

Eei pwuk eew me neein ekkewe fitu pwuk mi mak nón fóósun Chuuk me pwan fóósun merika. Ekkeei pwuk raa féér seni aach ewe **Chuuk Language & Content (L&C) Learning** project. Ekkeei pwuk raa féér fáánásengesis ekkewe chóón sukuun seni K5 tori ekkewe mwíchen 8 (wannú), iwe raa pwan nómw fáán 1 me neein ekkewe 4 itenap:

- A túttúnap/pwórausen nóómw,
- B neenii/ekkesiwiniw nónnómwun fénúwach,
- C irá me maan, me
- D pwan sókkun nónnómwun aramas.

Ekkeei pwuk re anapannó áán semiriit repwe sinei fóósun fénúwach Chuuk me fóósun merika nón ekkewe sókkun kinikiniw káéé mi auchea ngeni chóón sukuun, sóópw, me fénúwach Chuuk.

This book is part of a collection of Chuukese and English bilingual books, developed under **Chuuk's Language & Content (L&C) Learning** project. The bilingual book collection is designed for K5 to grade 8 students, and encompasses materials in the following 4 themes:

- A traditional stories,
- B environment,
- C plants and animals, and
- D daily island life.

The books build students' Chuukese and English literacies through topics important to students, their communities, and Chuuk.

Grade level and theme for this book:

	K5	1	2	3	4	5	6	7	8
A									
B									
C									
D	●								



Chuuk State  
Department of Education



Pacific Resources for  
Education and Learning



Island Research &  
Education Initiative



Water  
for Life



# Ifa Ussun Áái Túmwnúúw Inisi

## How I Take Care of Myself





**USP Library Cataloguing-in-Publication Data**

William, Dorsalina.

Ifa ussun áái túmwúnúúw inisi = How I take care of myself / Dorsalina William, Cheryl Tsuyuki.

-- Palikir, Pohnpei : Island Research & Education Initiative, 2015.

32 p. : col. ill. ; 14 x 14 cm.

Chuukese early readers

In Chuukese and English

ISBN 978-982-9170-03-3

1. Hygiene--Juvenile literature.

2. Picture books for children--Micronesia (Federated States)--Chuuk.

3. Chuukese language--Readers.

I. Cheryl Tsuyuki. II. Island Research & Education Initiative. III. Title.

PL6318.Z4W55 2015

499.5--dc23

# Ifa Ussun Áái Túmwúnúúw Inisi

How I Take Care  
of Myself



Ngaang mii sine  
túm wúnúúw inisi.

I know how to  
take care of myself.



Ieei ussun áái  
túm wúnúúw inisi.

This is how I  
take care of myself.

Úwa pwúsin  
nenó me méúr.

I wake up  
on my own.





Úwa ténú  
peii.

I wash  
my hands.

Úwa oresii  
mesei.

I wash  
my face.







Úwa pirósseei  
ngii.

I brush  
my teeth.

Úwa túútú.

I wash  
my body.





Úwa epiti inisi me  
mékúrei tikka.

I put coconut oil  
on my body and hair.

Úwa komweei  
mékúrei.

I comb  
my hair.





Úwa úféúf.

I put on clothes.

Ieei sókkun áái  
túm wúnúúw inisi.

This is how I  
take care of myself.



1. Ifa ussun óómw  
túmwúnúúw inisumw?

How do you take care of yourself?

2. Ifa ussun óómw aa  
kónik ne túmwúnúúw  
inisumw?

How do you use water in taking  
care of yourself?

3. Pwata e éúchchea epwe  
wor kónik mii nimééch  
reen óómw kopwe  
túmwúnúúw inisumw?

Why do you need clean water to take  
care of yourself?

4. Pwata kopwe  
túmwúnúúw inisumw?

Why should you take care  
of yourself?

5. Epwe fáán fite kopwe  
pirósseei ngiimw?

How often should you brush  
your teeth?

6. Meet kekan ténú ngeni  
poumw?

What do you use to wash  
your hands?

7. Pwata sikan epiti  
tikka inisich  
me mékúrach?

Why do we put coconut oil  
on our body and hair?



## CHUUK LANGUAGE AND CONTENT LEARNING

# Ifa Ussun Áái Túmwnúúw Inisi

## How I Take Care of Myself

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Coordination:	Pacific Resources for Education and Learning (PREL)
Publisher:	Island Research & Education Initiative (iREi) PO Box PS 303, Palikir, Pohnpei, 96941

The choice of Chuukese vocabulary in this book depends on authors' own dialect and preference. The Chuukese spelling in this book conforms to the decisions of the Chuukese Orthography Commission with one major exception. As per Chuuk State DOE practice and wish, word-initial geminate consonants are not indicated in spelling and are represented by single instead of double letters.

## About the Publisher

Island Research & Education Initiative (iREi) is a non-profit organization dedicated to upholding the unique environmental and cultural legacies of islands and island peoples. We are based in the FSM, but our activities span the entire Micronesian region. Our members are volunteers committed to the long term well-being of Micronesian islands. We collaborate closely with like-minded organizations, local communities, and governments. One of our core activities is to assist educational authorities in creating and publishing of locally-relevant school resources, particularly in the indigenous languages of Micronesia. That grants the children of our islands place-based tools they can relate to and positively reinforces their adventures in the world of learning. iREi can be contacted at [irei@islandresearch.org](mailto:irei@islandresearch.org)

**iREi**

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Water for Life

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Pacific Resources for Education and Learning

Layout / Illustrations © 2015 Island Research & Education Initiative

