#### CHUUK ( LANGUAGE AND CONTENT LEARNING

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 fáánásengesin ekkewe chóón sukuun seni K5 tori ekkewe mwichen 8 (wannú), iwe raa pwan nómw fáán 1 me neein ekkewe 4 itenap:

- A túttúnap/pwórausen nóómw,
- B neenii/ekkesiwinin 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 kinikinin 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:

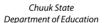
- traditional stories,
- B environment,
- c plants and animals, and
- D daily island life.

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
Α									
В									
С									
D									







Pacific Resources for Education and Learning

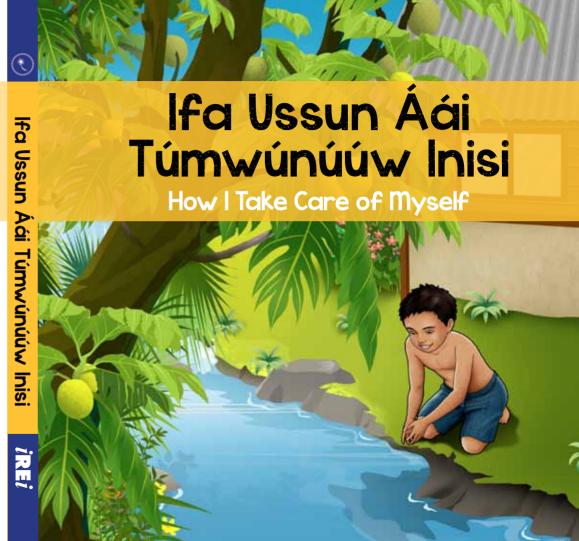


Island Research &



Water for Life









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Chuukese early readers

In Chuukese and English

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- 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

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# lfa Ussun Áái Túmwúnúúw Inisi

How I Take Care of Myself



#### Ngaang mii sine túmwúnúúw inisi.

I know how to take care of myself.



### Ieei ussun áái túmwúnúúw 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.

### Teei sókkun áái túmwúnúúw inisi.

This is how I take care of myself.



I. 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 Túmwúnúúw Inisi

#### How I Take Care of Myself

Authors: Dorsalina William, Cheryl Tsuyuki

Illustrator: Tea-SC Studio
Graphic design: Tyrgalism Design

Review: Chuuk DOE, Emily Lam, Emerson Odango

Creative support: Danko Taboroši

Concept: Chuuk State Department of Education

Coordination: Pacific Resources for Education and Learning (PREL)

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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.



Chuuk State Department of Education



Pacific Resources for Education and Learning



Island Research & Education Initiative



Water for Life

#### 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.



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