Chuuk Language & Content (L&C) Learning project.

Ekkeei pwuk re anapann áán semiriit repwe sinei fósun fénúwach Chuuk me fósun merika nôn ekkeve sökkun kinkinan kâlé mi auchea ngeni choön sukkuu, söopw, 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:

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<th>Grade level and theme for this book:</th>
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<td>5 1 2 3 4 5 6 7 8</td>
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- traditional stories,
- environment,
- plants and animals,
- daily island life.

The books build students’ Chuukese and English literacies through topics important to students, their communities, and Chuuk.
Ifa Ussun Áái Túmwúnúuw Inisi

How I Take Care of Myself
I know how to take care of myself.
This is how I take care of myself.
Úwa pwúsín nenó me méúr.

I wake up on my own.
I wash my hands.

Úwa ténú peií.
Úwa oresii mesei.

I wash my face.
I brush my teeth.
Úwa túútú.

I wash my body.
I put coconut oil on my body and hair.
Úwa komweei mékūrei.

I comb my hair.
I put on clothes.

Úwa úféúf.
Ieei sókkun áái túmwúnúúw 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?
How I Take Care of Myself

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Concept: Chuuk State Department of Education
Coordination: Pacific Resources for Education and Learning (PREL)
Publisher: Island Research & Education Initiative (iREI)

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.