑕᖅᑭᒧᑦ; 7,000 ml x 12 ᑕᖅᑭᓄᑦ = 84,000 ml/ᐊᕐᕌᒍᒧᑦ ᐅᕝᕙᓘᓐᓃᑦ 16,800 ᐊᓘᑎᕋᑦ
- ᐆᒃᑐᕋᖅᓗᒍ ᐊᖏᓂᖓ ᓱᑲᐅᑉ ᐊᑕᐅᓯᕐᒥ ᐃᒥᒐᖅᒦᓐᓇᔭᖅᑐᖅ, ᐅᑦᓗᖅ ᐊᑕᐅᓯᖅ ᐊᒻᒪ ᐊᑕᐅᓯᖅ ᐱᓇᓱᐊᕈᓯᕐᒧᑦ ᓈᒻᒪᑦᓗᐊᖅᑐᑦ ᐊᓯᖏᓐᓄᑦ ᐊᓗᒡᕕᒻᒧᐊᕐᓗᒋᑦ. ᖃᓄᕐᓕ ᐃᓱᒪᒋᕕᒋᑦ ᐊᖏᓂᖏᑦ ᓱᑲᖓᑕ?
ᐃᒪᓐᓇᖃᐃ 1 ᐃᖕᒍᓯᖅ = 250 ml-ᐊᖏᓂᖓ

…ᓈᓴᐅᓯᕆᓂᕐᒧᑦ ᐊᐱᖅᑯᑏᑦ ᑲᔪᓯᔪᑦ

ᖃᓄᐃᓕᐅᕈᑎᑦ

ᕿᑦᑕᐃᓴᐅᑎᓄᑦ ᓈᓴᐅᓯᕆᓂᖅ

ᑕᑯᓗᒍ ᐱᓕᓇᔾᔪᑎᒃᓴᖅ

ᐊᑦᓱᕈᕐᓇᕐᓂᖓ: ᐱᔭᓇᐊᑐᔪᖅ
ᑐᕌᖓ: ᐃᓕᓐᓂᐊᖅᑏᑦ ᐃᓕᓐᓂᐊᕐᓗᑎᑦ ᐊᑦᑕᕐᓇᙱᑦᑐᒥᑦ ᕿᑦᑕᐃᓴᐅᑎᓕᓐᓂ
ᐊᑐᓇᐊᓖᑦ: ᐸᐃᑉᐹᖅ, ᑎᑎᕋᐅᑏᑦ, ᐲᔭᐃᕈᑏᑦ, ᐊᓇᕐᕕᒻᒥᐅᑕᖅ ᐊᖁᒪᐃᓐᓂᕐᓂᐊᕈᑎ

ᑲᕙ, ᑏ, ᐃᓚᖏᑦ ᐃᒪᒐᑦ, ᕿᑦᑕᐃᖓᔾᔪᑏᑦ ᐃᒥᒐᑦ, ᕿᑦᑕᐃᖓᔾᔪᑏᑦ ᐅᖁᒻᒥᐊᒐᑦ (ᑎᓯᔪᑦ) ᑕᒪᐊᔭᒐᐃᓪᓗ ᐃᓚᖃᒻᒪᑕ ᑲᕚᓐᒥᒃ (ᖃᓪᓗᓈᑎᑐᑦ). ᑭᖑᓪᓕᐅᔪᖅ ᒪᑉᐱᒐᖅ ᕿᒥᕐᕈᒍᒃ ᑕᑯᔪᒪᒍᕕᑦ ᖃᓄᑎᒋ ᐃᓚᐅᖅᓯᒪᒻᒪᖔᑕ ᐃᒥᒐᖅᑕᐅᓲᑦ. ᑕᒪᓐᓇ ᑲᕚᓐ ᐃᓚᖏᓐᓂᒃ ᐃᓄᓐᓂᒃ ᐊᑲᐅᙱᑦᑐᒥᒃ ᐊᒃᑐᐃᓲᖅ ᓂᙵᔅᓴᕋᐃᓕᖅᓱᑎᒃ, ᐃᓱᒫᓗᔭᓕᖅᓱᑎᒃ, ᐊᐅᖓᑕ ᑎᒃᓚᓐᓂᐊ ᖁᑦᑎᔅᓯᒋᐊᖅᓱᑎᒃ, ᓂᐊᖁᙳᓕᖅᓱᑎᒃ ᓴᐅᓂᖏᓪᓗ ᓴᙲᒃᑎᖅᓱᑎᒃ. ᓱᕈᓰᑦ ᒪᒃᑯᑦᑐᐃᓪᓗ ᐊᕐᕌᒍᖓᓄᑦ ᐅᖁᒪᐃᓐᓂᐊᓗ ᓇᓗᓇᐃᖅᓯᒪᔭᖏᓐᓄᑦ ᖃᖏᔮᓇᐊᖃᙱᑦᑐᑦ ᖃᐅᑕᒫᖅ ᑎᒥᐅᑉ ᑲᕚᓐᑐᕈᓐᓇᖅᑕᖏᓐᓄᑦ. ᑕᑯᒋᐊᕈᒃ ᑭᖑᓪᓕᐅᔪᖅ ᒪᑉᐱᒐᖅ ᐃᓱᖃᕈᑎᒋᔭᐅᔪᓄᑦ ᑲᕚᓐᒧᑦ ᖃᐅᑕᒫᖅ ᑎᒥᐅᑉ ᑲᒪᒋᔪᓐᓇᖅᑕᖓ ᐅᓗᓇᐊᓇᖅᓯᓚᐅᕆᓪᓗᓂ ᓱᒐᓗᓕᕈᑕᐅᓗᓂ. ᐅᖓᑖᓄᑦ ᐃᒥᒐᖃᑦᑕᓐᓂᖅ ᐃᓚᐅᖅᓯᒪᔪᓂᒃ ᑲᕚᓐᒥᒃ ᐅᑦᑐᑉ ᐃᓱᖓᓄᑦ ᓇᓗᓇᐃᖅᑕᐅᓯᒪᔪᒥᒃ ᑎᒥᒧᑦ ᐅᓗᓇᐊᓇᕈᓐᓇᖅᑐᖅ. ᑖᒃᑯᐊ ᑎᒥᕙᑦ ᑲᑎᖅᓱᕈᓐᓇᓪᒪᕆᑦ ᑲᕚᓐ ᐃᒥᒐᓐᓂᒃ, ᓂᕿᓂᒃ, ᐄᔭᒐᓐᓂᒃ ("ᕿᑦᑎᐊᕈᑏᑦ") ᐊᒻᒪᓗ ᓯᖃᓕᓯᒪᔪᑦ ᓱᑲᖅᑎᑐᑦ ᖃᖐᑎᑦᑎᔪᓐᓇᐳᑦ. ᖃᖐᓗᐊᕈᔾᔭᔪᑦ ᓴᖅᑮᔪᓐᓇᖅᑐᑦ ᐆᒻᒪᑎᐅᑉ ᑎᒃᓚᓐᓂᐊ ᓇᓖᖅᑯᔫᔭᓐᓂᐊᓂᒃ, ᒥᓇᕿᓐᓂᒻᒥᒃ, ᖀᖅᓱᓐᓂᒻᒥᒃ, ᑕᑕᒥᓐᓂᒻᒥᒃ ᖃᐅᔨᒪᔪᓐᓃᓪᓗᓂ ᑐᖁᒧᑦ ᑎᑭᐅᒪᔪᓐᓇᖅᑐᖅ.

ᐃᓕᓐᓂᐊᖅᑏᑦ ᐃᒪᐃᓕᐅᖅᑎᑦᑐᒋᑦ:

- ᐅᖁᒪᐃᓐᓂᐊᕐᓗᒋᑦ ᑭᓗᒍᖁᓪᓂ ᐊᓇᕐᕕᑦᓯᐅᑎ ᐅᖁᒪᐃᓐᓂᕐᓂᐊᕈᑎ ᐊᑐᕐᓗᒍ.
- ᐅᖁᒪᐃᓐᓂᕐᓂᐊᕈᑎ ᐸᐅᓐᓂ ᑭᓯᐊᓂ ᐅᖁᒪᐃᓐᓂᓲᖑᑉᐸᑦ, ᐊᒡᒍᕐᓗᒍ 2.2ᒥᑦ ᑭᓗᒍᖀᓪ-ᖏᑦ ᖃᐅᔨᓂᐊᕐᓴᕕᒋᑦ.
- ᐊᑐᕐᓗᒍ ᓇᓗᓇᐃᖅᓯᔾᔪᑎ ᒪᒃᐱᕈᕕᐅᒃ ᑕᑯᓂᐊᖅᑕᑦ ᑕᐃᑲᓂ ᓴᒃᑯᐃᓗᒍ ᐃᒥᒐᖅ ᑎᑎᕋᖅᕕᒃᓴᖓᓂ, ᓇᓂᓗᒍ ᐊᒻᒪ/ᐅᕝᕙᓘᓐᓃᑦ ᓈᓴᐅᓯᕆᓂᖓ ᖃᐅᔨᒋᐊᕈᑉ ᐊᖏᓂᖅᐹᖓᓄᑦ ᑲᕚᓐᒧᑦ ᐊᑐᕐᓗᒍ ᖃᓄᐃᓐᓇᖏᓐᓂᖓᓄᑦ ᑎᑭᓪᓗᒍ. ᓰᕐᓗ ᐃᒪᓐᓇ: ᑎᒥᐅᑉ ᐅᖁᒪᐃᓐᓂᖓ (kg x 2.5 mg)-ᒥᒃ ᑲᕚᓐᒥᒃ.
- ᖃᐅᔨᒋᐊᕐᓗᒍ ᐊᖏᓂᖅᐹᖓᓄᑦ ᑲᕚᓐᓚᖑᑦ ᑎᑭᓪᓗᒍ ᐊᖏᓂᖅᓴᐅᕚ ᐅᕝᕙᓘᓐᓃᑦ ᒥᑭᓂᖅᓴᐅᕙ ᑲᕚᙵ ᐊᑕᐅᓯᕐᒥᑦ ᐃᒥᒐᕐᒥᑦ, ᐆᒻᒪᓇᒃᓴᐅᑦ ᐃᒥᒐᖅ ᐅᕝᕙᓘᓐᓃᑦ ᑳᐱ.
- ᓈᓴᐃᒋᑦ ᖃᔅᓯᓂᒃ ᐃᒥᒐᕐᓂᒃ, ᐆᒻᒪᓇᒃᓴᐅᒻᒥᒃ ᐃᒥᒐᕐᒥᒃ ᐊᒻᒪ ᑳᐱᒥᒃ ᐱᓇᔭᖅᐸ ᑎᑭᐅᑎᑎᓐᓇᓯᓪᓗᒍ ᐅᑦᑐᕐᒧᑦ ᐊᑕᐅᓯᕐᒧᑦ ᐃᓯᓚᑦᑐᒍ ᑲᕚᑐᓇᐊᖃᖅᑕᖏᑦ.

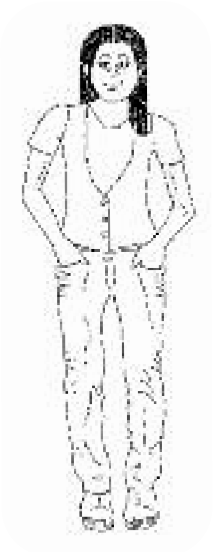
ᖃᓄᖅ ᐊᒃᑎᒋᒃᐸᑦ ᕿᑦᑕᐃᖓᓐᓇᖅᑐᖅ ᐊᑦᑕᕐᓇᙱᑦᑐᓐᓇᖅᐸ?

ᑳᐃᓐᓖᑦ ᓂᐅᖅᑲᕆᐃᑦ ᐱᔭᐅᕆᔮᒃᑐᑦ

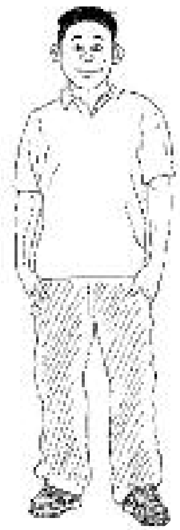
ᐊᑕᐅᓯᖅ ᐃᒥᕆᖅ	= 46 mg-ᖑᔪᖅ
ᑲᐱᒋᒃᑑᓪᓗ ᑲᐱᓗᒃᑑᓪᓗ ᐊᑯᓂᐊᖓᓃᑦᑐᖅ ᐊᑯᓂᖅᓱᖅᑐᖅ ᑳᐱ	= 166 mg-ᖑᔪᖅ
500 ml ᓄᒃᑭᒃᓴᐅᑦ ᐃᒥᕆᖅ	= 152-188 mg-ᖑᔪᖅ
ᐃᒪᖅ	= 0 mg-ᖑᓪᓗᓂ

ᑕᒪᓇ ᑭᒡᓚᖓ ᑲᐃᓐ ᐱᔪᓐᓇᖅᑕᕕᑦ ᑎᒥᕕᑦ ᐅᓗᕆᐊᓇᕐᑯᓇᒍ ᑐᓐᖓᕙᔦᒃᑐᖅ ᐊᕐᕌᒍᒋᔭᓐᓄᑦ ᐊᒻᒪᓗ ᑎᒥᕕᑦ ᐊᒃᑎᒋᓂᖓᓄᑦ.

ᐊᕐᕋᒍᖏᑦ	ᐊᖏᓂᖅᐹᒥᒃ ᑳᐃᓐᒥᒃ ᐅᓪᓗᕐᒧᑦ ᐊᑕᐅᓯᕐᒧᑦ ᐆᒃᑐᕋᐅᑦ ᐊᑐᕐᓗᒍ (mg)-ᖑᔪᖅ	ᑕᐅᑦᑐᖓᑕ ᖃᓄᐃᓕᖓᓂᖓ (ᐃᒪᓐᓇᐸᓗᖅᑲᐃ)
4-6 ᐅᑭᐅᓖᑦ	45 mg	ᐊᑕᐅᓯᖅ ᐃᒥᕆᖅ
7-9 ᐅᑭᐅᓖᑦ	62.5 mg	ᐊᑕᐅᓯᖅ ᓇᑉᐸᕐᓗ ᐃᒥᕆᖅ
10-12 ᐅᑭᐅᓖᑦ	85 mg	ᒪᕐᕉᒃ ᐃᒥᕐᒃ ᐅᕝᕙᓘᓐᓃᑦ ᐃᕐᖑᓯᐅᑉ ᓇᑉᐸᖓᓂᒃ ᑳᐱᒥᒃ
13 ᐅᖓᑖᓄᓪᓗ ᐅᑭᐅᓖᑦ	ᐅᖁᒪᐃᓐᓃᑦ ᑭᓗᒎᕐ-ᑎᒎᑦ x 2.5mg-ᐃᒪᓐᓇᐃᖅᓱᕐᓗᒍ ᑳᐃᓐ= ᐊᖏᓂᖅᐹᒥᒃ (mg)-ᒥᒃ ᐊᖏᓂᖅᑲᖅᑐᖅ ᑳᐃᓐ	



110-lb-ᒥᒃ ᐅᖁᒪᐃᓐᓂᓕᒃ (÷) 2.2 lb-ᐃᒪᓐᓇᐃᖅᓱᕐᓗᒍ= ᑲᑎᓪᓗᒍ 50 kg-ᒥ ᐊᖏᓂᖅᑲᓕᕐᓗᓂ.
50 kg-ᒥᒃ ᐅᖁᒪᐃᓐᓂᓕᒃ (x) 2.5 mg-ᐃᒪᓐᓇᐃᖅᓱᕐᓗᒍ = ᑲᑎᓪᓗᒍ 125 mg-ᒥᒃ ᐊᖏᓂᖅᑲᓕᕐᓗᓂ ᐊᖏᓂᖅᑲᓕᕐᓗᓂ



143-lb-ᒥᒃ ᐅᖁᒪᐃᓐᓂᓕᒃ (÷) 2.2 lb-ᐃᒪᓐᓇᐃᖅᓱᕐᓗᒍ = ᑲᑎᓪᓗᒍ 65 kg-ᒥᒃ ᐊᖏᓂᖅᑲᓕᕐᓗᓂ
65 kg-ᐅᖁᒪᐃᓐᓂᓕᒃ (x) 2.5 mg-ᐃᒪᓐᓇᐃᖅᓱᕐᓗᒍ = 163 mg-ᒥᒃ ᐊᖏᓂᖅᑲᓕᕐᓗᓂ ᐊᖏᓂᖅᑲᓕᕐᓗᓂ

ᑕᒪᓇ ᑳᐃᓐ ᐊᒃᑐᐃᕙᒃᐳᖅ ᐃᓄᖕᓂᒃ ᐊᑐᓂᑦ ᐊᔾᔨᒌᙱᑦᑐᒥᒃ. ᐊᖏᓗᐊᖅᑐᒥᒃ ᑳᐃᓐᒥᒃ ᐱᓯᒪᓗᓂ ᑲᑉᐱᐊᓱᐊᕈᔪᓚᕈᓐᓇᖅᐳᖅ, ᓂᙵᒃᓴᖃᐃᓚᕐᓗᓂ, ᓂᐊᖁᙳᓚᕐᓗᓂ ᐊᒻᒪᓗ ᓯᓂᒍᓐᓇᐃᓪᓚᔪᓐᓇᖅᐳᖅ.

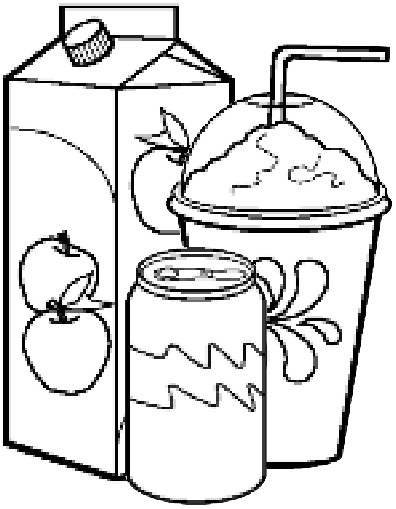
ᖃᓄᐃᓕᐅᕈᑎᑦ

ᖄᓂ ᑎᑎᕋᖅᓯᒪᔪᓂᑦ ᐅᖃᓕᒫᕐᓂᖅ

ᑕᑯᓗᒍ
ᐱᓕᕆᔾᔪᑎᒃᓴᖅ

ᐊᑦᓱᕈᕐᓇᕐᓂᖓ:	ᐊᑯᓐᓂᖅᓱᖅᑐᖅ
ᑐᕌᖓ:	ᐃᓕᓐᓂᐊᖅᑏᑦ ᐃᓕᓐᓂᐊᓗᑎᑦ ᓱᑲᕐᒥᑦ ᓲᕐᓇᖅᑐᓂᑦ ᐃᒥᒐᖅᓯᓂᑦ ᐊᒻᒪᓗ ᓇᓗᓇᐃᖅᓯᔪᓐᓇᕐᓗᑎᑦ ᓱᑲᕐᒥᑦ ᐃᒥᒐᖅᓯᐃᑦ ᖃᖓᒋᑕ ᑎᑎᖅᑲᖏᓐᓂ
ᐊᑐᓇᐅᓖᑦ:	ᐃᒪᖅᑲᙱᑦᑐᑦ ᐃᒥᒐᐅᑎᒥᓃᑦ, ᐃᒥᑐᐃᓐᓇᑦ ᐆᖏ, 100% ᐱᕈᖅᑐᕕᓃᑦ ᓲᕐᓇᖅᑐᑦ ᐃᒥᒐᐅᑏᑦ ᐸᐃᑉᐹᒧᑦ ᓴᓇᓯᒪᔪᑦ, ᓲᕐᓇᖅᑐᑦ ᐃᒥᒐᐅᑏᑦ, ᐃᒥᒐᖅᓯᐃᑦ ᐸᓂᖅᑐᑦ ᐆᖏᑦ ᐊᒻᒪᓗ ᐃᒨᖅᑲᐅᑏᑦ

- ᐃᒥᒐᐅᑏᑦ ᑐᓐᓂᖅᓴᕐᓗᒋᑦ ᐃᓕᓐᓂᐊᖅᑎᓄᑦ. ᐃᓕᓐᓂᐊᖅᑏᑦ ᐊᐱᕆᓗᒋᑦ ᖄᖏᓐᓂ ᕿᒥᕐᕈᐊᕐᑯᓗᒋᑦ ᓈᓚᐊᑦ ᐃᒥᒐᖅᓯᐃᑦ 100% ᐃᒥᒐᖅᓯᓪᓚᑦᑖᖑᔫᒪᖔᑦ, ᐃᓚᐃᓐᓇᖓ ᐃᒪᒐᖅᓯᓪᓚᑦᑖᖑᔪᖅ, ᐊᒻᒪᓗ ᐃᒥᒐᖅᓯᓪᓚᑦᑖᖃᙱᑦᑐᑦ. ᐃᓕᓐᓂᐊᖅᑏᑦ ᐊᐱᕆᓗᒋᑦ: ᑲᒪᕕᓱ ᐃᓕᖏᑦ ᐃᒥᒐᖅᓯᐃᑦ ᐃᒥᒐᖅᓯᓪᓚᑦᑖᖃᙱᓪᒪᑕ? ᐃᓕᓐᓂᐊᖅᑏᑦ ᐅᖃᐅᑎᓗᒋᑦ ᑕᒪᒃᑯᐊ 100% ᐃᒥᒐᖅᓯᓪᓚᑦᑕᑦ ᓲᕐᓇᖅᑐᓂᑦ ᐱᕈᖅᑐᕕᓂᑏᑦ ᐱᐅᓂᖅᓴᐅᓂᖓᓂ ᐊᓯᖏᓐᓂ ᓲᕐᓇᖅᑐᓂᑦ ᐃᒥᒐᖅᓯᓂᑦ. 100% ᐃᒥᒐᖅᓯᓪᓚᑦᑖᑦ ᓲᕐᓇᖅᑐᓂᑦ ᐱᕈᖅᑐᕕᓂᑏᑦ ᑎᒥᒧᑦ ᐃᑲᔫᑎᓕᒻᒥ ᐊᒻᒪᓗ ᑎᒥᐅᑉ ᓈᒻᒪᒍᑎᖓᓂ ᐃᓚᖃᕐᒪᑦ ᐊᓯᖏᑦ ᐃᒥᒐᖅᓯᐃᑦ (ᓱᕐᓗ ᐃᒥᒐᖅᓯᐃᑦ ᐸᓂᖅᑐᑦ) ᐱᖃᕆᑦᑐᑦ.
- ᐃᓕᓐᓂᐊᖅᑐᓄᑦ ᓇᓗᓇᐃᖅᓯᓗᑎᑦ ᐃᓚᖦᖏᑦ ᑎᑎᖅᓯᒪᔪᑦ ᑕᑯᖦᐅᑎᑦᓯᔪᑦ ᐊᑎᕆᖅᑐᑎᑦ ᐃᓚᓕᐅᑎᓯᒪᔪᑦ ᐃᒥᒐᖅᒧᑦ. ᐃᓚᖦᖏᑦ ᑎᑎᖅᓯᒪᔪᑦ ᑕᑯᖦᐅᑎᑦᓯᒪᒥᔪᖅ ᓱᑲᕐᒥᑦ ᐃᓚᔭᐅᓯᒪᒪᖔᖅ. ᓱᑲᖅ ᐊᒥᓱᓂᑦ ᑕᐅᑰᓯᕐᑲᕐᒪᑦ ᐃᓱᖏᑦ ᐃᒪᐃᓕᖔᔪᒥᑦ ᑎᑎᖅᓯᒪᓱᖑᑦᑐᓂ -ᐆᔅ (ose), ᓱᕐᓗ: ᒍᓘᑯᔅ-ᕗᕈᑦᑑᔅ, ᑎᐊᒃᔅᑐᕈᔅ, ᓱᑯᕈᔅ, ᐊᒻᒪᓗ ᒪᓪᑑᔅ. ᐊᓯᖏᑦ ᓴᑲᐅᒥᔪᑦ ᒪᑯᐊᖑᔪᑦ: ᑯᐊᓐ-ᒥᙵᖅᑐᖅ ᑭᓂᖅᑐᖅ, ᒪᓪᑐᑎᐊᒃᔅᑐᕆᓐ, ᐱᕈᖅᑐᕕᓃᑦ ᓲᕐᓇᖅᑐᖅ ᐃᒥᖓ, ᐊᒻᒪᓗ Hᐊᓂ. ᐃᓕᓐᓂᐊᖅᑏᑦ ᐊᐱᕆᓗᒋᑦ ᐅᖃᓕᒫᕐᑯᓗᒋᑦ ᐃᓚᖦᖏᕐᓂᑦ ᑎᑎᖅᓯᒪᔪᓂᑦ ᐃᒥᒐᐅᑎᐅᑉ ᖄᖏᕐᓂ ᓇᓗᓇᐃᖅᓯᓗᑎᓗ ᓱᑲᓂ ᐃᓚᓯᒪᔪᓂᑦ.
- ᓂᕿᑦᑎᐊᕙᓐᓂᒃ ᐊᑐᖅᓯᒪᔪᑦ ᑎᑎᕋᖅᓯᒪᓂᖏᑦ ᐅᕙᑦᑎᓐᓂ ᓇᓗᓇᐃᖅᓯᒪᓪᓚᑕ ᖃᓄᑎᒋ ᓂᕿᑦᑎᐊᕙᐅᑎᒋᒪᓪᒪᖔᖅ ᓂᕿᓂ ᐆᖅᓯᒪᔪᓂᑦ ᐃᓚᒋᔭᐅᑦᑐᑎ ᐅᖅᓱᖓ, ᓱᑲᖓ, ᐅᑭᑦᑖᓯᐊᕈᑎᖓ, ᑎᒥᒧᑦ ᐃᑲᔫᑎᑖᑦ ᐊᒻᒪᓗ ᑎᒥᐅᑉ ᓈᒻᒪᒍᑎᖏᓐᓂ. ᐃᓕᓐᓂᐊᖅᑏᑦ ᐊᐱᕆᓗᒋᑦ ᓇᓂᓯᓗᑎᑦ "ᓱᑲᕐᒥᑦ" ᓂᕿᑦᑎᐊᕙᓐᓂᒃ ᐊᑐᖅᓯᒪᔪᑦ ᑎᑎᕋᖅᓯᒪᓂᖏᑦ ᐃᒥᒐᐅᑎᖏᑕ ᖄᖏᓐᓂ. ᕿᒥᕐᕈᐊᕐᓗᑎᑦ ᖃᓄᑎᒋ ᓱᑲᖅᑲᓪᒪᖔᖅ 100% ᐃᒥᒐᖅᓯᓪᓚᑦᑖᖅ, ᐃᒥᒐᖅᓯᐃᑦ, ᐃᒻᒧᒃ ᐊᒻᒪᓗ ᐃᒥᑐᐃᓐᓇᕐᒥᑦ. ᐃᓕᓐᓂᐊᖅᑏᑦ ᐊᐱᕆᓗᒋᑦ ᓇᓚᐅᑦᓯᓇᓱᓪᓗᑎᑦ ᓱᒪᑦ 100% ᐃᒥᒐᖅᓯᓪᓚᑦᑖᖅ ᓱᑲᖅᑲᕐᒪᖔᖅ ᑕᐃᑲᓂ ᓂᕿᑦᑎᐊᕙᓐᓂᒃ ᐊᑐᖅᓯᒪᔪᑦ ᑎᑎᕋᖅᓯᒪᓂᖏᑦ, ᑭᓯᐊᓂ ᑕᐃᑲᓂ ᐃᓚᓕᐅᑎᓯᒪᔪᓂᑦ ᓇᓗᓇᐃᖅᑕᐅᓯᒪᙱᓪᒪᖔᖅ. ᓇᓗᓇᐃᕐᕕᒋᓗᒋᑦ ᑖᓐᓇ ᓱᑲᖓ 100% ᐃᒥᒐᖅᓯᓪᓚᑦᑖᒥᙵᖅᑐᖅ ᐱᕈᖅᑐᕕᓐᓂᕐᒥᑦ ᓲᕐᓇᖅᑑᙵᕋᓗᐊᖅᑐᓪᓗᓂ, ᓱᓕ ᓲᕐᓇᖅᑑᔪᖅ ᑖᓐᓇ ᐃᒥᒐᖅ. ᑕᐃᒪᐃᓐᓂᖓᓄᑦ, ᐃᒥᑐᐃᓐᓇᖅ ᐃᒻᒧᓪᓗ ᐱᐅᓂᖅᐹᖑᔫᒃ ᓂᕈᐊᒐᓱᓗᒋᑦ.



ᖃᐅᔨᓴᕐᓂᕐᒧᑦ ᖃᓄᐃᓕᐅᕈᑏᑦ

ᐅᑭᐅᑭᓐᓂᖅᓴᓄᑦ ᐃᓕᓐᓂᐊᖅᑎᓄᑦ

ᖃᓄᐃᓕᐅᕈᑎᑦ ᐃᒪᕐᒧ ᓄᓇᕐᔪᐊᕐᒧ

ᐊᑦᓯᕈᕐᓇᕐᓂᖕᖓ: ᐱᔭᕇᐊᕆᑦᑐᖅ
ᑐᕌᖓ: ᐃᓕᓐᓂᐊᖅᑏᑦ ᐃᓕᓐᓂᐊᓗᑎᑦ ᐃᒪᐅᑉ ᐱᒻᒪᕆᐅᓂᖓᓂ
ᐊᑐᕇᐊᓖᑦ: ᐅᔭᐅᔭᖅ ᐸᐃᑉᐹᖅ, ᑐᖑᔪᖅᑕᖅ ᐸᐃᑉᐹᖅ

ᐃᓕᓐᓂᐊᖅᑏᑦ ᑕᑯᑎᓗᒋ ᓄᓇᕐᔪᐊᙳᐊᕐᒥᑦ ᐸᐃᑉᐹᖑᓗᓂ ᐅᕐᑲᐅᓯᕆᓗᒍᓗ ᖃᓄᑎᒋ ᓄᓇᐅᒻᒪᖔᖅ (¼) ᖃᓄᑎᒋᓗ ᐃᒪᐅᒻᒪᖔᖅ (¾). ᑐᓐᓂᖅᓴᐃᓗᑎᑦ ᐅᔭᐅᔭᕐᓂᑦ ᑐᖑᔪᖅᑕᓂᓗ ᐸᐃᑉᐹᓂᑦ ᐊᖏᓂᖏ ᐃᒪᐃᑦᑑᓗᑎᑦ 1:4. ᐃᓕᓐᓂᐊᖅᑏᑦ ᐋᖅᑭᑦᓱᐃᕐᑯᓗᒋᑦ ᐸᐃᑉᐹᓂᑦ ᐊᒻᒪᓗᑦᑕᙱᐊᖑᔪᒥᑦ ᓇᑎᕐᒥᑦ. ᐊᐱᕆᓗᒋᑦ ᑭᓱᒥᑦ ᓇᓗᓇᐃᒃᑯᑕᐅᒻᒪᖔᑦ. (ᑭᐅᔾᔪᓯᖓ: ᓯᓚᕐᔪᐊᖅ ᐃᒫᑎᒋ ¾ ᐃᒪᕐᑲᖅᑐᖅ.) ᐃᓕᓐᓂᐊᖅᑏᑦ ᐋᖅᑭᑦᓱᐃᕐᑯᓗᒋᑦ ᐸᐃᑉᐹᕐᓂᑦ ᐃᓄᙳᐊᖅᑎᑐ. ᐊᐱᕆᓗᒋᑦ ᑖᓐᓇ ᖃᓄᖅ ᑐᑭᕐᑲᕐᒪᖔᖅ. (ᑭᐅᔾᔪᓯᖓ: ᐃᓅᑉ ᑎᒥᖓ ᑕᐃᒪᓐᓇᐃᒻᒥᔪᖅ ¾ ᐃᒪᕐᑲᖅᑐᖅ.) ᐃᓕᓐᓂᐊᖅᑏᑦ ᐃᖅᑲᐃᑎᕆᐊᕐᓗᒋᑦ ᐃᒥᕐᒥᑦ ᐃᒥᖓᔪᓐᓂᖅᓴᐅᕐᑲᑦᑕᕐᓗᑎᑦ.

ᐃᓕᓐᓂᐊᕐᕕᓕᒫᓄᑦ

ᖃᓄᐃᓕᐅᕈᑎᑦ ᐊᐅᓂᕈᖅᐸᓪᓕᐊᑎᑦᓯᓲᖅ ᑰᓕᒥᑦ

ᐊᑦᓯᕈᕐᓇᕐᓂᖕᖓ: ᐱᔭᕇᐊᕆᑦᑐᖅ ᑕᐃᑯᖓ ᐊᑯᓐᓂᖅᓯᖅᑐᒧᑦ
ᑐᕌᖓ: ᐃᓕᓐᓂᐊᖅᑏᑦ ᐃᓕᓐᓂᐊᖅᑎᑕᐅᓗᑎᑦ ᐊᐅᓂᕈᖅᐸᓪᓕᐊᑎᑦᓯᓯᒥᑦ ᑰᓕᒥᑦ ᖃᓄᖅ ᐊᑦᑐᐃᓂᕐᑲᓲᖑᒻᒪᖔᖅ ᑭᒧᑎᓂ ᐊᒻᒪᓗ ᐱᒻᒪᕆᐅᓂᖓ ᑭᒧᑎᓯᐅᕐᑲᑦᑕᕐᓂᖅ
ᐊᑐᕇᐊᓖᑦ: ᒪᕐᕉᓐᓂᒃ ᐆᓯᒪᙱᑦᑑᓐᓂᒃ ᒪᓐᓃᓐᓂᒃ, ᒪᕐᕉᓐᓂᒃ ᑕᖅᓴᕐᑲᙱᑦᑐᓂᑦ ᐃᒥᐅᑎᓂ (ᐆᑉᐱᓘᓐᓃᑦ ᐊᓕᒎᑎᑦ ᒪᑐᓖᑦ), ᑭᒧᑎᓯᐅᓂᒧᑦ ᒥᖑᐊᖅ, ᑭᒧᑎᓯᐅᑎ, ᑰᓚ, ᐊᐅᑦᑕᔩᒥᑦ ᐃᒡᒍᑎᓴᒥᑦ

ᓴᐅᓂᑦᓴᖅ ᑎᒥᐅᑉ ᓈᒻᒪᒍᑎᒋᔭᖓ ᑭᒧᑎᓂᑦ ᓴᙱᔩᑎᑦᓯᓲᖑᓪᓗᓂ. ᐊᐅᓂᕈᖅᐸᓪᓕᐊᑎᑦᓯᓲᑦ ᓂᕿᓂ ᓴᐅᓂᑦᓴᓂᒃ ᐲᔭᐃᔪᓐᓇᖅᑐᖅ ᑭᒧᑎᓂ. ᑭᒧᑎᓯᐅᖅᑦᑕᕐᓗᓂ ᒥᖑᐊᕈᑎᓕᒻᒥ ᓴᐳᔾᔨᓲᖅ ᑭᒧᑎᓂ ᐊᓯᐅᔨᓂᐊᕐᖏᒪᑕ ᓴᐅᓂᑦᓴᐅᓂᖅᑕᐅᔪᒥᑦ ᑭᒨᑦᑐ ᓴᙱᔩᓂᐊᕐᒪᑕ. ᑭᒨᑦ ᐊᒻᒪᓗ ᒪᓐᓂᑦ ᖄᖏᑦ ᓴᓇᓯᒻᒪᑕ ᓴᐅᓂᑦᓴᓂ. ᒪᕐᕉᓐᓂᒃ ᐆᓯᒪᙱᑦᑑᓐᓂᒃ ᒪᓐᓂᓂ ᐊᑐᕐᓗᑎ ᑭᒧᑎᙱᐊᖑᑎᑦᑐᑎᑦ. ᐊᑕᐅᓯᕐᒥᑦ ᒪᓐᓂᒥ ᓴᓗᒻᒪᖅᓴᐃᓗᑎᑦ ᐸᐅᖕᖓᐅᑉ ᐊᖏᑎᒋᔭᖕᖓᓂ ᒥᖑᐊᓕᕐᓗᒍ ᑭᒧᑎᓯᐅᑎᒧᑦ ᒥᖑᐊᓕᕈᓘᔭᕐᓗᒍ ᒪᕐᕉᓐᓄᒃ ᒥᓂᑦᓯᓄᑦ ᐃᕈᖅᑐᑦᑎᐊᕐᓗᒍᓗ. ᐃᒥᐅᑎᓐᓂᒃ ᒪᕐᕉᓐᓂᒃ ᑕᖅᓴᕐᑲᙱᑦᑐᓐᓂᒃ ᐃᒥᕐᓗᑎᑦ ᑰᓗᒧᑦ. ᐊᐃᑉᐸᖓ ᒪᓐᓂ ᓴᓗᒻᒪᖅᓴᖅᓯᒪᔪᖅ ᐊᐃᑉᐸᖓᓄᑦ ᐃᒥᐅᑎᒨᕐᓗᒍ ᐊᐃᑉᐸᖓᓗ ᓴᓗᒻᒪᖅᓴᖅᓯᒪᙱᑦᑐᖅ ᐊᐃᑉᐸᖓᓄᑦ ᐃᒥᐅᑎᒨᕐᓗᒍ. ᒪᓐᓃᑦ ᑕᓕᓯᒪᑦᑎᐊᕐᓗᑎᑦ ᑰᓕᒥᑦ. ᐃᒥᐅᑎᐅᑉ ᖁᖏᑦ ᒪᑐᓗᒋᑦ ᐊᐅᑦᑕᔩᒥᑦ ᐃᒡᒍᓯᓴᒧᑦ ᐅᕙᓘᓐᓃᑦ ᒪᑐᖏᓐᓇᓄᑦ. ᐅᓪᓗᓄᑦ 7-ᓄᑦ ᐅᑕᖅᑭᓗᓯ. ᒪᓐᓂᕐᒧᑦ ᓴᓗᒻᒪᖅᓴᖅᓯᒪᙱᑦᑐᒧᑦ, ᓴᐅᓂᑦᓴᖕᖓ ᐲᔭᕐᓂᐊᖅᑐᖅ ᐃᒥᐅᑎᐅᑉ ᐃᖅᑲᖕᖓᓈᓪᓗᓂ ᐅᕙᓘᓐᓃᑦ ᑰᓕᒥᑦ ᐃᐸᓪᓕᑦᑎᑦᓯᔫᔭᕐᓗᓂ. ᓴᓗᒻᒪᖅᓴᖅᓯᒪᔪᖅ ᒪᓐᓂᒃ ᐊᓯᐅᔾᔮᙱᑦᑐᖅ ᓴᐅᓂᑦᓴᖕᖓᓂ. ᑭᒧᑎᓯᐅᑎᒧᑦ ᒥᖑᐊᕈᑎ ᓴᐳᔾᔨᖑᓪᓚᑦ ᒪᓐᓂᒥ ᑕᐃᒫᑦᑕᐅᖅ ᑭᒧᑎᓂᑦ ᓴᐳᔾᔨᖑᓪᓚᑦ ᓱᕋᑦᑎᓂᐊᖏᓪᓚᑕ.

ᐃᓱᒪᕐᕋᑦᓯᐅᖅᑕᐅᓯᒪᔪᑦ ᐱᓕᕆᐊᑦ

ᐅᑭᐅᑭᓐᓂᖅᓴᓄᑦ ᐃᓕᓐᓂᐊᖅᑎᓄᑦ

ᖃᓄᐃᓕᐅᕈᑎᑦ — ᓄᓇᕗᒻᒥ ᓂᕿᑦᑎᐊᕙᓕᓇᓂᕐᒧᑦ ᒪᓕᒐᑦᓴᖅ ᐊᒥᐊᕈᑎ

ᐊᑦᓱᕈᕐᓇᕐᓂᖓ: ᐱᔭᕆᐊᑭᑦᑐᖅ
ᑐᖄᒐᖓ: ᐃᓕᓐᓂᐊᖅᑏᑦ ᐃᓕᓐᓂᐊᕈᑎᑦ ᐃᓄᑦᓯᐅᑎᑦᓯᐊᕙᓐᓂᒃ ᐊᒻᒪᓗ ᓂᐅᕕᕐᕕᒻᒥᙳᖅᑐᓂᒃ ᓂᕿᑦᓯᐊᕙᓐᓂᒃ
ᐊᑐᓇᐋᓕᑦ: ᓄᓇᕗᒻᒥ ᓂᕿᑦᑎᐊᕙᓕᓇᓂᕐᒧᑦ ᒪᓕᒐᑦᓴᖅ ᐊᒥᐊᕈᑎ, ᐊᒥᐊᕈᑏᑦ, ᐊᑦᓕᕉᔾᔭᑦ

ᓱᕈᓰᑦ ᐊᒥᐊᓇᓗᑎᑦ ᒪᑉᐱᒐᓂᑦ ᑕᐃᑲᙵ ᓄᓇᕗᒻᒥ ᓂᕿᑦᑎᐊᕙᓕᓇᓂᕐᒧᑦ ᒪᓕᒐᑦᓴᖅ ᐊᒥᐊᕈᑎᒥ. ᓇᓗᓇᐃᔭᐃᓗᑎᑦ ᐃᓄᑦᓯᐅᑎᓕᒫᑦᓯᐊᑦ ᓂᕿᑦᓯᐊᕙᐅᓂᖏᓐᓂᒃ. ᐊᒥᐊᓇᓂᓗᑎᑦ ᐊᑦᓕᕉᔭᐃᓗᑎᑦ ᓂᐱᑎᓇᓗᓇᓗ ᒪᑉᐱᒐᐅᑉ ᐃᓱᐊᓃᑦᑐᒥᑦ ᑕᕝᕙᙵᑦ ᓄᓇᕗᒻᒥ ᓂᕿᑦᑎᐊᕙᓕᓇᓂᕐᒧᑦ ᒪᓕᒐᑦᓴᖅ ᐊᒥᐊᕈᑎ. ᖃᓇᓴᐅᔭᒃᑯᑦ ᓇᓂᓯᔪᓐᓇᖅᑐᑎᑦ ᐅᕙᓂ www.livehealthy.gov.nu.ca/resources.

ᖃᓄᐃᓕᐅᕈᑎᑦ — ᑭᒍᑎᓯᐅᖃᑦᑕᕐᓂᕐᒧᑦ ᐅᓪᓗᖅᓯᐅᑎ

ᑕᑯᓗᒍ ᐱᓕᕆᔾᔪᑎᒃᓴᖅ

ᐊᑦᓱᕈᕐᓇᕐᓂᖓ: ᐱᔭᕆᐊᑭᑦᑐᖅ
ᑐᖄᒐᖓ: ᐃᓕᓐᓂᐊᖅᑏᑦ ᑭᒍᑎᓯᐅᓐᓂᖅᓴᐅᖃᑦᑕᕐᓂᐊᕐᒪᑕ
ᐊᑐᓇᐋᓕᑦ: ᐸᐃᑉᐹᖅ, ᐊᒥᐊᕈᑏᑦ, ᐱᐅᓴᐅᑎᐅᔪᓐᓇᖅᑐᑦ ᓲᕐᓗ ᑎᑎᖅᑲᓄᑦ ᓂᐱᑎᒐᐃᑦ, ᕿᓪᓚᖅᑐᖅ ᓂᐱᐅᑎ, ᓂᐱᑎᒐᐃᑦ

ᐃᓕᓐᓂᐊᖅᑏᑦ ᐃᑲᔪᕐᓗᒋᑦ ᓴᓇᓂᐊᕐᒪᑕ ᑭᒍᑎᓯᐅᖃᑦᑕᕐᓂᖏᓐᓄᑦ ᐅᓪᓗᖅᓯᐅᑎᒥᑦ. ᐃᓂᑦᓴᖅᑕᖅᑲᖅᑐᓂ ᖃᐅᑕᒫᖅ ᐅᓪᓗᖏᓐᓂᒃ ᑕᖅᑭᐅᔪᒥᑦ. ᐅᓪᓗᐃᑦ ᒪᕐᕉᓐᓄᑦ ᐊᕕᑦᑐᖅᓯᒪᓗᑎᑦ. ᖁᓚᖓ ᐅᓪᓛᒧᑦ ᐊᑐᕐᓗᓂ ᐊᓪᓚᖓ ᐅᓐᓄᒃᑯᑦ ᑭᒍᑎᓯᐅᓂᖕᒪᓄᑦ ᐊᑐᕐᓗᓂ. ᐃᓕᓐᓂᐊᖅᑏᑦ ᐱᐅᓴᐃᓗᑎᑦ ᐅᓪᓗᖅᓯᐅᑎᖏᓐᓂᒃ. ᐃᓕᓐᓂᐊᖅᑏᑦ ᑎᑎᖅᓯᖃᑦᑕᕐᓗᑎᑦ ᐃᓂᖏᓐᓂᒃ ᑭᒍᑎᓯᐅᕕᒋᔭᖏᓐᓂᒃ.

...ᐃᓱᒪᑦᓴᕐᓯᐅᖅᑕᐅᓯᒪᔪᑦ ᐱᓕᕆᐊᑦ ᑲᔪᓯᔪᑦ

ᐅᑭᐅᖅᑯᖅᑐᓂᖅᓴᐅᔪᓄᑦ ᐃᓕᓐᓂᐊᕐᕕᐊᓗᒻᒥᓪᓗ ᐃᓕᓐᓂᐊᕐᕕᓄᑦ

ᖃᓄᐃᓕᐅᕈᑎᑦ ᐱᕙᓪᓕᐊᔪᓕᕆᔨᕋᓛᖑᓂᖅᓴᖅ

ᐊᑦᓱᕈᕐᓇᕐᓂᖕᒐ: ᐱᔭᕆᐊᑭᑦᑐᖅ ᑕᐃᑯᖕᒐ ᐊᑯᓐᓂᖅᓱᖅᑐᖅ
ᑐᕌᖕᒐ: ᐃᓕᓐᓂᐊᖅᑏᑦ ᖃᐅᔨᒪᓂᕐᒃᓐᓂᖅᓴᐅᓂᐊᕐᒪᑕ ᖃᓄᐃᙱᑦᓯᐊᕐᓂᕐᒧᑦ ᑐᓴᐅᒪᓂᕐᒥᑦ
ᐊᑐᕆᐊᓖᑦ: ᐸᐃᑉᐹᖅ, ᑎᑎᕋᐅᑏᑦ

ᐃᓕᓐᓂᐊᖅᑏᑦ ᐃᓱᒪᑦᓴᕐᓯᐅᕐᑲᑎᒋᓗᒋᑦ ᐅᕐᑲᓪᓚᕐᑲᑎᒋᓗᒋᓗ ᖃᓄᐃᙱᑦᓯᐊᕐᓂᕐᒨᖕᒐᔪᑦ ᐅᓪᓚᐅᑕᐅᔪᓐᓇᖅᑐᓂᑦ ᐱᒪᓇᐅᓇᓱᒋᔭᐅᔪᓂᑦ ᓄᓇᕗᒻᒥᐅᑦ ᐃᓅᓱᑦᑐᕐᒥᓐᓄᑦ. ᐃᓕᓐᓂᐊᖅᑏᑦ ᐊᕕᑦᑐᕐᓗᒋᑦ. ᐊᕕᑦᑐᖅᓯᒪᔪᑦ ᐱᕙᓪᓕᐊᔪᓂᑦ ᑎᑎᖅᑲᓕᐅᕐᓗᑎᑦ, ᓈᓚᐅᑎᒃᑯᑦ ᑕᕐᓇᔼᑦᓴᒃᑯᓪᓘᓐᓃᑦ ᑐᓴᒐᕐᓴᓕᐅᕐᓗᑎᓗ ᖃᓄᐃᓕᐅᕐᒪᖔᑕ ᐃᒥᒐᙱᙵᕐᓂᕐᒧᑦ ᐅᑯᓘᓐᓃᑦ ᐊᓯᐊᓂᑦ ᖃᓄᐃᙱᑦᓯᐊᕐᓂᕐᒧᑦ ᑐᓴᖅᑕᐅᔭᕆᐊᓕᒻᒥ ᐱᒪᓇᐅᔪᒥᑦ ᓄᓇᕗᒻᒥ ᐃᓅᓱᑦᑐᓄᑦ. ᐱᕙᓪᓕᐊᔪᓂᑦ ᑎᑎᖅᑲᓂᑦ ᑐᓐᓂᖅᓴᐃᓗᑎᑦ ᐊᓯᙱᓐᓄᑦ ᐃᓕᓐᓂᐊᕈᑎᓕᓐᓄᑦ, ᓈᓚᐅᑎᒃᑯᑦ ᑐᓴᒐᓴᐅᔪᑦ ᐃᓚᓕᐅᖅᔭᐅᓗᑎᑦ ᐃᓕᓐᓂᐊᕐᕕᐅᑉ ᐅᑦᓛᒃᑯᑦ ᑐᓴᒐᓴᙱᓐᓂᒃ, ᐊᒻᒪᓗ ᑕᕐᓇᔼᑦᓴᐃᑦ ᓴᖅᑭᑕᐅᓗᑎᑦ ᐱᓇᓱᐊᕈᓯᐅᑉ ᓄᙳᐊᓂ ᐃᓕᓐᓂᐊᖅᑏᑦ ᑲᑎᓕᖅᐸᑕ.

ᖃᓄᐃᓕᐅᕈᑎᑦ ᒪᒃᑯᓐᓂᕐᓴᖅ ᖃᐅᑕᒫᑦ ᐅᓂᒃᑳᓕᐅᖅᑎ 2

ᑕᑯᓗᒍ ᐱᓕᕆᔾᔪᑎᒃᓴᖅ

ᐊᑦᓱᕈᕐᓇᕐᓂᖕᒐ: ᐊᑯᓐᓂᖕᒐᓃᑦᑐᖅ
ᑐᕌᖕᒐ: ᐃᓕᓐᓂᐊᖅᑏᑦ ᐃᓕᓐᓂᐊᕐᓗᑎᒃ ᐃᓕᖅᑯᓯᕐᓂᒃ ᖃᓄᐃᙱᑦᑎᐊᕐᓇᖅᑐᓂᒃ ᐃᓕᑦᑎᕙᓪᓕᐊᓗᑎᒃ ᐃᓄᖕᓂᑦ ᓄᓇᓕᖕᓂᑦ
ᐊᑐᓇᐊᓖᑦ: ᑕᕐᓇᔭᕈᑏᑦ ᑕᕐᓇᔼᒃᓴᒥᒃ

ᐱᑕᖃᕐᒪᑦ ᐃᓄᐃᑦ ᐃᓚᖏᓐᓂᒃ ᐊᒻᒪᓗ ᐃᓚᒌᓂᒃ ᐱᒻᒪᕆᐅᒍᓱᒃᑐᓂᒃ ᐊᑐᖅᓯᑎᐊᕋᓱᒃᑯᑎᒡᓗ ᓂᕆᖅᑕᑦᑕᕐᓂᕐᒥᒃ ᓂᕿᑎᐊᕙᖕᓂᒃ ᐊᒻᒪ ᐃᓅᑎᐊᕐᓇᖕᖔᖅᑐᓂᒃ ᐃᓅᓯᖅᑲᕋᓱᒃᑐᓂᒃ. ᐊᐱᖅᓱᖅᓯᓂᖅ ᐃᓄᖕᓂᒃ ᖃᔅᓰᓐᓇᕐᓂᒃ ᐅᑭᐅᓛᓐᓃᑦ ᐃᓕᕌᖕᓂᒃ ᐃᓅᑎᐊᕋᓱᐊᖅᐸᒃᑐᓂᒃ ᐱᔪᒪᓕᒃᑲᓐᓂᖅᑎᑦᑎᔪᓐᓇᕐᒪᑦ ᐃᓅᑎᐊᕋᓱᐊᓕᕐᓂᕐᒥᒃ! ᐊᐱᖅᓱᕐᓗᑎᒃ ᒪᕐᕉᓂᒡᓘᓐᓃᑦ ᐱᓇᓱᐊᖅᓯᒪᔪᓂᒃ ᐃᓅᑎᐊᕋᓱᙱᓐᓂᕐᒥᒃ ᖃᐅᑕᒫᑦ ᐃᓅᓯᖏᒃᑕᒥᓂ. ᑖᒃᑯᐊ ᐃᓱᒪᖅᓱᕐᓗᓂ ᐃᓅᑎᐊᕋᓱᐊᓕᕐᓃᑦ ᐃᓚᖅᑭᓐᓇᖅᐳᑦ ᐃᒥᒐᕐᒥᒃ ᖁᔭᓈᖅᓯᔪᓐᓇᖅᓯᓗᑎᒃ, ᐱᓱᖅᑕᓕᕐᓗᑎᒃ ᐃᖅᑲᓇᐃᔭᕐᕕᖕᒥᓄᑦ ᐅᕙᓂᓐᓂᑦ ᐃᓕᓐᓂᐊᕐᕕᖕᒧᑦ, ᐅᕙᓂᓐᓂᑦ ᓂᕆᔭᒃᓴᓕᐅᕐᓂᖅᓴᐅᖅᑦᑕᓕᕐᓗᑎᒃ ᐊᖏᕋᒥ, ᑕᕐᓇᔭᖅᑕᐅᑎᓪᓗᒍ ᑕᕐᓇᔼᒃᓴᖅ ᐃᓕᓐᓂᐊᖅᑎᑕᕐᓄᑦ ᐅᕙᓂᓐᓂᑦ ᐃᓕᓐᓂᐊᕐᕕᖕᒥ.

ᖃᓄᐃᓕᐅᕈᑎᑦ ᓂᕿᓕᐅᕐᓂᕐᒧᑦ ᐅᖃᓖᒪᒐᓕᐅᕐᓗᓯ

ᐊᑦᓱᕈᕐᓇᕐᓂᖓ: ᐊᑯᓂᖅᓱᖅᑐᖅ
ᑐᕌᒐᖓ: ᐃᓕᓐᓂᐊᖅᑏᑦ ᖃᐅᔨᒪᓂᖃᓐᓂᖅᓴᐅᓂᐊᕐᒪᑕ ᓂᕿᓕᐅᓂᕐᒥᑦ
ᐊᑐᕆᐊᓖᑦ: ᐸᐃᑉᐸᖅ, ᑎᑎᕋᐅᑏᑦ, ᖃᕆᓴᐅᔾᔭᖅ, ᑎᑎᖅᑲᓂᒃ ᓴᖅᑭᑦᑎᕈᑎ

ᐃᓕᓐᓂᐊᖅᑏᑦ ᕿᓂᕐᓗᑎᑦ ᐃᑭᐊᖅᑭᔾᔪᑎᒃᑯᑦ ᐊᒻᒪᓗ ᓂᕿᓕᐅᕐᓂᕐᒧᑦ ᐅᖃᓖᒪᐅᔪᓂᑦ ᒪᓕᒐᕆᐅᔪᓂᒃ ᓂᕿᓕᐅᕐᓂᕐᒧᑦ. ᐃᓕᓐᓂᐊᖅᑏᑦ ᓴᓇᓗᑎᑦ ᓂᕿᓕᐅᕈᑎᓂᑦ ᐊᖏᕐᕋᖏᓐᓂ ᐃᓕᓐᓂᐊᕐᕕᒻᒥᓘᓐᓃᑦ. ᓂᕿᑦ ᐊᑐᖅᑕᐅᓂᐊᖅᑐᑦ ᐊᔾᔨᓕᐅᕐᓗᕆᑦ ᑕᐃᑲᓃᖅᑲᓯᐅᑎᓂᐊᕐᒪᑕ ᐅᖃᓖᒪᓕᐊᙳᔪᒥᑦ. ᐃᓄᑦᓯᐅᑎᓂᑦ ᐊᑐᕋᓯᐊᕐᓂᖅᓴ-ᐅᖃᑦᑕᕐᓗᓯ ᖃᖓᓕᒫᒃᑯᑦ ᑐᓴᐅᒪᔭᐅᓂᐊᕐᒪᑦ ᐃᓄᑦᓯᐅᑏᑦ ᓂᕈᐊᒐᕝᓯᐊᕙᐅᓐᓂᖏᓐᓂ. ᓂᕿᓕᐅᕈᑎᓄᑦ ᑕᑯᒋᐊᕈᒪᒍᕕᑦ ᐅᕙᖓᕐᓗᑎᑦ www.livehealthy.gov.nu.ca/iu/healthy-eating/store-bought-foods/recipes ᐊᒻᒪᓗ ᐃᑭᐊᖅᑭᕕᒃᑯᑦ ᑐᑭᓯᒋᐊᕐᕕᓄᑦ ᓂᕿᑦᑎᐊᕙᓕᕆᓂᑦ ᑲᓇᑕᒥ, ᐆᒪᑎᒧᑦ ᓄᑮᖅᑎᓂᕐᒧᓪᓗ ᑲᑐᔾᔨᖃᑎᒋᑦ, ᑲᓇᑕᒥ ᑎᒥᒃᑯᑦ ᓱᑲᖃᓗᐊᕐᓂᕐᒧᑦ ᑲᑐᔾᔨᖃᑎᒋᑦ, ᑯᕌᙶᑦ ᑲᓇᑕᒥ ᓂᕿᓕᐅᕈᑎᑦᓴᑦ, ᓂᕿᓕᐅᖃᑎᒋᒃᑭ ᑳᒻᐳᒃᑯ, Meals.com, ᑭᐊᓛᔅ, ᐃᓅᓯᖅ ᒪᒪᖅᑎᑕᐅᒐᖅ ᐊᒻᒪᓗ ᐃᒐᒃᑯ ᐆᑦᑎᒍ! ᑕᐃᒃᑲᓂ ᓂᖅᓯᐊᖅᑲᑦ ᐋᓐᑎᐅᖅᐆᒥᑦ.

ᖃᓄᐃᓕᐅᕈᑎᑦ ᓂᕿᑦᑎᐊᕙᓕᖅᑲᓂᖅ-ᐱᔾᔪᑎᖃᖅᑐᓂ ᐅᓗᖅᐊᓇᔾᔭᒃᑐᖅ

ᐊᑦᓱᕈᕐᓇᕐᓂᖓ: ᐊᔾᔨᓐᖏᓪᓗᓂ ᐊᔾᔨᓇᑲᓴᐅᔭᕐᓗᓂᓘᓐᓃᑦ
ᑐᕌᒐᖓ: ᑲᔪᖏᖅᓴᐃᓗᓂ ᓂᕿᑦᑎᐊᕙᖕᓂᒃ ᓂᕆᖃᑦᑕᕐᑯᔨᓂᕐᒥᒃ, ᐆᒪᓇᖕᓂᕐᒥᒃ ᐊᒻᒪ ᖃᓄᐃᙱᑦᑎᐊᖅᑐᓂᒃ ᑎᒥᖃᕐᓂᕐᒥᒃ ᑕᑯᑎᑦᑎᓂᖅ.
ᐊᑐᕆᐊᓖᑦ: ᐊᑭᓐᓇᕐᒦᑦᑐᖅ ᑎᑎᕋᖅᕕᒃᓴᖅ, ᑎᑎᕋᐅᑎᖓ ᐅᕙᓘᓐᓃᑦ ᐊᖏᔪᖅ ᑎᑎᕋᖅᕕᒃᓴᕐᔪᐊᖅ ᒪᒃᐱᖃᑦᑕᓇᐊᓕᒃ ᐊᒻᒪ ᑎᑎᕋᐅᑎᕐᔪᐊᖏᑦ

ᓂᕿᑦᑎᐊᕙᓕᖅᑲᓂᖅ ᐅᓗᖅᐊᓇᔾᔭᒃᑐᖅ ᐱᙱᐊᕈᑎᑦᑎᐊᕙᐅᒐᖅ ᐃᓄᖕᓄᑦ ᖁᕕᐊᓇᖅᑐᓂ ᐃᓕᑦᑎᓐᓇᕐᑐᓂᓗ ᓂᕿᑦᑎᐊᕙᓕᖅᑲᓂᕐᒥᒃ ᐊᒻᒪ ᐃᓅᓯᖅᑦᑎᐊᕐᓂᕐᒧᑦ ᓂᕿᓂᒃ ᓂᕈᐊᖅᓵᑦᑎᐊᖅᑲᑦᑕᕐᓃᑦ. ᐊᑐᕐᓗᕆᑦ ᐊᐱᖅᑯᑎᑦ ᐊᒻᒪ ᐋᖅᑭᒃᓱᖅᓯᒪᔪᑦ ᐸᐃᑉᐹᑉ ᐊᓯᐊᒍᑦ ᐅᕙᓗᓐᓃᑦ ᐋᖅᑭᒃᓯᓗᑎᑦ ᐋᖅᑭᒍᒪᔭᕐᓂᒃ! ᐃᓱᒪᒋᔭᒃᓴᐃᑦ ᐊᐱᖅᑯᑎᒃᓴᓄᑦ ᐅᑯᐊᖒᔪᓐᓇᕐᒥᔪᑦ: ᖃᓄᐃᙵᕆᑦᑎᐊᕐᓂᕐᒧᑦ ᐊᒃᑐᐊᓂᓖᑦ ᓂᕿᓪᓚᑦᑖᓂᒃ ᓂᕆᖃᑦᑕᕐᓂᖅ, ᖃᓄᐃᙵᕆᑦᑎᐊᕐᓇᖅᑐᑦ ᓂᐅᕕᒐᒃᓴᐅᕙᒃᑐᑦ ᐅᕙᓘᓐᓃᑦ ᐃᓱᒪᕆᑦᑎᐊᒃᑲᓐᓂᕐᓗᕆᑦ ᐃᒥᒐᖅᑖᖃᕙᒃᑕᑎᑦ. ᐱᙱᐊᕈᓯᐅᕐᓗᑎᑦ ᒪᕈᖕᓄᑦ ᑕᐱᕼᒍᑎᒥᒃ ᐃᓕᓐᓂᐊᕐᕙᔅᓯᓐᓂ.

ᓵᓚᖃᕋᓯᖕᓂᕐᒧᑦ ᐅᓄᓛᓄᑦ ᐱᑖᖅᐸᓪᓕᐊᕙᒃᐸᑦ ᑕᒻᒪᖏᑦᑕᕌᖓᒥᒃ ᑭᐅᔾᔪᑎᒥᖕᓂ ᐊᐱᖅᑯᓯᕐᓂ. ᐃᓄᑑᓚᓗᐊᕐᓗᑎᒃ ᐃᓚᑮᖑᔪᓪᓗᓐᓃᑦ ᑭᐅᖃᑦᑕᕐᓗᑎᒃ, ᐃᓕᓐᓂᐊᖅᑎᑦ ᐱᔪᒪᔭᒥᖕᓂᒃ ᓂᕈᐊᖅᓕᖅᐸᒡᓗᑎᒃ ᓇᓕᐊᖕᓂᑐᐃᓐᓇᖅ ᐱᔪᒪᔭᒥᖕᓂᒃ ᑎᑎᖅᑲᖕᒋᑎᒧᑦ ᐅᕙᓘᓐᓃᑦ ᖃᔅᓯᓂᒃ ᐱᔪᒪᔭᒥᖕᓂᒃ ᐊᐱᖅᑯᓯᕐᓂᒃ ᑭᐅᓇᓱᒍᒪᔭᒥᖕᓂᒃ ᑕᒻᒪᖏᓪᓗᑎᒃ, ᓵᓚᒃᓴᕈᑎᓂᒃ ᐱᕙᓪᓕᐊᖃᑦᑕᕐᓂᐊᖅᐳᑎᒃ. ᐊᔾᔨᓇᕐᓂᖅᓴᐃᑦ ᐊᐱᖅᑯᑎᑦ ᐊᖏᓂᖅᓴᒥᒃ ᑮᓇᐅᔭᖕᓇᖅᐳᑎᒃ. ᐊᑕᐅᓯᖅ ᐃᓕᑏᓪᓘᓐᓃᑦ ᐊᒥᓲᓂᕐᓴᓂᒃ ᓵᓚᒃᓴᐅᓯᐊᖅᑐᑦ ᓵᓚᖃᕋᔭᖅᐳᑎᒃ. ᑕᑯᓗᒍ ᐃᒪᐃᑑᓂᖓ ᒪᒃᐱᕈᕕᐅᒃ.

ᖃᓄᐃᑦᑑᓂᖓ: ᐋᓂᐊᕐᒍᕙᒃᑐᑦ ᓂᕿᑦᑎᐊᕙᓕᕆᓂᕐᓗ	ᖃᓄᐃᑦᑑᓂᖓ: ᐃᖏᕐᕋᓯᕆᐊᓚᐅᖅᑕ!	ᖃᓄᐃᑦᑑᓂᖓ: ᖃᓄᐃᙱᑦᑎᐊᖅᑐᑦ ᑎᒦᑦ	ᖃᓄᐃᑦᑑᓂᖓ: ᓂᕈᑦᑎᐊᖃᑦᑕᕐᓂᖅ
100: ᓇᓕᐊᒃ ᓂᐅᕕᐊᕕᓃᑦ ᓂᕿᑦ ᐃᑲᔫᑕᐅᕐᔪᐊᕈᓐᓇᖅᐸᑦ ᓱᑲᖃᓗᐊᕐᓂᕐᒧᑦ ᐊᐅᕐᒥ? a) ᓂᕿᑦ ᓱᑲᖃᓗᐊᖅᑐᑦ b) ᓂᕿᑦ ᐅᖅᓱᖃᓗᐊᖅᑐᑦ c) ᑕᒪᕐᒥᒃ a ᐊᒻᒪ b	100: ᐃᖃᐃᓕᔅᐸᒡᓗᑕ, ᓲᕐᓗ ᐱᓱᖕᒑᖃᑦᑕᕈᑦᑕ, ᐃᒪᐃᑦᑐᓂᒃ ᐱᑖᓗᐊᖃᑦᑕᓴᙱᑉᐳᑦ: a) ᐊᐅᒃᑯᑦ ᑎᒡᓕᕐᓂᖓ ᖁᑦᑎᓗᐊᓕᕐᓗᓂ b) ᖁᐃᒃᑎᓗᐊᕐᓗᓂ c) ᐊᐅᒃᑯᑦ ᓱᑲᖃᓗᐊᖅᑐᑦ Type 2-ᒥᒃ d) ᐆᒻᒪᓯᓇᔪᑦ e) ᓇᐅᒃᑯᒃᑭᐊᖅ ᐱᔪᓅᖅᓴᕋᐃᙱᑦᑐᒥᒃ ᐋᓂᐊᖅᑖᓗᓂ f) ᑕᒪᕐᒥᑦᑎᐊᖅ ᖁᓖᓂ ᑎᑎᕋᖅᓯᒪᔪᑦ	100: ᐃᓄᒃ ᖁᐃᓂᒃᐸᑦ, ᒪᑯᓂᖓ ᐋᓂᐊᖅᑖᕐᓇᖅᑐᓂᒃ ᐱᑖᑐᐃᓐᓇᓇᐊᖅᐹᖅ: a) ᐊᐅᒃᑯᑦ ᓱᑲᖃᓗᐊᓕᕐᓗᓂ b) ᐆᒻᒪᓯᓇᕗᓕᕐᓗᓂ c) ᓇᐅᒃᑯᑐᐃᓐᓇᖅ ᑳᓱᑖᕐᓗᓂ d) ᑕᒪᕐᒥᑦᑎᐊᖅ ᖁᓖᓂ ᑎᑎᕋᖅᓯᒪᔪᑦ	100: ᓇᓕᐊᖕᓂᓪᓕ ᓂᐅᖅᑲᒐᕐᒥᒃ ᓂᐅᖅᑲᒐᓪᓗᐊᑕᖅᑲᓇᐊᖅᑲᕋᑦᑕ: a) ᐃᒥᒐᐃᑦ ᓱᑲᖅᑲᙱᑦᑐᑦ b) ᐃᒪᖅ c) ᐃᒻᒧᒃ d) 100%-ᒥ ᐃᓚᓯᒪᔪᑦ ᐃᒥᒐᒃᓴᖅ
200: ᓇᓕᐊᒃ ᐅᑯᓇᓂ ᑎᑎᕋᖅᓯᒪᔪᓂᒃ ᐊᐅᖕᒧᑦ ᐃᖏᕋᓂᖓᓂᒃ ᓱᒃᓴᓗᐊᓕᖅᑎᑦᑎᔪᓐᓇᖅᐸᑦ? ᓂᐅᕕᐊᑦ ᓂᕿᑦ ᐅᑯᓂᖓ ᐱᑕᖃᓗᐊᖅᑐᑦ: a) ᓱᑲᖅ b) ᑕᓇᐅᖅ c) ᐅᖅᓱᖅ ᐃᓚᖏᑦ ᑖᒃᑯᐊ ᐱᔾᔪᑕᐅᔪᑦ ᐸᓂᖅᑐᑦ ᐸᑑᓯ, ᐃᐳᐃᑦᑐᑦ ᖃᔫᒃᓴᐃᑦ, ᐆᑦᑎᐊᓚᔪᒧᑦ ᐆᑦᑕᓇᐊᓖᑦ, ᐱᐳᕐᓂ, ᐸᕐᓂ, ᐸᐃᑲᓐ ᐊᒻᒪ ᓂᕆᕕᖕᒥ ᓂᕿᑦ.	200: ᐆᒻᒪᑎ ᔪᑭᐅᖕᒪᑦ ᐃᖃᐃᓕᔅᑕᐅᓯᓇᐊᖃᖅᐸᒃᓗᓂ ᖃᓄᐃᙱᑦᑎᐊᖁᔭᐅᑐᐊᖅᐸᑦ. ᖃᓄᐃᓕᐅᕈᓐᓇᕋᑦᑕ? ᐃᖃᐃᓕᔅᐸᒡᓗᑕ! ᒪᑯᐊ ᐃᖃᐃᓕᔅᓯᕈ- ᑎᑦᑎᐊᕙᐅᔪᑦ ᐱᓱᒃᐸᒃᓗᓂ, ᐅᓪᓚᒃᐸᒃᓗᓂ ᐅᖁᕙᓐᓂᑦ ᕼᐋᑭᖅᑕᐅᓪᓗᓂ.	200: ᓱᓕᕙ ᐅᖁᕙᓐᓃᑦ ᓱᓕᙱᓚᖅ? ᐸᖅᑎᓂᒃ ᓂᕆᕙᒃᑐᑦ ᐊᒻᒪ ᐳᑦᑐᖅᓯᐊᓂᒃ ᐸᓚᐅᓕᖅᑐᓲᑦ ᖁᐃᒃᑎᓱᖕᒍᕝᕙᑦ. ᓱᓕᙱᑦᑐᖅ. ᐸᖅᑎᑦ ᐊᒻᒪ ᐳᑦᑐᖅᓯᐊᑦ ᐸᓚᐅᓖᑦ ᓂᕿᑦᑎᐊᕙᐃᑦ, ᑭᓯᐊᓂ ᐅᔾᔮᖅᓯᓇᐊᖅᑐᒧᑦ ᓂᓇᓗᐊᕌᓗ- ᓕᙱᒃᑲᓗᐊᕐᒪᖕᒑᑦᑕ ᑕᒪᒃᑯᓂᖓ. ᓂᓇᓇᓱᒃᐸᒡᓗᑕ ᐊᖅᑲᐅᑎᒃᑐᑦ ᐊᒃᑎᕆᔪᒥᒃ. ᐊᔪᕐᓇᙱᑦᑕᕐᓂᖓᓪᓗ, ᓂᕈᐊᕆᖕᒋᖅᐸᒡᓗᑎᑦ ᐸᓚᐅᓚᒃᓴᐃᑦ ᑲᔫᓂᖅᓴᑦ ᐅᖁᕙᓐᓃᑦ ᐸᓚᐅᓛᒃᓴᐃᑦ ᐃᓚᒃᓴᖏᑦ.	200: ᓇᓕᐊᒃ ᓂᕿᑦᑎᐊᕙᐃᑦ ᓴᐅᓂᑦᑎᐊᕆᖕᓇᖅᐸᑦ ᑭᒍᑎᑦᑎᐊᕆᖕᓇᖅᐸᓪᓗ? a) ᐱᕈᖅᑐᕕᓃᑦ ᓲᕐᓇᙱᑦᑐᑦ ᐊᒻᒪ ᓲᕐᓇᖅᑐᑦ b) ᐸᓚᐅᒑᒃᓴᔭᓂᒃ ᐃᓚᐅᖅᓯᒪᔪᑦ c) ᐃᒻᒧᒃ ᐊᒻᒪ ᐃᒻᒨᔭᖅᑐᑦ d) ᓂᕿᑦ ᐊᒻᒪ ᓂᕿᙳᐊᑦ
300: ᓱᓕᕙ ᐅᖁᕙᓐᓃᑦ ᓱᓕᙱᓚᖅ? ᐃᒥᒐᖃᑦᑕᓗᐊᕐᓗᓂ ᑎᒥ ᓱᑲᖃᓗᐊᓕ- ᕈᓐᓇᖅᑐᖅ ᑕᐃᓴᐅᔪᒥᒃ (diabetes)- ᑖᕐᓗᓂᓗ. ᓱᓕᔪᖅ. ᓱᑲᖃᓗᐊᕐᓂᖅ ᖁᐃᒃᑎᓕᕈᑕ- ᐅᔪᓐᓇᖅᐳᖅ ᐊᒻᒪᓗ ᐱᔪᓐᓇᐃᓪᓕ- ᕚᓪᓕᕐᓗᓂ ᑎᒥ ᐊᐅᓚᑦᑎᑦᑎᐊᓇᐊᒃᓴᖅ (ᓱᑲᕐᒥᒃ) ᐊᐅᖓᓃᑦᑐᒥᒃ ᑕᐃᒪᐃᓐᓂᖓᓄᑦ ᐅᓗᓇᐊᓇᕐᓂᕐᓴᖅ ᑎᒥᒧᑦ ᓲᑲᖃᓗᐊ- ᓕᑐᐃᓐᓇᓇᐊᖅᑲᕐᓂᖓ.	300: ᓱᓕᕙ ᐅᖁᕙᓐᓃᑦ ᓱᓕᙱᓚᖅ? ᐃᓄᒃ ᐊᑯᓂᐊᓗᒃ ᐃᖃᐃᓕᔅᑲᑦᑕᓇᐊᖅᑲᖅᑐᖅ ᐃᓅᓯᕐᒥᓂᒃ ᖃᓄᐃᙱᑦᑎᐊᕈᒪᑐᐊᖅᐸᑦ. ᓱᓕᙱᑦᑐᖅ! ᔪᑦᑎᖅᑲᑦ ᒪᒃᑯᒃᑐᓪᓘᓐᓃᑦ ᐃᑲᕋᓕᒫᒥ ᔪᖅᑲᖕᖠᓐᓇᕈᓐᓇᕐᒪᑕ ᐅᓪᓗᐃᑦ ᐃᓚᖏᑦᑎᒍᑦ ᑖᒃᑯᐊᓗ ᐊᒡᒍᖅᑐᖅᑕᐅᔪᓐᓇᖅᐳᑎᒃ 10 ᒥᓂᑦ-ᒧᑦ ᐃᖃᐃᓕᔅᓯᕐᓗᓂᑦ.	300: ᖃᓂᑦᑎᐊᕆᒍᒪᒍᓯ ᐃᒪᐃᓕᐅᕆᐊᖅᐳᓯ: a) ᐃᒪᕐᒥᒃ ᐃᒥᑐᐃᓐᓇᐸᒃᑲᓗᓯ b) ᑯᒃᑭᖕᖀᔭᐃᓐᓇᐅᔭᕐᓗᓯ ᑭᒍᑎᓯᐅᖏᓐᓇᐅᔭᕐᓗᓯᓗ ᖃᐅᑕᒫᑦ c) ᓂᕿᑦᑎᐊᕙᖕᓂᒃ ᓂᕆᕙᒡᓗᓯ d) ᑕᒪᕐᒥᑦᑎᐊᖅ ᖁᓖᓂ ᑎᑎᕋᖅᓯᒪᔪᑦ	300: ᖃᑦᓯᓂᒃ ᓂᕿᑦᑎᐊᕙᓂᙵᖅᑐᓂᒃ ᐱᓇᓱᒃᑕᕆᐊᖃᕋᑦ ᓂᕆᓐᓇᖅᓯᔭᕋᖓᑦ? a) 1-2 b) 2-3 c) 3-4 d) ᑕᒪᕐᒥᑦᑎᐊᖅ ᑎᓴᒪᐃᑦ ᓂᕿᑦᑎᐊᕙᖕᓂᙵᖅᑐᑦ!
400: ᓇᓕᐊᒃ ᓂᐅᕕᐊᕕᓃᑦ ᐅᖅᓱᕐᒋᑦ ᐊᕐᒌᓕᕆᐊᖅᑎᑦᑎᓲᖑᕙᑦ ᐅᖅᓱᕐᔫᑎᒥᒃ ᐊᐅᑦᑎᓐᓂ (ᑕᐃᔭᐅᕙᒃᑐᖅ ᑲᓚᔅᑐᕌᑦ)? a) ᐃᒪᐅᙱᑦᑐᑦ ᐅᖅᓱᐃᑦ (ᐳᓐᓂᕐᓃᑦ, ᓂᐱᔅᔭᐃᒃᑰᑦ) b) ᐃᒪᐅᓪᓗᑎᒃ ᐅᖅᓱᐃᑦ (ᐋᓕᕆ ᐅᖅᓱᖅ, ᑲᓅᓚ ᐅᖅᓱᖅ) c) ᑕᒪᕐᒥᒃ a ᐊᒻᒪ b	400: ᓱᓕᕙ ᐅᖁᕙᓐᓃᑦ ᓱᓕᙱᓚᖅ? ᓂᕿᑦᑎᐊᕙᒃᑐᐃᓐᓇᐅᔭᕈᕕᑦ ᖃᐅᑕᒫᑦ, ᐃᖃᐃᓕᔅᐸᙱᒃᑲᓗᐊᕐᓗᑎᑦ ᓱᖁᑕᐅᙱᑦᑐᖅ. ᓱᓕᙱᑦᑐᖅ! ᑕᒪᕐᒥᒃ ᓂᕿᑦᑎᐊᕙᑦ ᐊᒻᒪ ᐃᖃᐃᓕᔅᑲᑦᑕᕐᓂᖅ ᐱᒻᒪᕆᐅᔪᐃᓐᓇᐅᕗᒃ ᑎᒥᒃᑯᑦ ᖃᓄᐃᙱᑦᑎᐊᕈᒪᔪᓐᓂᑦ ᐱᑕᖅᑲᙱᑉᐹᓕᕈᑕᐅᔪᓐᓇᖅᐳᓂᓗ ᐋᓂᐊᖅᑖᕈᑕᐅᔪᓐᓇᖅᑐᓂᒃ ᓲᕐᓗ ᐊᐅᒃᑯᑦ ᓱᑲᖃᓗᐊᕐᓇᖅᑐᑦ ᐊᒻᒪ ᐆᒻᒪᓯᓐᓇᖅᑐᓂᒃ.	400: ᖃᑦᓯᓂᒃᑭᐊᖕᒐᐃ ᐃᓅᔪᓐᓂᖅᓯᒪᔪᖃᖅᐸ ᓲᐳᖅᑐᖅᑎᐅᔪᓂᒃ? a) ᑦᓕᒪᐅᒃᐸᑕ ᐃᓄᐃᑦ ᐊᑕᐅᓯᕐᒥᒃ b) ᖁᓕᐅᒃᐸᑕ ᐊᑕᐅᓯᕐᒥᒃ c) 15-ᖑᒃᐸᑕ ᐊᑕᐅᓯᕐᒥᒃ d) ᐊᕙᑎᐅᒃᐸᑕ ᐊᑕᐅᓯᕐᒥᒃ	400: ᓵᖁᓗᒃ ᓂᕆᕕᒋᓂᐊᖅᑕᑦ ᐅᓐᓄᒻᒥᑕᕐᓇᒥ ᐸᓚᐅᓛᑉ ᐃᓚᒃᓴᖕᒋᓐᓂᒃ ᐃᓚᓯᒪᔭᓇᐊᖅᐸ ᓲᕐᓗ ᐸᓂᖅᑐᑦ ᐆᕐᓗᑎᒃ ᐱᕈᓰᑦ, ᐊᓖᓯ ᐊᒻᒪ ᐳᑦᑐᖅᓯᐊᖅ? a) ᓇᑉᐸᓗᐊᕐᒥ b) 1/3-ᒥ c) ¾-ᒥ d) ¼-ᓗᐊᒥᒃ
500: ᓱᓕᕙ ᐅᖁᕙᓐᓃᑦ ᓱᓕᙱᓚᖅ? ᓇᑦᑎᐅᑉ ᐅᖅᓱᖕᒋᑦ, ᕿᓚᓗᒑᐅᑉ ᐊᒻᒪ ᐃᖃᓗᐃᑦ ᐃᑲᔫᑕᐅᔪᓐᓇᖅᐳᑦ ᐆᒻᒪᑎᖅᑲᑦᑎᐊᕈᑕᐅᓪᓗᑎᒃ ᐊᕐᒌᓕᕆᐊᕈᑕᐅᔪᓐᓇᖕᒋᕐᔪᑎᒡᓗ ᑲᓚᔅᑐᕌᒥᒃ. ᓱᓕᔪᖅ! ᓂᕿᓪᓚᑦᑖᑦ ᓂᕆᔭᒃᓴᑦᑎᐊᕙᐅᖕᒪᑕ.	500: ᑎᒥᒃᑯᑦ ᖃᓄᐃᙱᑦᑎᐊᕈᒪᓗᓂ, ᖁᐃᒃᑎᓗᐊᙱᓪᓗᓂᓗ ᓴᓗᒃᑎᓗ- ᐊᙱᓪᓗᓂᓗ, ᖃᓄᖅ ᐃᖃᐃᓕᔅᑎ- ᕆᑲᑦᑕᓇᐊᖅᑲᕆᑕ ᔪᑦᑎᖅᑲᑦ ᒪᒃᑯᒃᑐᓪᓗ ᐅᓪᓗᐃᑦ ᐃᓚᖏᑦᑎᒍᑦ? a) ᐃᑲᕋᐅᑉ ᓇᑉᐸᖓᓂᒃ b) ᐃᑲᕋᓕᒫᖅ c) 45 ᒥᓂᑦᓯᓂᒃ ᐃᓄᒃ ᐃᖅᑲᐃᓕᔅᑲᑦᑕᖅᐸᓪᓕᐊᓕᖅᐸᑦ, ᐃᑲᔫᑕᐅᑦᑎᐊᕈᓐᓇᖅᐳᖅ 10 ᒥᓂᓯᓂᒃ ᐊᑯᓂᐅᑎᒋᑦᑕᖅᑐᓂᒃ ᓱᒃᑲᐃᑦᑐᒥᒡᓗ ᐃᓚᒋᐊᕐᕌᔫᒃᐸᒡᓗᒍ ᑖᓐᓇ 10 ᒥᓂᑦ.	500: ᐃᓄᐃᑦ ᓂᓇᓲᑦ ᐅᓪᓗᕐᒥ ᐱᖓᓱᐃᖅᓱᖅᐸᒡᓗᑎᒃ ᐃᒪᐃᓲᖑᕗᑦ: a) ᖁᐃᒃᑎᓗᐊᒃᑲᓂᓲᑦ b) ᖁᐃᓂᖕᖏᕐᓱᖕᒍᑎᒡᓗ ᓴᓪᓚᖕᖏᕐᓱᖕᒍᑎᒡᓗ ᓈᒻᒪᑦᑎᐊᓲᑦ c) ᖃᓄᐃᙱᑦᑎᐊᖅᑐᖅ ᓂᕆᓴᕋᐃᑲᑦᑕᓗᐊᕈᓯ, ᓂᕆᔪᓲᑦ ᑕᐃᒪ ᐅᔾᔮᖅᓯᓇᐊᓖᑦ.	500: ᓇᓕᖕᓂᒃ ᓂᕿᑦᑎᐊᕙᖕᓂᙵᖅᑐᓂᒃ ᓂᕆᓂᖅᐹᖑᔭᕆᐊᖃᖅᑲᕕᑦ? a) ᐸᓚᐅᓛᒃᓴᒧᑦ ᐃᓚᒃᓴᑦ b) ᐃᒻᒧᐃᑦ ᐊᒻᒪ ᐃᒻᒨᔭᖅᑐᑦ c) ᐱᕈᖅᑐᑦ ᓲᕐᓇᙱᑦᑐᑦ ᓲᕐᓇᖅᑐᓪᓗ d) ᓂᕿᑦ ᐊᒻᒪ ᓂᕿᙳᐊᑦ

ᐃᓕᓐᓂᐊᖃᑎᒌᓐᓄᑦ ᐅᖃᓪᓚᐅᓯᖃᕐᓂᕐᒧᑦ

ᐃᓕᓐᓂᐊᕿᓕᒫᓄᑦ

ᖃᓄᐃᓕᐅᕈᑎᑦ — ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᕙᓕᖅᑐᓂᕐᒧᑦ ᒪᓕᒐᖃᖅ

ᐊᑦᓱᕈᕐᓇᕐᓂᖓ: ᐱᔭᕆᐊᑭᑦᑐᖅ ᑕᐃᒃᑯᖓ ᐱᔭᕆᐊᑐᔪᖅ
ᑐᕌᖓ: ᐃᓕᓐᓂᐊᖅᑏᑦ ᐃᓕᓐᓂᐊᕈᑎᑦ ᓂᕆᑦᓯᐊᕐᓂᕐᒥᑦ ᐃᓕᓐᓂᐊᑎᑕᐅᕈᑎᑦ ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᕙᓕᖅᑐᓂᕐᒧᑦ ᒪᓕᒐᖃᐅᔪᒥᑦ
ᐊᑐᕆᐊᖦᖠᑦ: ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᕙᓕᖅᑐᓂᕐᒧᑦ ᒪᓕᒐᖃᖅ ᐊᒻᒪᓗ ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᕙᓕᖅᑐᓂᕐᒧᑦ ᒪᓕᒐᖃᖅ ᐃᓕᓐᓂᐊᖅᑎᑦᓯᔾᔪᑦ ᐅᖃᓕᒫᒐᕋᖦᖠᖅ (www.livehealthy.gov.nu.ca/healthy-eating/nunavut-food-guide)

ᐃᓕᓐᓂᐊᖅᑏᑦ ᑕᑯᑎᓪᓗᒋᑦ ᑖᑦᓱᒥᖓ ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᕙᓕᖅᑐᓂᕐᒧᑦ ᒪᓕᒐᖃᐅᔪᒥᑦ. ᐊᔪᕐᓇᖏᑉᐸᑦ, ᐃᓕᓐᓂᐊᖅᑎ-ᓕᒫᑦ ᑐᓐᓂᖅᑐᒋᑦ ᒪᓕᒐᖃᒥᑦ. ᐊᑐᕐᓗᒍ ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᕙᓕᖅᑐᓂᕐᒧᑦ ᒪᓕᒐᖃᐅᔪᖅ ᐃᓕᓐᓂᐊᖅᑎᑦᓯᔾᔪᑦ ᐅᖃᓕᒫᒐᕋᖦᖠᖅ ᐊᐱᖅᑯᑎᖃᑦᑎᐊᕙᓐᓄᑦ ᐃᓕᓐᓂᐊᖅᑎᕐᑯᑎᓐᓄᑦ ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᕙᓕᖅᑐᓂᕐᒧᑦ ᒪᓕᒐᖃᐅᑉ ᒥᒃᓵᓅᖓᔪᓂᑦ ᐊᒻᒪᓗ ᐅᖃᓪᓚᖃᕐᓂᕐᒥᑦ ᓂᕆᑦᓯᐊᕐᓂᐅᑉ ᒥᒃᓵᓄᑦ.

ᖃᓄᐃᓕᐅᕈᑎᑦ — ᐃᓕᖅᑯᓯᑦᓯᐊᕙᐃᑦ

ᐊᑦᓱᕈᕐᓇᕐᓂᖓ: ᐱᔭᕆᐊᑭᑦᑐᖅ ᑕᐃᒃᑯᖓ ᐊᒃᑯᓐᓂᖅᓱᖅᑐᒧᑦ
ᑐᕌᖓ: ᐃᓕᓐᓂᐊᖅᑏᑦ ᐃᓕᓐᓂᐊᕈᑎᑦ ᐃᓕᖅᑯᓯᑦᓯᐊᕙᓐᓂᒃ
ᐊᑐᕆᐊᖦᖠᑦ: ᐸᐃᑉᐹᖅ, ᑎᑎᕋᐅᑏᑦ

ᐃᓕᓐᓂᐊᖅᑏᑦ ᐃᓱᒪᒃᓴᖅᓯᐅᖅᑲᑎᒋᐊᕈᑎᑦ ᓱᓪᒪᑦ ᐃᒥᕚᐃᑦ ᔪᕐᓇᖅᑐᐃᓪᓗ ᐃᒥᕚᓴᐃᑦ ᓂᕈᐊᕚᓴᐅᑦᓯᐊᙱᓪᓚᖕᖓᑦ. ᐃᑲᔫᑎᖃᕈᒪᒧᑦ ᐃᓱᒪᓴᑦᓯᐅᓐᓂᕆᔭᑦᓯᓐᓄᑦ, ᐊᐱᕆᓗᒋᑦ ᐊᐱᖅᑯᑎᓂᑦ ᐃᒪᐃᑦᑐᓂ: ᐃᓕᖅᑯᓯᖅ ᑭᓱᒪ? ᑭᓱᒪ ᐃᓕᖅᑯᓯᑦᓯᐊᕙᒃ? ᐃᒥᕚᖅᑲᑦᑕᕐᓂᖅ ᐃᓕᖅᑯᓯᐅᔪᓐᓇᖅᑳ? ᐃᒥᕚᖅᑲᑦᑕᕐᓂᖅ ᐃᓕᖅᑯᓯᑦᓯᐊᕙᐅᕕ? ᐃᓕᖅᑯᓯᑦᓯᐊᕙᑎᑦ ᑭᓱᒪᑕ? ᐃᒥᖅᑲᑦᑕᖅᑕᑎᑦ ᐱᐅᓂᖅᓴᐅᑎᖃᑦᑕᕈᓐᓇᖅᐱᑏ? ᐃᓕᓐᓂᐊᖅᑏᑦ ᐃᓱᒪᒃᓴᖅᓯᐅᕐᓗᑎᑦ ᖃᓄᖅ ᐊᓯᔾᔨᔪᓐᓇᕐᒪᖔᑦ ᐃᒥᕚᓯᐊᕙᐅᙱᑦᑐᒥᑦ ᑭᒡᒍᓕᕐᒥᑦ ᐃᒥᑐᐃᓐᓇᕐᒥᑦ ᐃᒻᒧᒥᒃᑰᓐᓃᑦ ᐃᒥᕐᓗᑎᑦ ᐊᓯᖏᓐᓂ-ᐅᖕᖏᖔᖅᑐᖅ ᐃᒥᕚᓴᓂᑦ.

ᐅᑭᐅᑭᓐᓂᖅᓴᓄᑦ ᐃᓕᓐᓂᐊᖅᑎᓄᑦ

ᑕᑯᓗᒍ ᐱᓕᕆᔾᔪᑎᒃᓴᖅ

ᖃᓄᐃᓕᐅᕈᑎᑦ ᑭᒍᑎᓕᕆᓂᐅᑉ ᒥᑦᓵᓄᑦ

ᐊᑦᓱᕈᕐᓇᕐᓂᖓ: ᐱᔭᕆᐊᑭᑦᑐᖅ
ᑐᕌᒐᖓ: ᐃᓕᓐᓂᐊᖅᑏᑦ ᐃᓕᓐᓂᐊᕐᓗᑎᑦ ᑭᒍᑎᐅᑉ ᐊᒻᒪᓗ ᑭᒍᑎᓕᕆᓂᐅᑉ ᒥᑦᓵᓄᑦ
ᐊᑐᕆᐊᓖᑦ: ᑎᑎᕋᐅᔭᖅᓯᒪᔪᖅ ᑭᒍᑎᙳᐊᑦ ᑭᓲᓂᖏᑕ ᐊᑎᖏᑦ ᑎᑎᕋᖅᓯᒪᓪᓗᑎᒃ (ᑕᑯᓗᒍ ᑕᐃᑲᓂ ᓴᒃᑯᐃᓗᒍ ᐃᒥᒐᕐᒧᑦ ᑎᑎᕋᖅᕕᒃᓴᓂ) ᐊᒻᒪ ᐊᔾᔨᙳᐊᑦ ᐃᒪᕐᓂᓴᓯᐊᑦ ᑕᑯᓗᒥᑦ ᐃᓄᐃᑦ ᓴᙱᔪᐊᓗᙵᓂᒃ ᑭᒍᑎᖃᖅᑐᕕᓃᑦ

ᐃᓕᓐᓂᐊᖅᑏᑦ ᐃᓕᓐᓂᐊᖅᑎᓪᓗᒋᑦ ᑭᒍᑎᐅᑉ ᑭᓲᓂᖏᓐᓂ ᐊᒻᒪᓗ ᑭᒍᑏᑦ ᐊᔾᔩᙳᕆᓐᓂᖏᓐᓂᑦ. ᐃᓕᓐᓂᐊᖅᑏᑦ ᐊᐱᕆᓗᒋᑦ: ᐃᓄᐃᑦ ᐃᓕᖅᑯᓯᑐᖃᖓ ᐊᑐᕐᓗᒍ ᖃᓄᖅ ᑭᒍᑎᓂᑦ ᓴᓗᒪᑎᑦᓯᓲᖓᕙᑦ? ᐊᔾᔨᙳᐊᑐᖃᕐᓂᑦ ᓱᒪᑦ ᐃᓄᐃᑦ ᓴᙱᔪᓂᑦ ᑭᒍᑎᖃᖅᑲᑦ? ᓱᒪᒃᑭᐊᙵᐃ ᑭᒍᑎᓕᕆᓂᖅ ᐊᑲᐅᙱᓕᐅᕈᑎᐅᓕᖅᑲ ᓄᓇᕗᒻᒥᐅᓄᑦ? ᖃᓄᕐᓕᑭᐊᙵᐃ ᑭᒍᑎᓕᕆᓂᖅ ᐱᐅᓯᕆᐊᕈᓐᓇᖅᑲ ᑭᒃᑯᓕᒫᓄᑦ? ᖃᓄᕐᓕ ᑭᒍᑦᑎᓐᓂ ᑲᒪᕆᔭᖅᑲᑦᓯᐊᕈᓐᓇᖅᐱᑕ ᒦᓐᓇᐅᔪᖅ? ᐃᓄᐃᑦ ᓂᕿᑐᖃᖏᑦ ᓰᕐᓗ ᒪᒃᑖᖅ (ᑑᒑᓖᑦ/ᐊᑦᓚᙳᐊᑦ ᐅᕝᕙᓘᓐᓃᑦ ᕿᓚᓗᒐᐃᑦ ᖃᑯᖅᑕᐃᑦ ᐅᕙᓂᖓ ᐅᖅᓱᖓᓗ), ᓂᒃᑯ (ᑐᒃᑐ ᓂᒃᑯᖅᑎᓯᒪᔪᖅ), ᐅᕝᕙᓘᓐᓃᑦ ᐱᑦᓯ/ᐱᔅᓯ (ᐃᖃᓗᒃ ᐸᓂᖅᑎᓯᒪᔪᖅ) ᐱᔭᕆᐊᑭᑉᐸᑦ ᐊᔪᕐᓇᖅᐸᓘᓐᓃᑦ ᑕᒧᐊᕆᐊᖓ? ᑭᒍᑎᑦ ᖃᓄᐃᓕᖓᕆᐊᖅᑲᕐᒪᑕ ᑕᒪᒃᑯᓂᖓ ᓂᕆᔪᓐᓇᕐᓂᐊᕋᕕᑦ? ᐃᓕᓐᓂᐊᖅᑏᑦ ᐃᖅᑲᐃᑎᕆᐊᕐᓗᒋᑦ ᐱᓪᓚᐅᓂᖓ ᒪᕿᐃᖅᓱᕐᓗᑎᑦ ᑭᒍᑎᓯᐅᖅᑲᑦᑕᕐᓗᑎᑦ ᑭᒍᑎᓯᐅᑎᒧᑦ ᒥᙳᐊᖅᑲᑎᓯᐊᖅᑐᒥᑦ ᓴᙱᔪᓂᑦ ᑭᒍᑎᖃᕐᓂᐊᕐᒪᑕ. ᓴᙱᔪᓂᑦ ᑭᒍᑎᖃᕐᓂᖅ ᐱᓪᓚᕆᐅᓪᒪᑦ ᓂᕆᑦᓯᐊᕈᓐᓇᕐᓂᕐᒧᑦ ᐃᓄᑦᓯᐅᑎᓂᑦ.

ᐅᑭᐅᖅᑯᖅᑐᓂᖅᓴᐅᔪᓄᑦ ᐃᓕᓐᓂᐊᕕᐊᓗᒻᒥᑦ ᐃᓕᓐᓂᐊᕕᓄᑦ

ᖃᓄᐃᓕᐅᕈᑎᑦ ᐃᓕᓐᓂᐊᖃᑎᒌᑦ ᐅᖃᖃᑎᒌᓗᑎᑦ

ᐊᑦᓱᕈᕐᓇᕐᓂᖓ: ᐊᑯᓐᓂᖅᓯᖅᑐᒥᑦ ᑕᐃᑲᖓ ᐱᔭᕆᐊᑐᔪᓪᒧᑦ
ᑐᕌᒐᖓ: ᐃᓕᓐᓂᐊᖅᑏᑦ ᐃᓕᓐᓂᐊᓗᑎᑦ ᐅᖃᖃᑎᒌᓂᕐᒥᑦ ᐃᓅᑦᓯᐊᕋᓱᐊᕐᓂᕐᒧᑦ
ᐊᑐᓇᐊᓖᑦ: ᖃᐅᔨᓴᕐᓂᕐᒧᑦ ᐱᖅᑯᑏᑦ

ᐃᓕᓐᓂᐊᖅᑏᑦ ᓇᓗᓇᐃᔭᕐᕕᒋᓗᒋᑦ ᐅᖃᖃᑎᒌᓐᓂᐅᔪᖅ ᐃᒪᐃᑦᑑᓂᖓᓂ ᐃᓕᓐᓂᐊᖅᑏᑦ ᑕᐱᓘᙶᓗᑎᑦ ᐊᐃᕙᖃᑎᒌᓗᑎᑦ ᑖᑦᓯᒥᙵᑦᓴᐃᓐᓇᖅᒎᙵᔪᒥᑦ. ᐃᓕᓐᓂᐊᖅᑏᑦ ᒪᕿᐳᓕᖅᑲᖓᑎᓪᓗᑎᑦ ᐊᒻᒪ ᑕᐱᓘᙶᔪᑦ ᐃᑲᔪᖅᑐᐃᓂᐊᕐᒪᖔᕐᓘᓐᓃᑦ ᐊᑭᖅᑐᖅᑎᐅᓂᐊᕐᒪᖔᕐᓘᓐᓃᑦ ᐋᖅᑭᑦᓯᕐᓗᑎᑦ. ᐆᑦᑑᑎᐅᔪᓐᓇᖅᑐᑦ ᐅᖃᖃᑎᒌᓂᖅᒧᑦ ᒪᑯᐊᙳᔪᑦ: ᐃᓕᓐᓂᐊᖅᑏᑦ ᐃᒥᒐᕐᒪᕈᓐᓇᖅᑲᑦᑕᖅᐹ ᐃᓕᓐᓂᐊᕕᒻᒥᑦ? ᓂᐅᕕᕐᕕᑦ ᓂᐅᕕᐊᒃᓴᖅᑲᑦᑕᕈᓐᓇᖅᐹ ᓂᕿᑦᓯᐊᕙᒻᒥᑦᑐᓂᑦ ᓱᕐᓇᖅᑐᓂ? ᐃᒪᐃᑦ ᓱᕐᓇᖅᑐᑦ ᓴᑲᖅᑲᓂᖅᒥᑦ ᒥᑭᓪᓕᑎᑕᐅᒥᐊᖅᑲᖅᐹ ᑲᕙᒃᑯᓐᓄᑦ? ᐊᑐᓂ ᐊᕕᑦᑐᖅᓯᒪᔪᑦ ᖃᐅᔨᓴᖅᑎᓪᓗᑎᑦ ᐊᒻᒪᓗ ᐸᕐᓇᐃᓗᑎᑦ ᐅᖃᓪᓚᐅᓯᕆᓂᐊᖅᑕᖓᓐᓂ ᑐᕌᒐᕆᔭᕐᓗᓄᑦ. ᐊᑐᓂ ᐊᕕᑦᑐᖅᓯᒪᔪᑦ ᑭᒡᒐᖅᑐᐃᔩᑦᑐᑎᑦ ᐅᖃᓪᓚᑦᑎᐅᓂ ᐊᖅᑐᒥᑦ ᐅᖃᓪᓚᐅᓯᖅᑐᓂ ᑕᐱᓘᙶᔪᑦ ᐃᓯᒪᕆᔭᖏᓐᓂᑦ. ᑭᒡᒐᖅᑐᐃᔩᑦ ᓇᓪᓕᑭᑕᑦᑐᑎᑦ ᓴᖅᑭᑦᑎᓇᓂᕐᒥᑦ ᑕᐱᖓᑕ ᐃᓯᒪᕆᔭᖏᓐᓂᑦ.

ᐊᕗᖓᐅᔨᖅᑲᓐᓂᕆᑦ
1-ᒪᐃᓕᒥᒃ ᖁᖓᐸᔫᖅᑐᑎᑦ ᓱᓕ

ᖃᓄᐃᕈᔪᙳᕆᑦᑎᐊᖅᑐᒥᒃ ᖃᓂᖃᖅᓗᓂ ᐃᑲᔫᑎᖃᕐᐳᖅ ᐊᔾᔨᒌᙳᕆᑦᑐᓂᒃ ᖃᓂᒻᒪᒍᑕᐅᓲᓂᒃ, ᓲᕐᓗ ᐆᒻᒪᑎᕐᓗ-ᓕᕐᓗᓂ. ᖁᖓᐸᔪᐃᓐᓇᕈᒪᒍᕕᑦ ᐊᒻᒪ ᑭᒍᑎᑎᑦ ᐊᐅᓂᖅᑖᖅᑎᑦᑕᐃᓕᒪᓗᕆᑦ ᐅᑯᓂᖓ ᐊᑐᖅᑕᑦᑕᓇᐊᖅᑲᕐᐳᑎᑦ:

- ᑭᒍᑎᓯᐅᖅᐸᒃᓗᑎᑦ 2-ᒥᓂᒥᒃ – ᐅᓪᓚᒃᑯᑦ ᐊᒻᒪ ᐅᓐᓄᒃᑯᑦ ᐃᓐᓇᓚᐅᙳᕆᓐᓂᕐᓂᒃ
- ᐊᑐᕐᓗᑎᑦ ᐸᐅᕐᖓᖅᑐᑦ – ᐊᒃᑎᒋᔪᒥᒃ ᑭᒍᑎᓯᐅᒻᒥᒃ
- ᑭᒍᑎᓯᐅᕐᓗᑎᑦ ᑕᒪᕐᒥᑦᑎᐊᖅ ᓴᓂᕋᒃᑯᑦ ᑭᒍᑎᕙᓪ–ᐃᓗᖕᒑᖓᒍᑦ, ᓯᓚᑖᒍᓪᓗ, ᖁᓕᖕᒋᑦᑎᒍᑦ ᐊᒻᒪ ᐅᖃᐃᑦ
- ᑯᒃᑭᖕᓂᔭᖅᐸᒃᓗᑎᑦ ᖃᐅᑕᒫᑦ
- ᐃᒪᖅ ᐃᒥᒐᓪᓗᐊᑕᓇᓗᒍ
- ᓂᕆᑎᐊᖃᑦᑕᕐᓗᑎᑦ

ᑭᓲᙵᑦ ᑭᒍᑎᒥ ᐊᐅᓂᖅ?

ᑭᒍᑎᒥ ᐊᐅᓂᖅ ᐆᒪᔾᔨᓯᒪᓂᐅᙵᑦ ᑭᒍᑎᒥ. ᑕᐃᔭᐅᕙᒃᑭᓪᓗᓂ ᐊᐅᓂᕐᒥᒃ. ᑕᐃᒪᐃᓕᓘᑦ ᓱᑲᖅ ᐊᒻᒪ ᐆᒪᔪᑦ ᑭᒍᑎᖕᓃᓵᔾᔭᓕᕌᖓᑕ ᐊᒻᒪ ᓱᕋᐃᓕᖅᐸᒃᓗᑎᒃ ᑭᒍᑎᓂᒃ. ᑭᒍᑎᒥ ᐊᐅᓃᑦ ᑕᖅᓴᐅᕐᑰᔾᔪᑦ, ᑐᐊᑑᑏᑦ, ᐅᕝᕙᓘᓐᓃᑦ ᐃᔅᓴᒃᓯᒪᖅᑰᔾᔪᑦ ᐯᕈᓐᓇᙳᕆᓪᓗᑎᒃ ᑭᒍᑎᓯᐅᕋᓗᐊᕐᓗᓂ ᐊᓪᓚᕋᓗᐊᕐᓗᒍᓘᓐᓃᑦ. ᐅᑯᓂᖓ ᑕᑯᓇᓱᖅᑲᑦᑕᓇᐊᖅᑲᖅᐳᓯ:

- ᖃᐅᓪᓗᖅᑐᓂᒃ ᑐᑭᓕᐊᖅᑐᓂᒃ ᐃᒃᑭᕐᒦᓪᓗᑎᒃ
- ᑲᔫᓪᓗᑎᒃ ᕿᕐᓂᖅᓗᑎᒡᓘᓐᓃᑦ ᑕᖅᓴᐃᑦ ᑭᒍᑎᒥ
- ᑲᔫᓪᓗᑎᒃ ᐊᖏᔫᓪᓗᑎᒃ ᑭᒍᑎᒥ

ᐊᓯᖏᑦᑕᐅᖅ ᐅᑯᐊ ᐅᔾᔨᕐᓇᕈᑏᑦ ᑲᓂᖅ ᐋᓐᓂᐊᖅᑖᕈᓐᓇᕐᓂᖓᓂᒃ:

- ᐊᐅᐸᕐᓗᓂ ᐅᕙᓘᓐᓃᑦ ᐳᕕᓕᕐᓯᒪᓗᓂ ᐃᒃᑭᒃᑯᑦ
- ᐊᐅᓈᖅᐸᒡᓗᓂ ᑭᒍᑎᓯᐅᕋᖓᕕᑦ ᑯᒃᑭᖕᓃᔭᕐᓗᑎᓪᓘᓐᓃᑦ
- ᐊᐅᓚᔾᔪᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐅᖓᓯᒋᓕᖅᐸᓪᓕᐊᔪᑦ ᐃᓐᓇᐅᑉ ᑭᒍᑎᖕᒋᑦ.

ᖃᓄᐃᕈᔪᙳᕆᑦᑎᐊᖅᑐᑦ ᑭᒍᑏᑦ

ᖃᐅᓪᓗᖅᑐᑦ ᑐᐊᑦᑑᑏᑦ ᐃᒃᑭᖓᓗᑦ ᑐᑭᖃᕈᓐᓇᖅᐳᖅ ᐱᕆᐊᓕᕐᓂᖓᓂᒃ ᑭᒍᑎᒥ ᐊᐅᓂᖅ. ᑕᑯᓗᑎᑦ ᑭᒍᑎᓕᕆᔨᒥᒃ, ᑭᒍᓐᓂᐊᖅᑎᒥᒃ ᐅᕝᕙᓘᓐᓃᑦ ᐃᓗᐊᖅᓴᐃᔨᒥᒃ.

ᑲᔫᓪᓗᑎᒃ ᓴᖅᑭᑦᑐᑦ ᐃᒃᑭᖓᑕ ᑭᒡᓕᖓᒍᑦ ᓇᓗᓇᐃᖅᓯᕗᑦ ᐊᐅᓂᖅᑖᓕᕐᓂᕐᒥᒃ. ᐱᕕᒃᔪᐊᙳᕗᖅ, ᑕᑯᔭᐅᕙᒃᓴᖅᑖᖃᐅᑎᒋᓗᑎᑦ ᑭᒍᑎᓕᕆᔨᒧᑦ!

ᐃᓛᒃᑯᖕᒐᔪᑦ ᐱᓕᕆᐊᑦ

ᐅᑭᐅᑭᓐᓂᖅᓴᓄᑦ ᐃᓕᓐᓂᐊᖅᑎᓄᑦ

ᖃᓄᐃᓕᐅᕈᑎᑦ ᑯᒃᑮᙵᓯᔭᐅᑎ ᐊᖏᔪᖅᑳᖑᔪᖅ

ᐊᑦᓱᕈᕐᓇᕐᓂᖓ: ᐱᔭᕆᐊᑭᑦᑐᖅ
ᑐᕌᖓ: ᐃᓕᓐᓂᐊᖅᐲᑦ ᐃᓕᓐᓂᐊᓗᑎᑦ ᑯᒃᑮᙵᓯᔭᕐᓂᐅᑉ ᐱᒪᕆᐅᓂᖓᓂ
ᐊᑐᕆᐊᓖᑦ: ᑕᓱᔭᑦᑑᒃ ᐊᒡᒎᒃ, ᑭᒍᑎᓯᐅᑏᑦ, ᑯᒃᑮᙵᓯᔭᐅᑎ, ᐸᐅᖕᖓᐃᑦ ᐊᐅᐸᖅᑐᑦ ᔫᒻ ᒥᖑᐊᖅ

ᐊᑐᓂ ᓱᕈᓯᖅ ᑕᓱᔭᑦᑐᒥᒃ ᐊᒡᒍᕐᓗᓂ. ᐃᓕᓐᓂᐊᖅᐲᑦ ᐊᒡᒐᖏᓐᓂ ᒪᑉᐱᖕᒐᑎᕐᓱᓗᑎᑦ, ᐊᐅᐸᖅᑐᒥᑦ ᒥᖑᐊᕐᓗᒋᑦ ᔫᒻᒥᑦ ᐊᒡᒐᖏᑕ ᐊᑯᓐᓂᖕᒐᒍᓪᓗ ᐊᒡᒐᖏᑦ ᓱᑲᖕᒐᑎᓕᕐᓗᓂᒋᑦ. ᐃᓕᓐᓂᐊᖅᐲᑦ ᐅᖃᐅᑎᓗᒋᑦ ᐊᒡᒐᖏᑦ ᑭᒍᑎᙳᐊᖑᒻᒪᑕ. ᐊᐱᕆᓗᒋᑦ ᐊᒡᒐᖏᑦ ᐊᑦᑐᐊᖃᑦᑕᐅᑎᓗᑎᑦ ᓱᑲᖕᒐᓗᑎᑦ, ᑭᒍᑎᓯᐅᑎᒧᑦ ᔫᒪ ᐲᔭᖅᑕᐅᕆᐊᕐᓗᓂ. ᐊᐱᕆᓕᕐᓗᒋᑦ ᐊᒡᒐᖏᑦ ᓱᑲᖕᒐᐃᓐᓇᕐᓗᑎᑦ, ᑯᒃᑮᙵᓯᔭᐅᑎᒥᑦ ᐊᑐᕐᓗᑎᑦ ᔫᒻ ᐲᔭᖅᑕᐅᓇᓱᒃᓗᓂ. ᐊᐱᕆᓗᒋᑦ: ᑭᒍᑎᓯᐅᑎ ᑭᒍᑎᐅᑉ ᑭᓱᑦᑎᐊᒍᑦ ᓴᓗᒻᒪᖅᓴᐃᓐᖑᕙ? ᑯᒃᑮᙵᓯᔭᐅᑎ ᑭᒍᑎᐅᑉ ᑭᓱᑦᑎᐊᓂ ᓴᓕᒻᒪᖅᓴᐃᓐᖑᕙ?

ᐃᓕᓐᓂᐊᕿᓕᒫᓄᑦ

ᖃᓄᐃᓕᐅᕈᑎᑦ ᓂᕿᓕᐅᕐᓂᕐᒧᑦ

ᐊᑦᓱᕈᕐᓇᕐᓂᖓ: ᐊᑯᓐᓂᖅᓱᖅᑐᖅ
ᑐᕌᖓ: ᐃᓕᓐᓂᐊᖅᐲᑦ ᐃᓕᓐᓂᐊᓗᑎᑦ ᓂᕿᑦᓯᐊᕙᓐᓂᒃ ᐆᑦᑎᓂᕐᒥᑦ
ᐊᑐᓇᐊᓖᑦ: ᓂᕿᓕᐅᕈᑎᐅᑉ ᒪᓕᒋᐊᓕᖕᒋᓐᓂ ᐃᓚᙱᖕᒋᑦ, ᐆᑦᑎᔾᔪᑏᑦ, ᐊᒥᓲᖅᑎᑕᐅᓗᑎᑦ ᒪᓕᒐᙱᐃᑦ

ᓂᖅᓵᐅᖃᑎᒋᓗᒋᑦ ᐃᓕᓐᓂᐊᖅᑎᑕᑎᑦ. ᓂᕈᐊᖅᓵᕐᓗᓯ ᐅᕙᙵᑦ (www.livehealthy.gov.nu.ca/iu/healthy-eating/store-bought-foods/recipes) -ᒥᑦ ᓂᕿᓕᐊᕆᓂᐊᖅᑕᔅᓯᓐᓂᒃ ᐃᓕᓐᓂᐊᖅᑎᑕᑎᓪᓗ ᓂᕿᓕᐅᕐᕕᖃᑐᐊᕈᔅᓯ ᐃᓕᓐᓂᐊᕐᕕᔅᓯᓐᓂ. ᓂᕿᓕᐅᕐᕕᖃᖕᒋᒃᑯᔅᓯ ᐃᓕᓐᓂᐊᕐᕕᔅᓯᓐᓂ, ᐃᓕᓐᓂᐊᖅᑎᓪᓗᒋᑦ ᖃᓄᖅ ᓂᕿᑦᑎᐊᕙᓕᐅᕈᓐᓇᕆᐊᒃᓴᖅ ᐱᕈᖅᑐᕕᓂᕐᓂᒃ ᑕᒧᓗᒐᕐᓂᒃ ᐆᑦᑎᔭᕆᐊᖃᖕᒋᑦᑐᓂᒃ.

ᖃᓄᐃᓕᐅᕈᑎᑦ ᓂᕿᓂ ᓂᐅᕕᐊᕐᓭᖃᕐᓱᐊᕐᓂᕐᒧᑦ

ᐊᑦᓱᕈᕐᓇᕐᓂᖓ: ᐱᔭᕆᐊᑭᑦᑐᒥᑦ ᑕᐃᑯᖓ ᐊᑯᓐᓂᖅᓱᖅᑐᒧᑦ
ᑐᕌᒐᖓ: ᐃᓕᓐᓂᐊᖅᑏᑦ ᐃᓕᓐᓂᐊᓗᑎᑦ ᖃᓄᖅ ᓂᕿᑦ ᐆᖏᑦ ᓴᓇᔭᐅᓯᒪᒻᒪᖔᑦ
ᐃᑦᑎᕆᔭᐅᓂᐊᕐᒪᑕ ᓂᐅᕕᕐᓂᐊᖅᑐᓄᑦ
ᐊᑐᕆᐊᓖᑦ: ᐆᓂᑦ ᓂᕿᓃᙳᖅᑐᓂᑦ

ᐃᓕᓐᓂᐊᖅᑏᑦ ᑕᑯᑎᓪᓗᒋᑦ ᐊᔾᔨᒌᙱᑦᑐᓂᑦ ᐆᓂᑦ ᓂᕿᓃᙳᖅᑐᓂᒃ. ᐊᐱᕆᓗᒋᑦ: ᐆᖓ ᓴᓇᓯᒪᕙ ᑕᑯᔪᒥᓇᖅᓯᑎᑕᐅᓪᓗᓂ? ᓂᕿᐅᔪᖅ ᐊᔾᔨᙳᐊᕖᑦᑐᖅ ᐆᖓᓂ ᐃᓗᓪᓕᖓᑕ ᐊᔾᔨᒋᕙᐅ? ᓱᕈᓯᙳᐊᖅᑕᖅᑳ ᐆᖓᓂ? ᐊᖏᖅᐸᑕ, ᓱᕈᓲᑦ ᖃᓄᐃᓕᐅᕐᒪᑕ? ᑖᓐᓇ ᐆᖓ ᖃᓄᕐᓕ ᐃᓕᓐᓂ ᐃᓱᒪᑎᑦᓯᕙ ᓂᕿᐅᔾᔪᒥᑦ?

ᖃᓄᐃᓕᐅᕈᑎᑦ ᖃᐅᔨᓴᕐᓂᕐᒧᑦ ᐱᓕᕆᐊᑦ

ᐊᑦᓱᕈᕐᓇᕐᓂᖓ: ᐱᔭᕆᐊᑭᑦᑐᒥᑦ ᑕᐃᑯᖓ ᐊᑦᓱᕈᕐᓇᖅᑐᒧᑦ
ᑐᕌᒐᖓ: ᐃᓕᓐᓂᐊᖅᑏᑦ ᖃᐅᔨᓴᕐᓗᑎᑦ ᐃᓕᓐᓂᐊᕐᓗᑎᓗ ᓇᐅᒃᑯᒃᑭᐊ ᐃᓅᑦᓯᐊᕋᓱᐊᕐᓂᕐᒨᖓᔪᒥᒃ
ᐊᑐᕆᐊᓖᑦ: ᖃᕆᓴᐅᔭᐃᑦ, ᐊᑭᓐᓇᕐᒥᐅᑕᖅᓴᓂᒃ ᓴᓇᕈᑎᖅᓴᓂᑦ

ᐃᓕᓐᓂᐊᖅᑏᑦ ᐸᕐᓇᑎᓪᓗᒋᑦ ᖃᐅᔨᓴᕐᓂᕐᒥᑦ ᐱᓕᕆᐊᒥᑦ ᐃᓅᑦᓯᐊᕋᓱᐊᕐᓂᕐᒧᑦ. ᐱᓕᕆᓂᐊᖅᑕᖏᑦ ᓂᕈᐊᖅᑕᐅᓗᑎᑦ ᐃᓕᓐᓂᐊᖅᑎᓄᑦ ᐃᓕᓭᐃᔨᓄᓪᓘᓐᓃᑦ. ᐃᓚᖏᑦ ᐱᓕᕆᔭᐅᔪᓐᓇᖅᑐᑦ ᐅᑲᐊᙳᔪᑦ: ᑭᓱ ᑭᒍᑎᓂ ᐊᐅᓂᖅᑖᕈᑕᐅᓱᙳᕙᑦ, ᓄᓇᕗᒻᒥ ᐃᒥᒐᕐᑕᑦᑕᕐᓂᐅᔪᖅ, ᓲᕐᓇᖅᑐᓂᑦ ᐃᒥᖅᑕᐃᓕᓂᖅ ᐊᒻᒪᓗ ᓲᕐᓇᖅᑐᓂᑦ ᓂᕆᑦᑕᐃᓕᓂᖅ ᑎᒥᑦᑎᐊᕆᓂᕐᒧᑦ, ᐃᖃᐃᓕᓴᕈᑏᑦ ᓲᕐᓗ ᐱᙳᐊᕈᑎᑦᓴᑦ ᐃᓄᐃᑦ ᐱᙳᐊᕈᓯᑐᖃᖏᓐᓂᑦ ᐃᑲᔪᕐᓇᖅᐸ ᐃᓕᓐᓂᐊᖅᑏᑦ ᐃᓅᑦᓯᐊᕈᓐᓇᕐᓂᐊᕐᒪᑕ, ᖃᓄᖅ ᓄᓇᓖᑦ ᐃᓕᓐᓂᐊᕐᕕᓪᓘᓐᓂᑦ ᐃᑲᔪᕈᓐᓇᕐᒪᖔᑦ ᐃᓄᐃᑦ ᐃᓅᓯᕐᑲᑦᓯᐊᕐᓂᖅᓴᐅᓂᐊᕐᒪᑕ, ᐸᕐᓇᐅᑎ ᐊᑐᕈᓐᓇᖅᑐᑦ ᐃᓕᓐᓂᐊᕐᕕᑦ ᓄᓇᓖᓪᓘᓐᓃᑦ ᐃᓅᑦᓯᐊᕐᓂᖅᓴᐅᓂᐊᕐᒪᕐᑦ. ᐃᓕᓐᓂᐊᖅᑏᑦ ᐊᑭᓐᓇᕐᒥᐅᑕᓂᑦ ᓴᓇᕓᓇᖅᑐᑦ ᓴᓇᔾᔨᑦ ᓵᖅᔫᕐᓂᐊᕐᒪᑕ ᖃᐅᔨᔾᔨᑦᓗ ᐃᓕᓐᓂᐊᖃᑎᒥᓄᑦ ᑕᑯᔭᐅᓂᐊᕐᒪᑕ.

ᐃᑲᔫᑎᑦᓴᑦ

ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᕙᓕᕆᓂᖅ
ᐋᓐᓂᐊᕐᑲᕐᓇᖏᑦᑐᓕᕆᔩᒃᑯᑦ, ᓄᓇᕗᑦ ᒐᕙᒪᖓ: www.gov.nu.ca/iu/node/3039

ᓄᓇᕗᒻᒥ ᓂᕿᑦᑎᐊᕙᓕᕆᓂᖅ: www.livehealthy.gov.nu.ca/food-0

ᓄᓇᕗᒻᒥ ᓂᕿᑦᑎᐊᕙᓕᕆᓂᕐᒧᑦ ᖃᐅᔨᒋᐊᕐᕕᒃᓴᐅᔪᓐᓇᖅᑐᑦ (ᓄᓇᕗᒻᒥ ᓂᕿᓄᑦ ᐊᑐᖅᑕᐅᕙᒃᑐᑦ ᐃᓕᓐᓂᐊᖅᑎᑦᑎᔾᐅᑉ ᒪᓕᒃᐸᒃᑕᖏᑦ, ᑕᖅᓯᕐᓱᒐᒃᓴᐃᑦ, ᓂᕐᓖᐅᕈᑎᑦ, ᐊᓯᖏᓪᓗ): www.livehealthy.gov.nu.ca/resources

ᓂᕿᑦᓯᐊᕙᓕᕆᓂᕐᒧᑦ
ᖃᓄᐃᕈᕝᖏᑦᑎᐊᖅᑐᑦ ᑲᓇᑕᒥᐅᑦ, ᓂᕆᑦᑎᐊᕐᑲᑦᑕᕐᓂᖅ:

www.healthycanadians.gc.ca/eating-nutrition/healthy-eating-saine-alimentation/index-eng.php

ᓂᕆᔾᐅᕝᒃᓴᓕᕆᔩᑦ ᑲᓇᑕᒥ: www.dietitians.ca

ᓂᕿᑦᓯᐊᕙᓕᕆᓂᕐᒧᑦ ᐱᙳᐊᕈᑎᒃᓴᑦ ᐊᐱᖅᑯᑎᒃᓴᐃᓪᓗ ᐅᕗᖓᕐᓗᑎᑦ: www.kidshealth.org

ᓂᕆᑦᓯᐊᕆᑦ ᐋᓐᑎᐅᕆᐆᒥᑦ: www.eatrightontario.ca

ᓂᕿᑦᓯᐊᕙᓕᕆᓂᕐᒧᑦ ᖃᐅᔪᓐᓂ ᐅᕐᑲᓕᒫᓐᓂᖅ
ᑲᓇᑕᐅᑉ ᒐᕙᒪᖓ: www.healthycanadians.gc.ca/eating-nutrition/label-etiquetage/index-eng.php

ᐋᓐᓂᐊᕐᑲᕐᓇᖏᑦᑐᓕᕆᔩᒃᑯᑦ ᑲᓇᑕᒥ: www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/index-eng.php

ᐆᒻᒪᑎᒧᑦ ᓄᐲᖅᑎᓂᕐᒧᓪᓗ ᑲᑐᔾᔨᖃᑎᒌᑦ:
www.heartandstroke.com/site/c.ikIQLcMWJtE/b.4391511/k.6166/Nutrition_Facts_table.htm

ᓂᕆᑦᓯᐊᕆᑦ ᐋᓐᑎᐅᕆᐆᒥᑦ: www.eatrightontario.ca/en/Articles/Nutrition-Labelling

ᖃᓂᒃᑯᑦ ᖃᓄᐃᕈᕝᖏᑦᑎᐊᕐᓂᖅ
ᓄᓇᕗᒻᒥ ᖃᓂᒃᑯᑦ ᖃᓄᐃᕈᕝᖏᑦᑎᐊᕐᓂᖅ: www.gov.nu.ca/health/information/oral-health

ᑲᓇᑕᒥ ᑭᐅᓯᕆᔩᒃᑯᑦ ᑲᑐᔾᔨᖃᑎᒌᑦ: www.cda-adc.ca

ᐋᓐᑎᐅᕆᐆᒥᑦ ᑭᒃᑯᐃᓐᓇᕐᓄᑦ ᑭᐅᓐᓂᐊᖅᑏᑦ ᑲᑐᔾᔨᖃᑎᒌᑦ: www.oaphd.on.ca

2MIN2X: www.2min2x.org

ᖃᐅᒪᔪᓂᑦ ᕿᖓᕐᑲᖅᑐᑦ ᖃᐅᒪᔪᓂᑦ ᓯᕗᓂᒃᓴᓖᑦ ᑰᓪᓚᐃᕐᒥ:
www.colgate.com/app/BrightSmilesBrightFutures/US/EN/Program-Materials/For-Educators/Teachers.cvsp

ᐊᑦᑕᕐᓇᖏᑦᑐᒥᒃ ᐊᑐᕐᑲᑦᑕᕐᓂᖅ ᓄᓕᐊᕐᓂᕐᒥ
ᓄᓇᕗᒻᒥ ᐊᑦᑕᕐᓇᖏᑦᑐᒥᒃ ᐊᑐᕐᑲᑦᑕᕐᓂᖅ ᓄᓕᐊᕐᓂᕐᒥ: www.irespectmyself.ca/iu

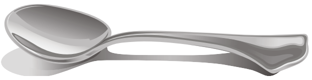
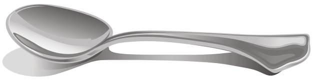
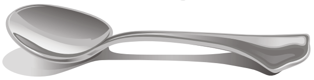
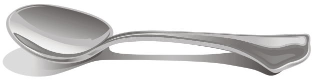
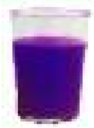
ᑕᕝᕿᑭᒥᒃ ᒥᒃᓵᓕᕆᓇᓱᐊᕐᓂᖅ
ᓄᓇᕗᒻᒥ ᑕᕝᕿᑭᒥᒃ ᒥᒃᓵᓕᕆᓇᓱᐊᕐᓂᕐᒧᑦ ᖃᐅᒥᐊᕈᑎᒃᓴᐃᑦ: www.nuquits.gov.nu.ca/iu

ᐃᒥᕐᓂᐊᖅᑕᑦ ᐃᓱᒪᒋᓇᓱᒃᑲᓐᓂᕐᓗᒍ

ᐅᔾᔨᕆᕙᓪᓗᒋᑦ ᓱᑲᑦ ᐃᒥᖅᑕᓐᓂᒃ!

ᑖᒃᑯᐊ ᐃᒥᖅᑕᑎᑦ ᖃᓄᑎᒋ ᓱᑲᖃᕐᒪᑕ?

ᑕᑯᔭᓐᖏᒃᑲᓗᐊᖅᑎᓪᓗᒋᑦ ᖃᓄᑎᒋ ᓱᑲᖃᕐᒪᖔᑕ ᐃᒥᖅᑕᓐᓂᒃ. ᐊᑖᓂ ᑕᑯᓗᒋᑦ ᑎᑎᕋᖅᓯᒪᔭᖏᑦ ᖃᐅᔨᓇᓱᒡᓗᑎᑦ ᐊᑑᑎᕋᓛᓂᒃ ᓱᑲᕐᓂᒃ ᐃᒥᖅᑕᐅᒐᔪᒃᑐᓂᒃ.

	ᐃᒥᖅᑕᑦ		ᐊᑑᑎᕋᓛᑦ ᓱᑲᕐᒥᒃ
	ᓯᓚᔅ (1 ᑖᑕ)	=	27 
	ᓴᓂ ᑏ (500 ᒥᓚᑖᑕ)	=	17 
	ᐊᐅᓚᓇᖅᑐᑦ ᐃᒥᒐᑦ (ᐃᒥᒐᐅᑎ)	=	13.5
	ᑏ ᓂᓚᖃᖅᖁᓂ (ᐃᒥᐅᑎ)	=	13 
	ᐃᒥᒐᖅ (ᐃᒥᒐᐅᑎ)	=	10 
	ᐃᒥᒐᑦᓴᐃᑦ ᓴᓇᔭᐅᓯᒪᔪᑦ ᐸᓂᖅᑐᒥᑦ (ᐃᖕᖑᓯᖅ ᐊᑕᐅᓯᖅ)	=	6
	ᐃᒥᖅ (500 ᒥᓚᑖᑕ)	=	0

ᑖᓐᓇ ᑐᓴᕈᑎ ᓴᓇᔭᐅᓚᐅᖅᑐᖅ ᑮᓇᐅᔭᖃᖅᑎᑕᐅᓪᓗᑎᒃ ᐋᓐᓂᐊᖃᕐᓇᖏᑦᑐᓕᕆᔨᒃᑯᓐᓂᑦ ᑲᓇᑕᒥ ᐊᒻᒪᓗ ᐅᖁᒪᐃᓐᓂᕐᓂᐊᖅᑏᑦ ᑲᓇᑕᒥ.

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ᓄᓇᕗᑦ Nunavut