

Wugen Ngarniny Healthy Eating



Acknowledgement of Country

The City of Armadale acknowledges the Traditional Owners and Custodians of the land upon which we stand, work and play. We acknowledge the Aboriginal People as the First Nation People and their connection to the land and waters, as the land and waters are a part of them; spiritually and culturally. We acknowledge their ancestors, the Elders past and present, who have led the way for us to follow in their footsteps.

This booklet have been developed to promote and support the use of local Noongar language whilst encouraging healthy eating through literacy activities. Foodbank WA's Superhero Foods® characters have been used in this booklet and local Aboriginal Elders were consulted for relevant Noongar language to include. For more information regarding Foodbank WA's Superhero Foods® characters, please visit www.superherofoodshq.org.au.

The City of Armadale would like to acknowledge all the input and support provided by internal and external individuals and organisations in the development of the Wugen Ngarniny booklet.

Please note, pronunciation and spelling of Noongar language varies across the Armadale community and the Perth metropolitan region due to differing dialects and language groups. The language used in this booklet is not the only pronunciation or spelling of these words.

Noongar language provided courtesy of local Aboriginal Elders.

Superhero Foods® characters provided courtesy of Foodbank WA.

Produced by the City of Armadale.

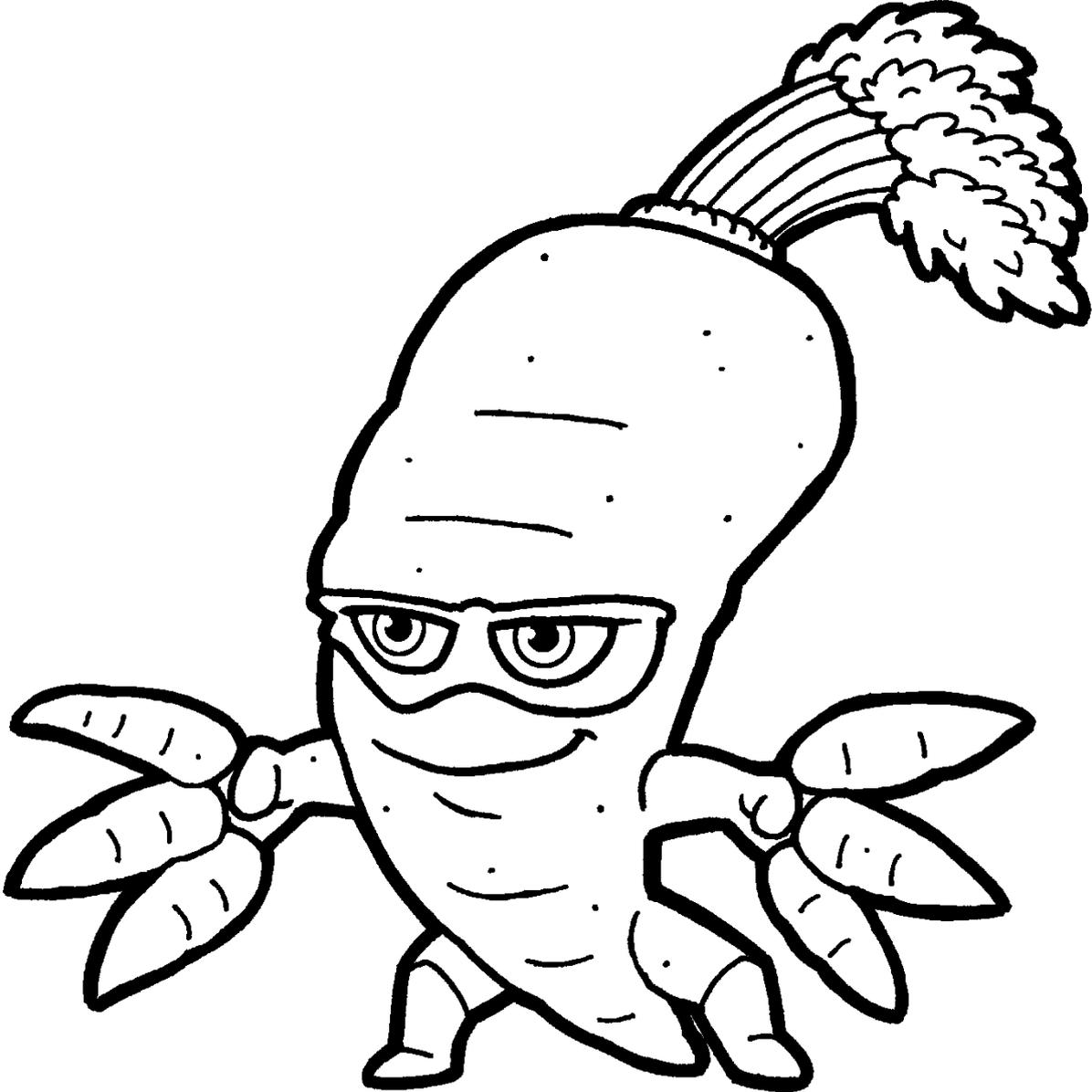


**What is the name of this
Superhero Food?**



**Do you call this something different at
home?**

What is the name of this Superhero Food?



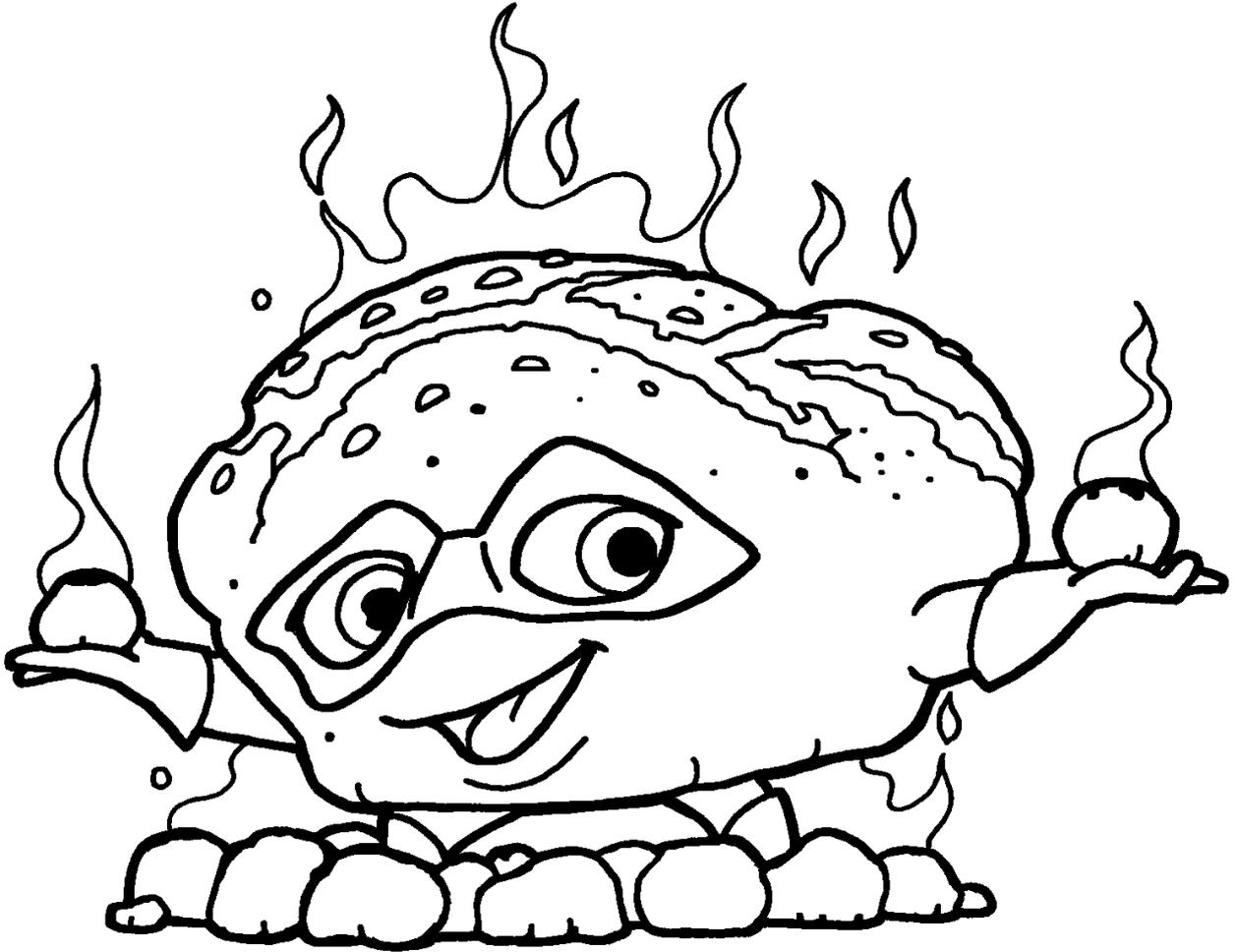
Do you call this something different at
home?

**What is the name of this
Superhero Food?**



**Do you call this something different at
home?**

What is the name of this Superhero Food?



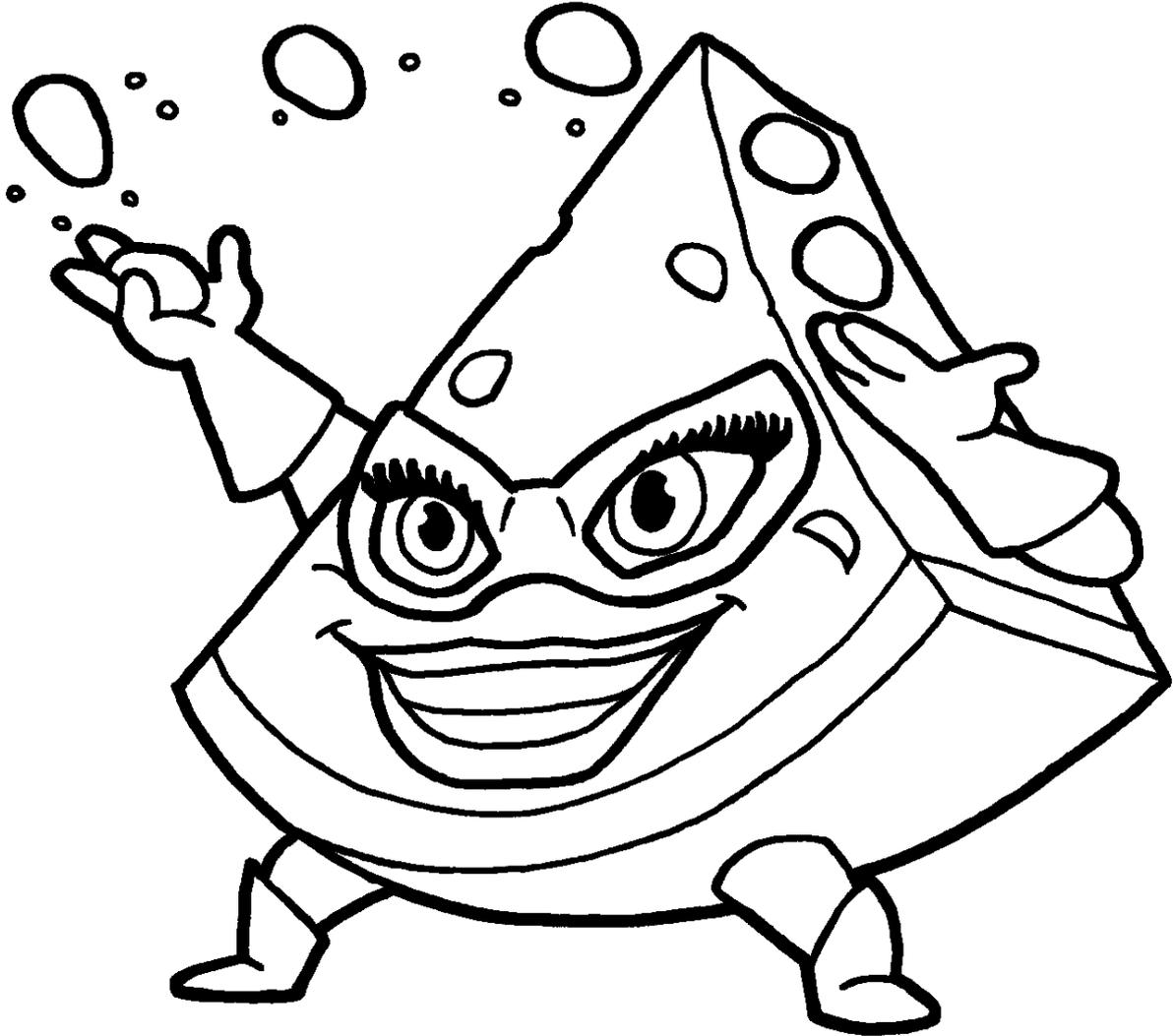
Do you call this something different at
home?

**What is the name of this
Superhero Food?**



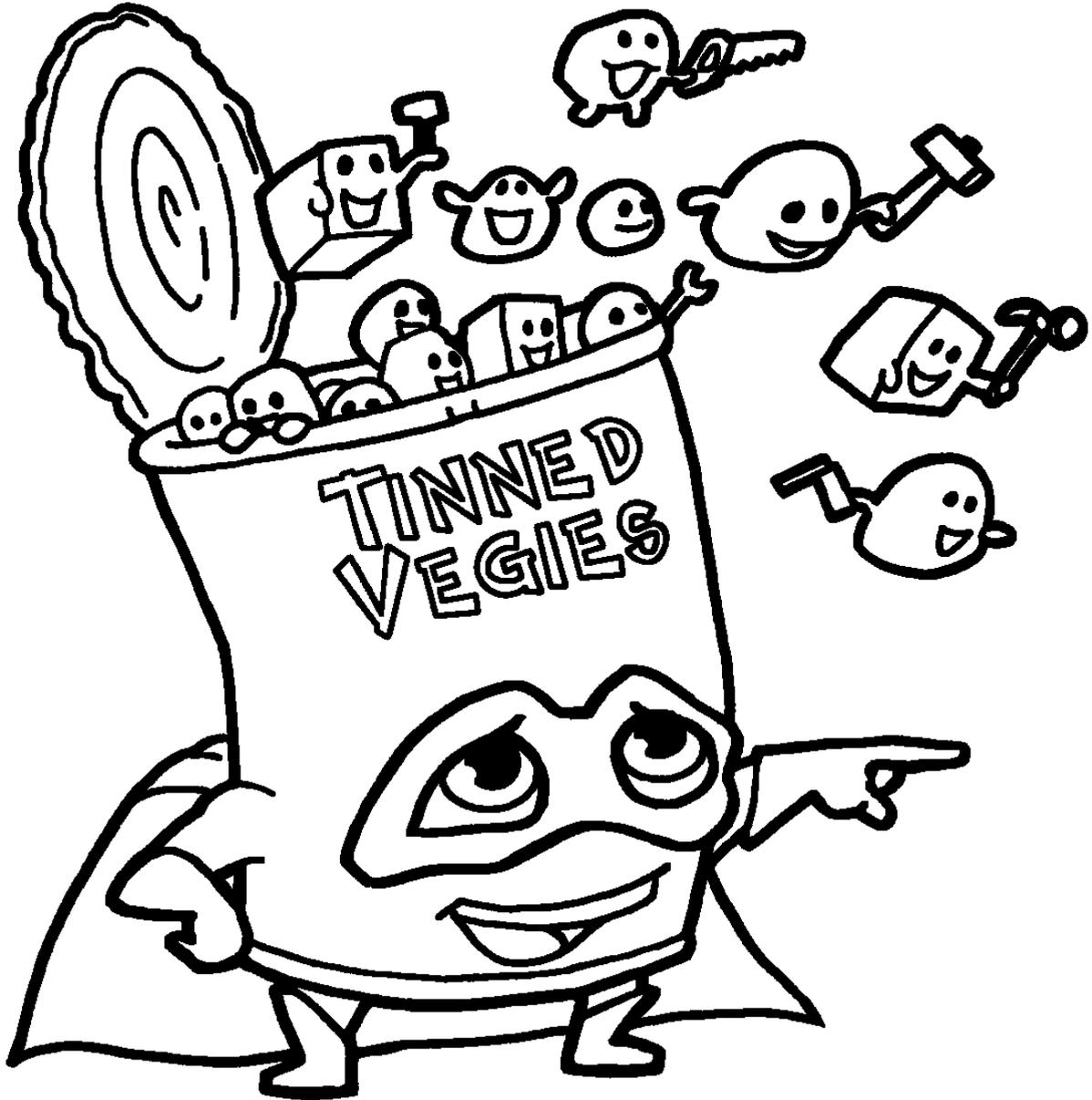
**Do you call this something different at
home?**

What is the name of this Superhero Food?



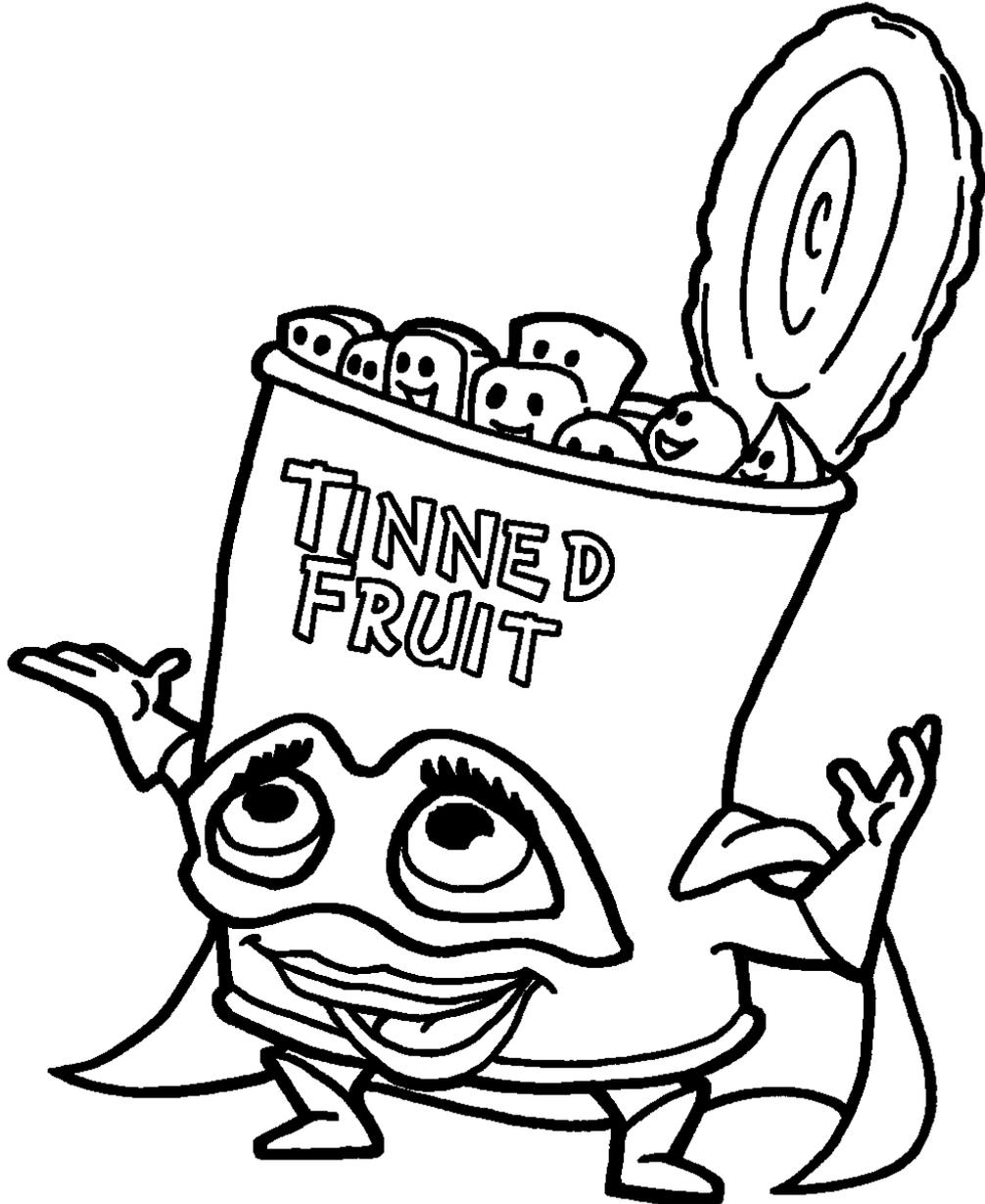
Do you call this something different at
home?

What are your favourite tinned vegies?



Do you call this something different at home?

What is your favourite tinned fruit?



Do you call this something different at home?

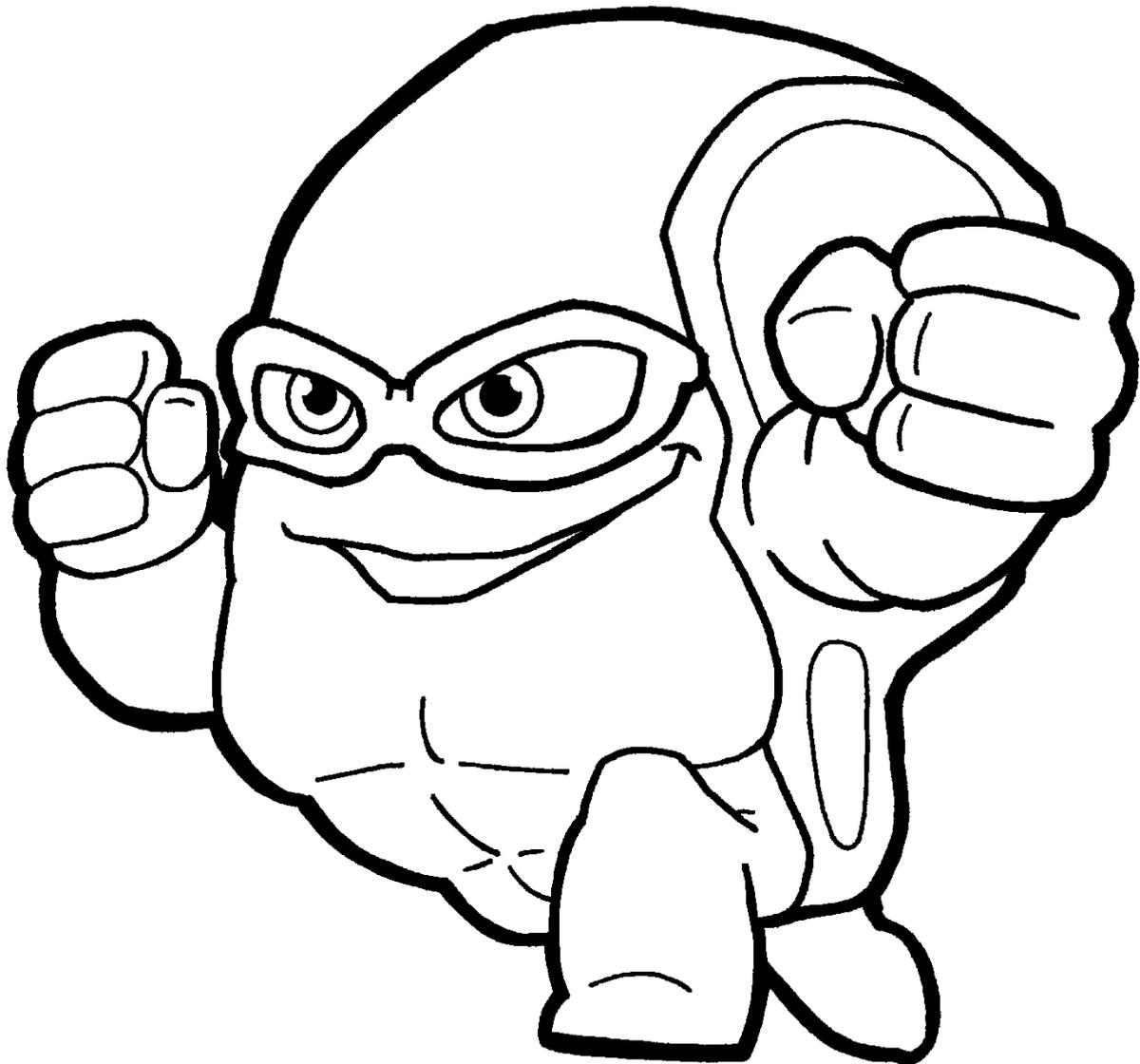
What is your favourite frozen food?



Do you call this something different at home?

What is the name of this Superhero Food? (Noongar): _ _ _ _ _

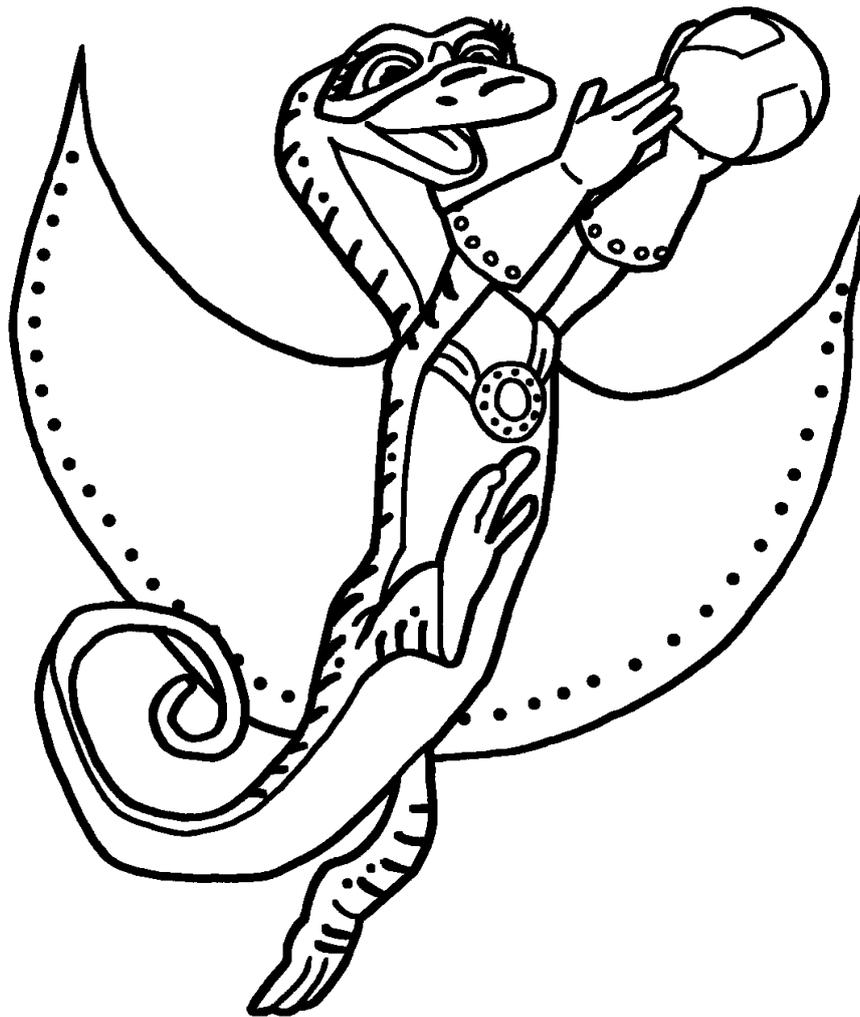
What is the name of this Superhero Food? (English): _ _ _ _ _



Do you call this something different at home?

What is the name of this Superhero Food? (Noongar): _____

What is the name of this Superhero Food? (English): _____



Do you call this something different at home?

**What is the name of this Superhero Food?
(Noongar):** _ _ _ _ _

**What is the name of this Superhero Food?
(English):** _ _ _ _ _



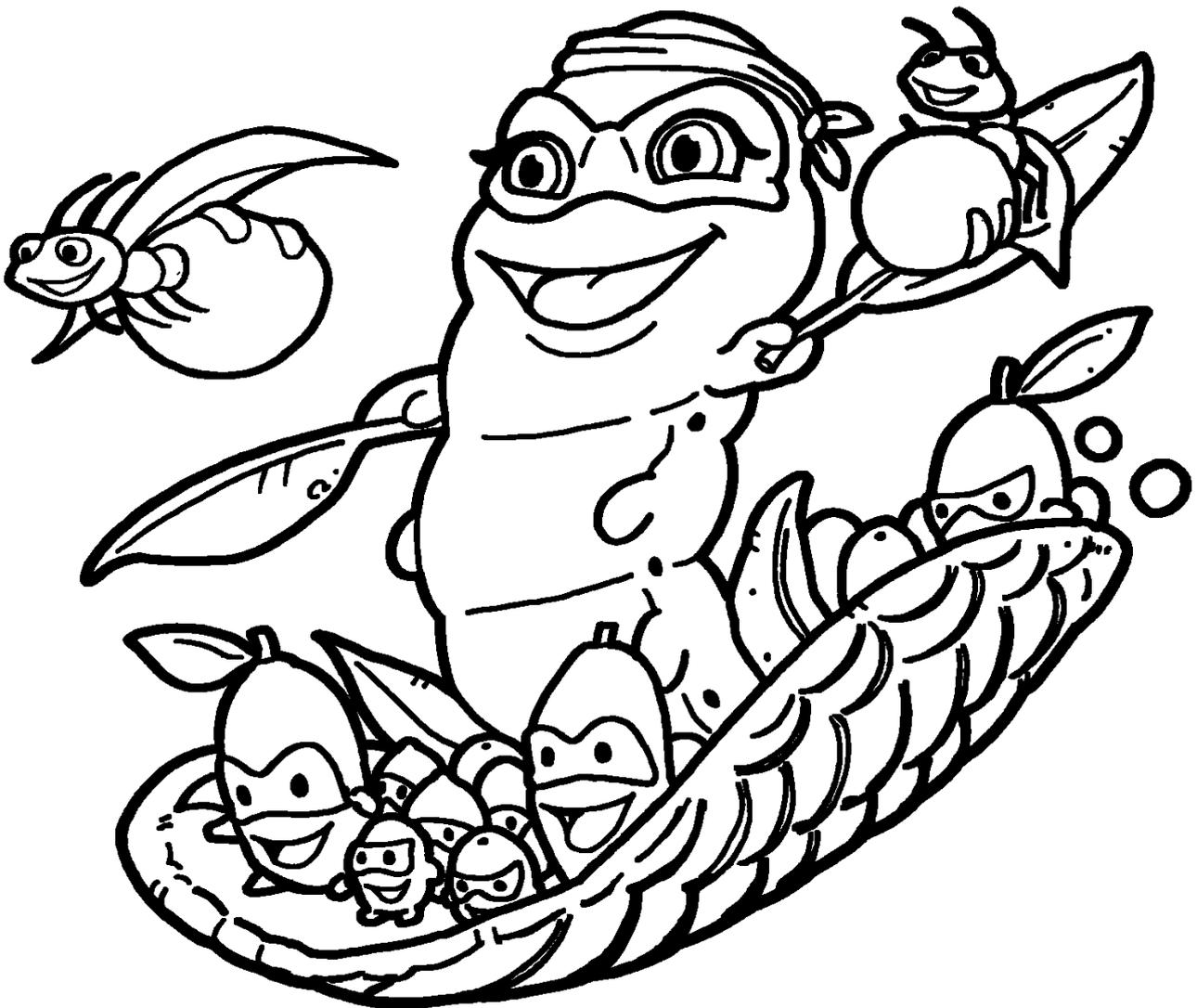
**Do you call this something different at
home?**

What is the name of this Superhero Food?

(Noongar): _____

What is the name of this Superhero Food?

(English): _____



Do you call this something different at home?

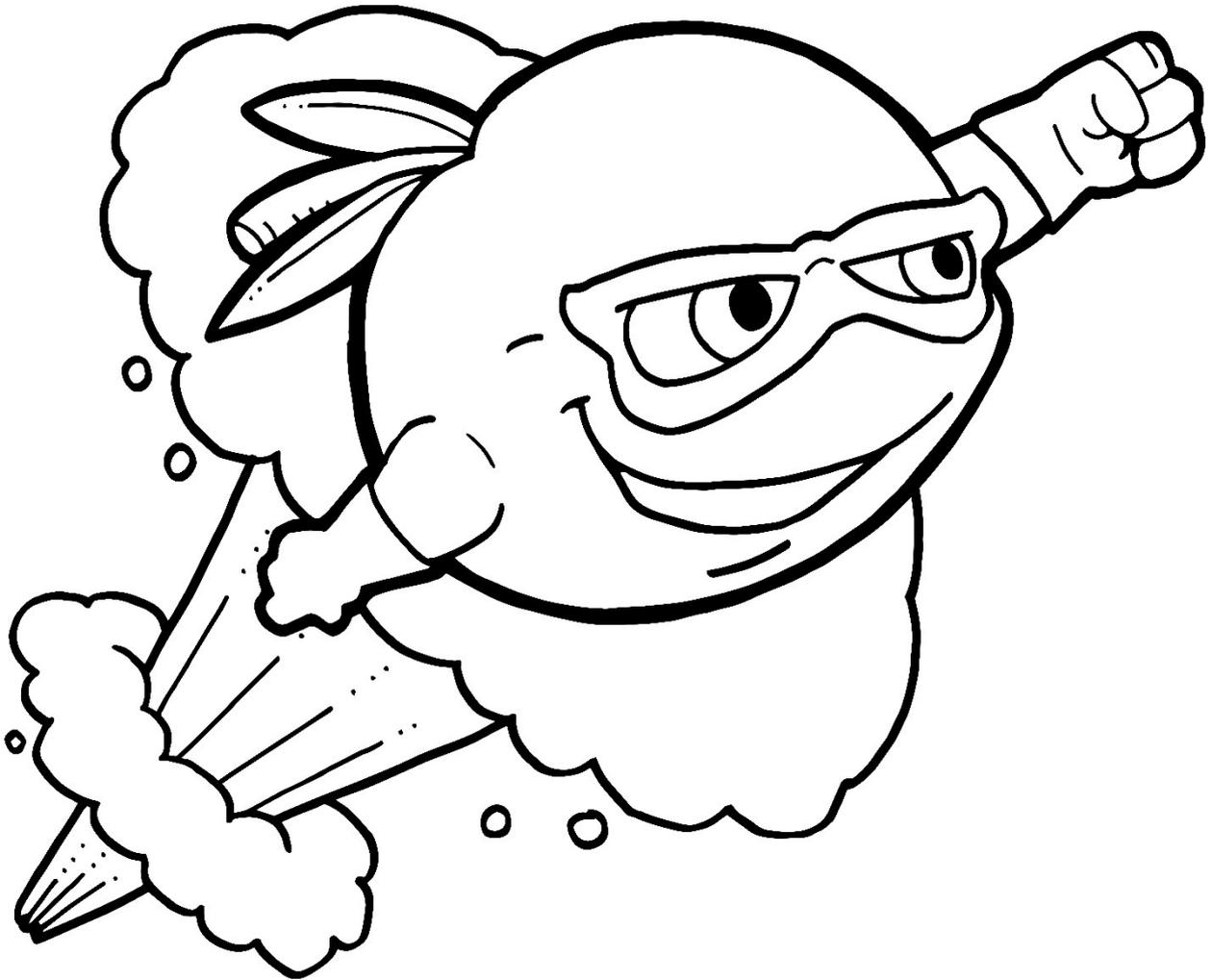
What is the name of this Superhero Food? (Noongar): _ _ _ _

What is the name of this Superhero Food? (English): _ _ _ _ _



Do you call this something different at home?

**What is the name of this
Superhero Food?**



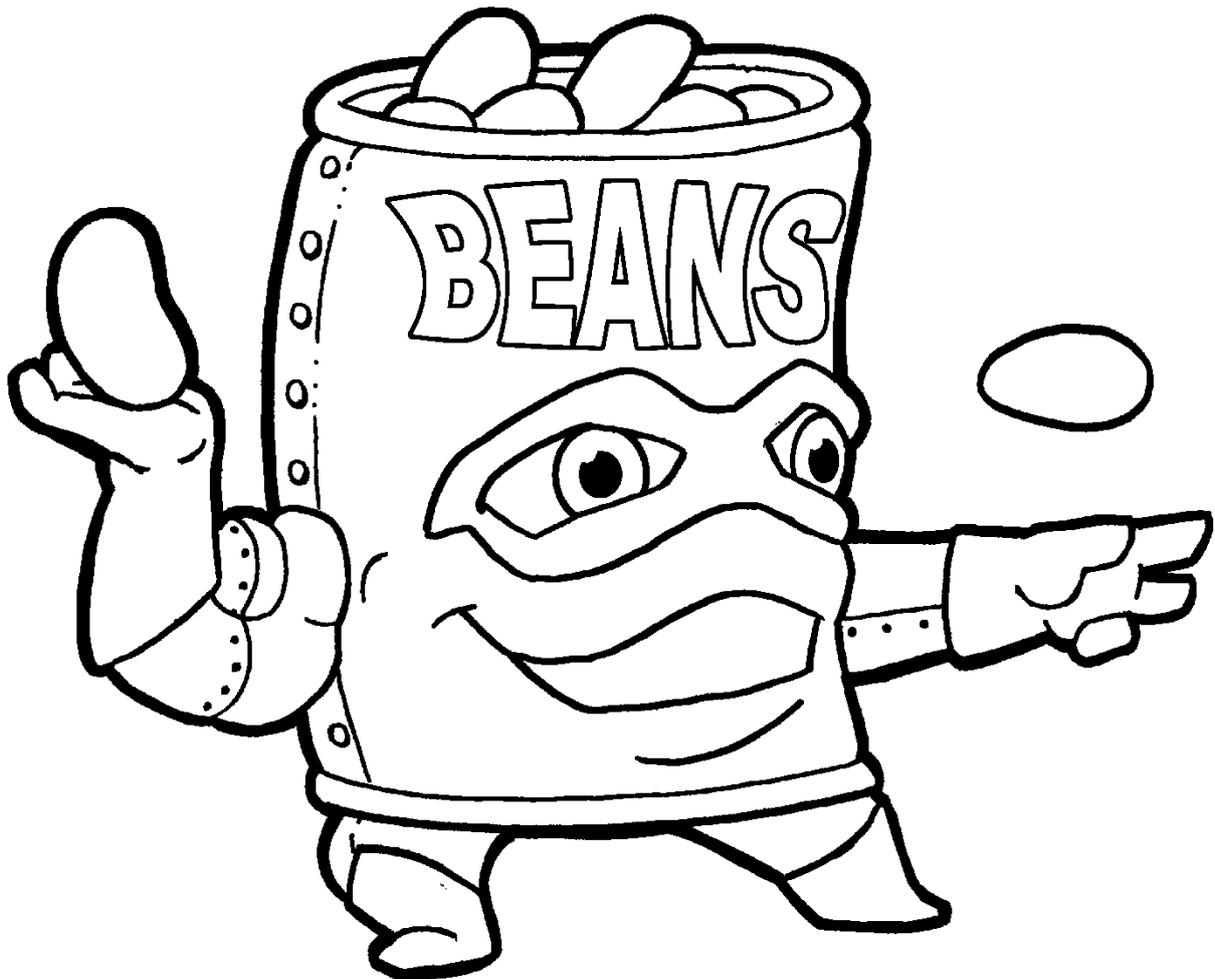
**Do you call this something different at
home?**

**What is the name of this
Superhero Food?**



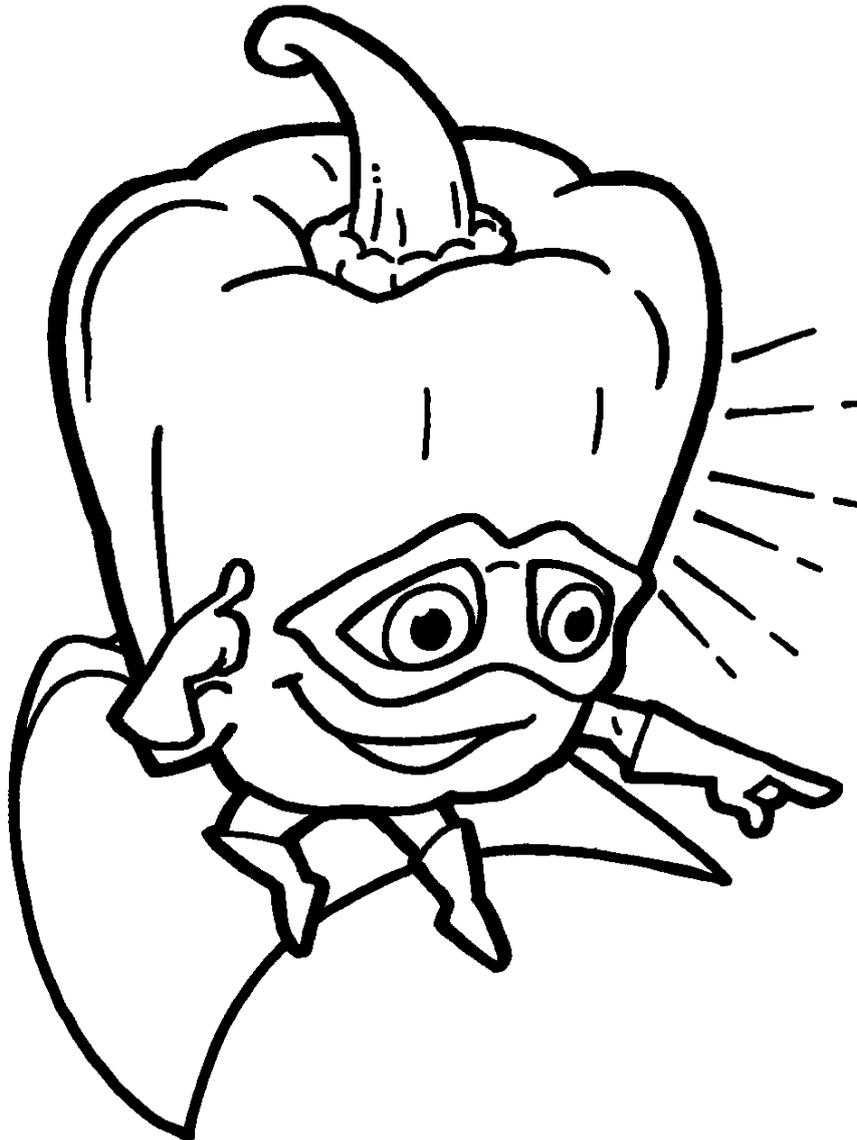
**Do you call this something different at
home?**

Do you like beans? What are your favourite beans?



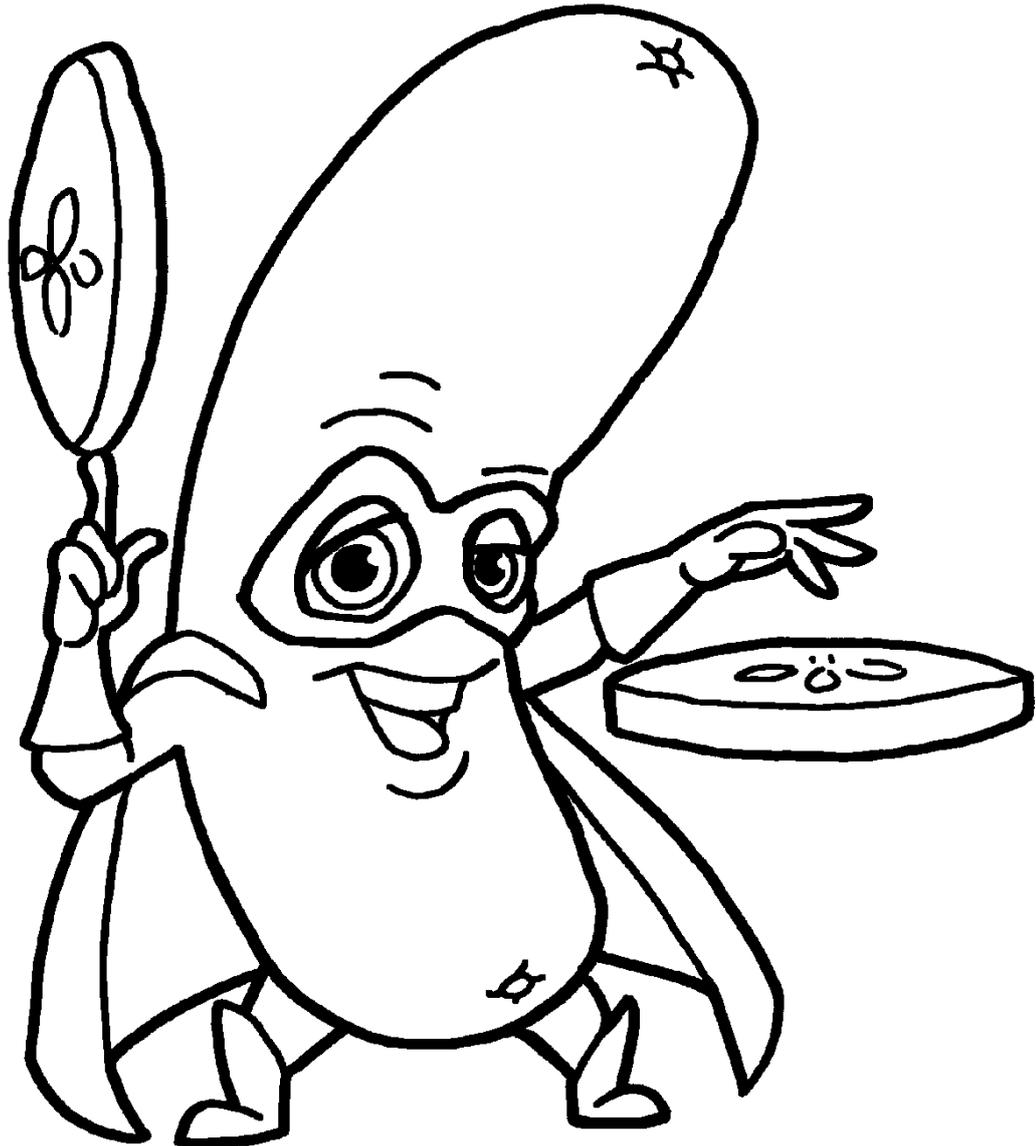
Do you call this something different at home?

**What is the name of this
Superhero Food?**



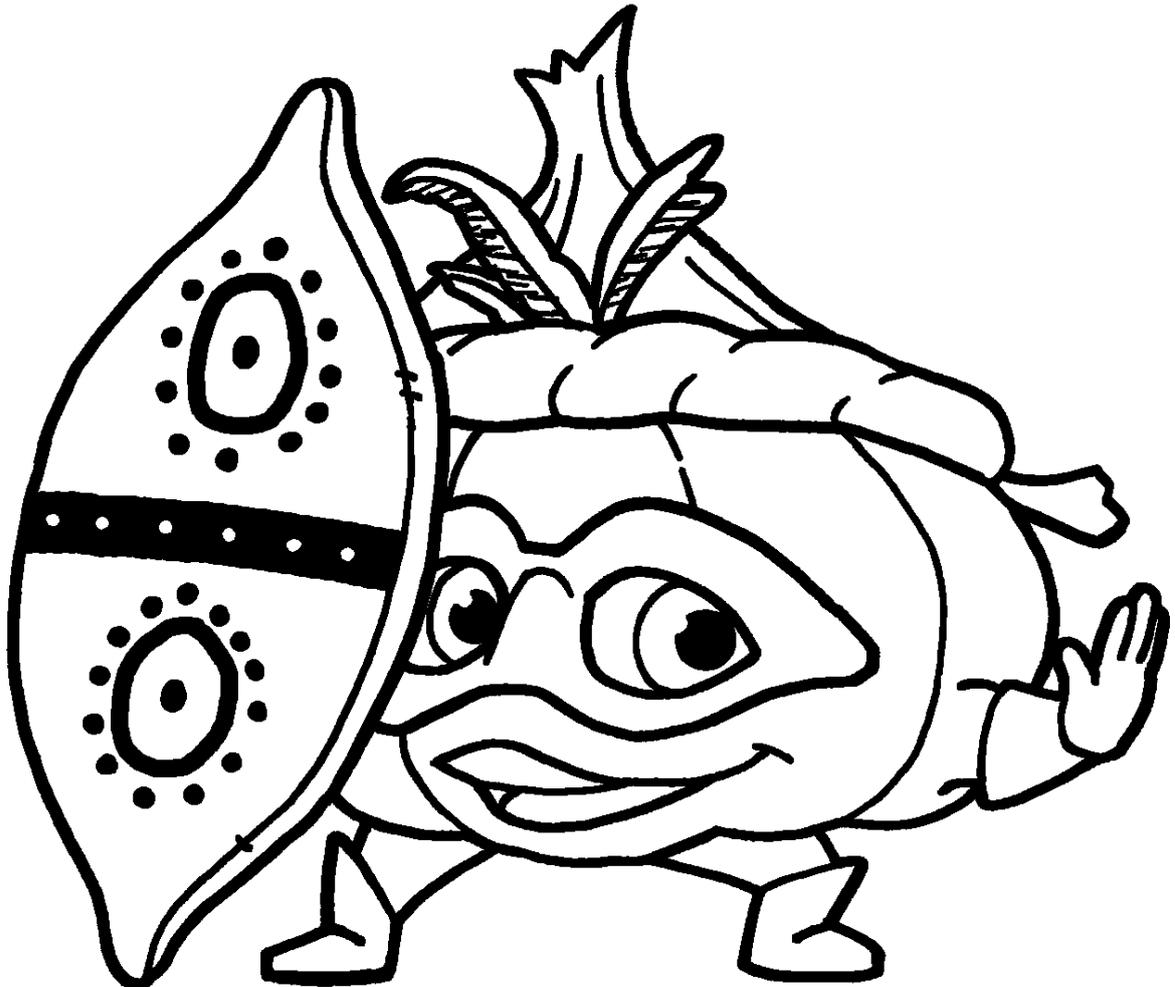
**Do you call this something different at
home?**

What is the name of this Superhero Food?



Do you call this something different at home?

**What is the name of this
Superhero Food?**



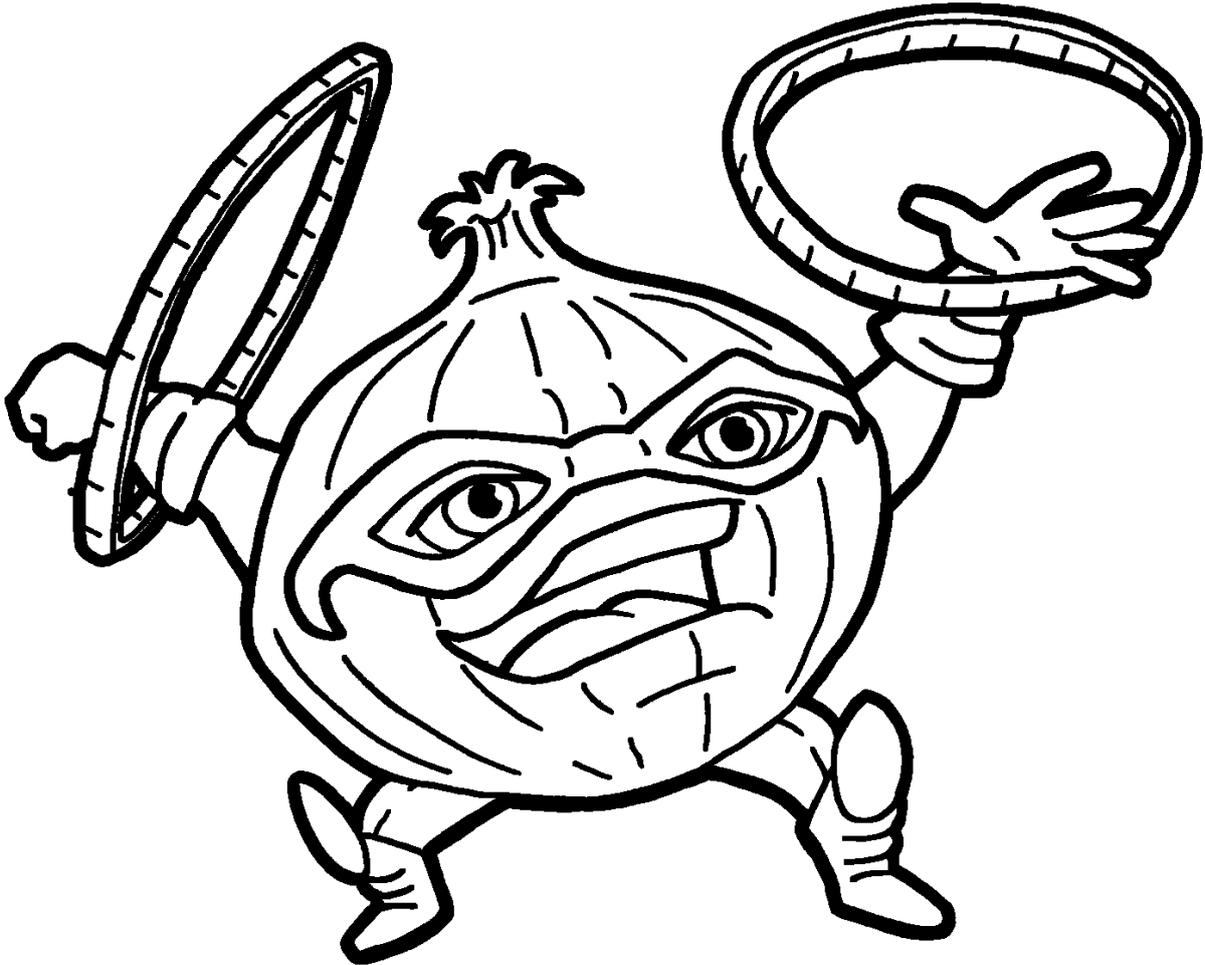
**Do you call this something different at
home?**

What is the name of this Superhero Food?



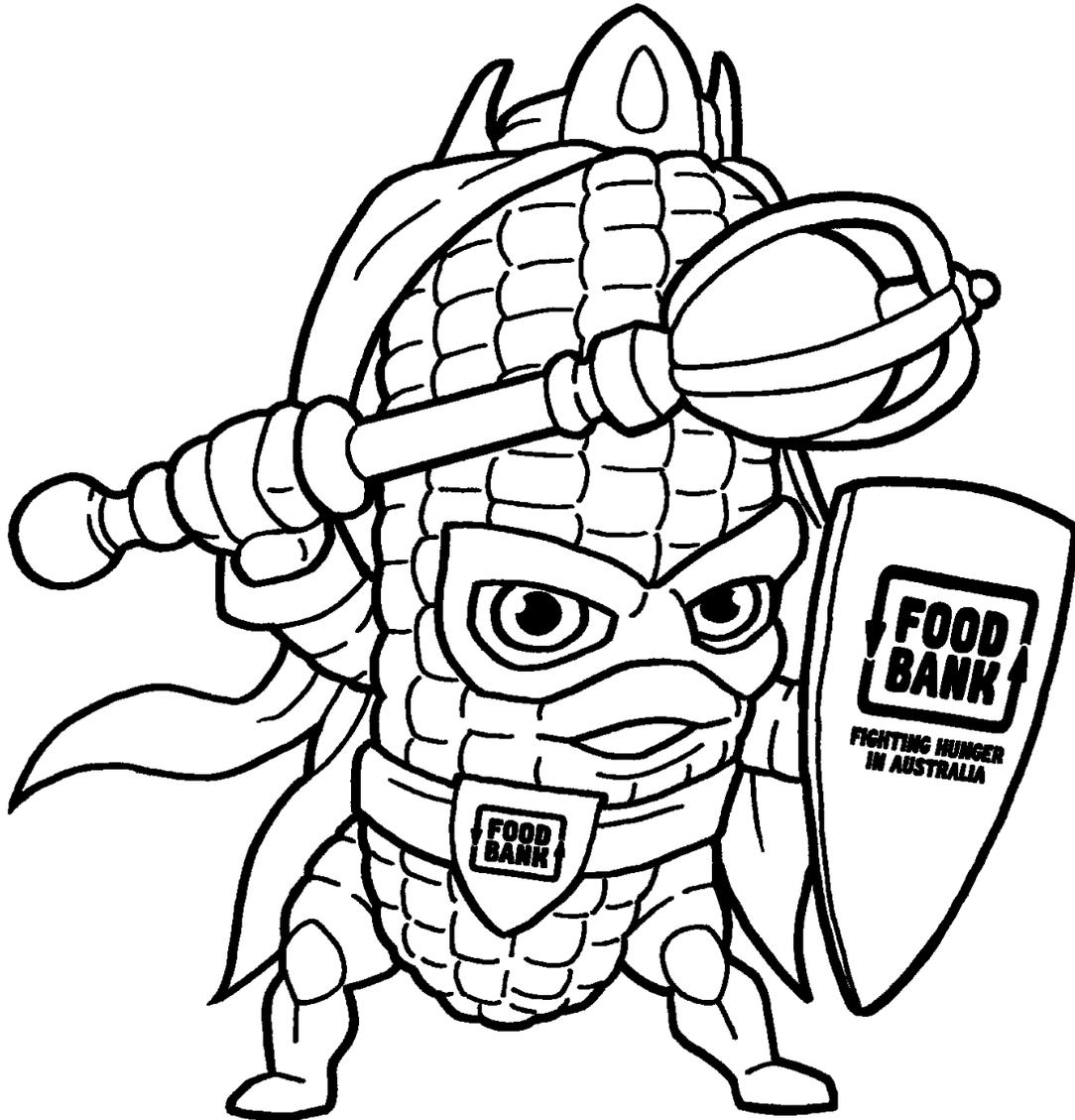
Do you call this something different at
home?

**What is the name of this
Superhero Food?**



**Do you call this something different at
home?**

What is the name of this Superhero Food?



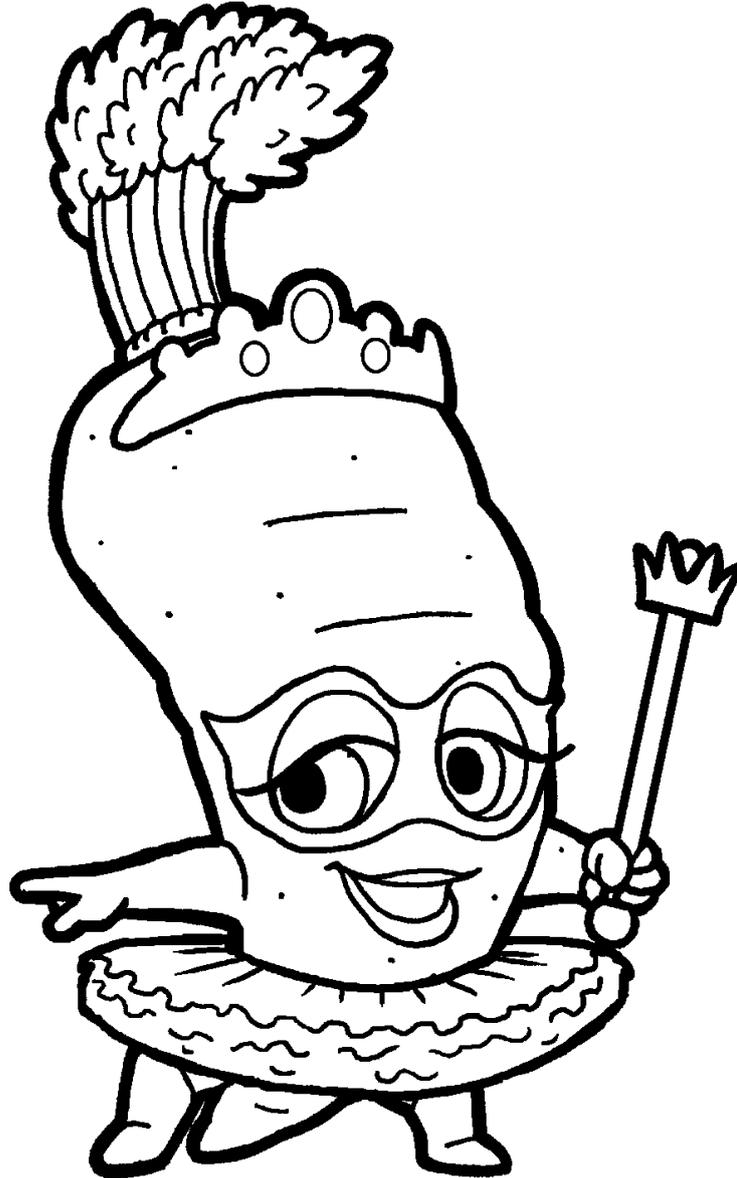
Do you call this something different at
home?

**What is the name of this
Superhero Food?**



**Do you call this something different at
home?**

Do you like carrots?



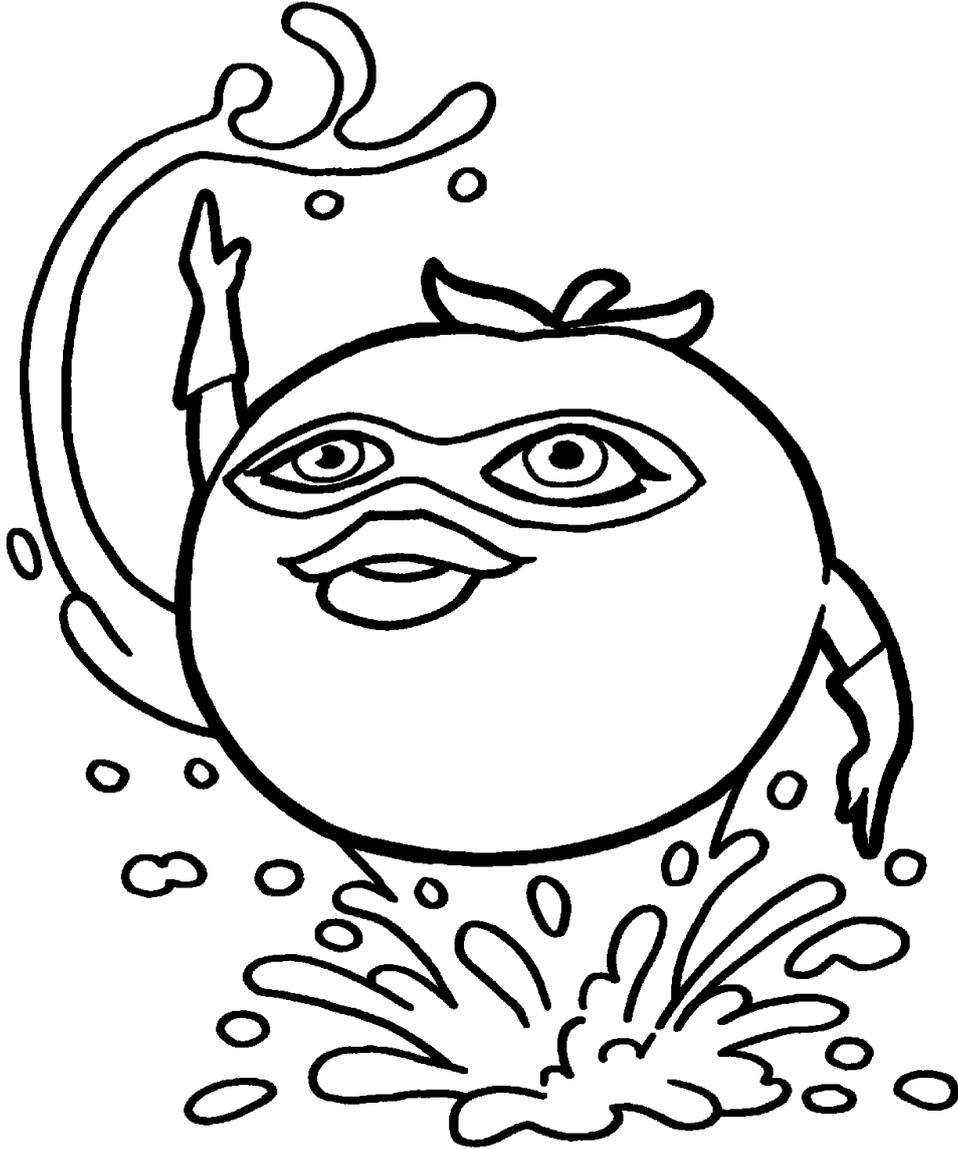
Do you call this something different at home?

What is the name of this Superhero Food?



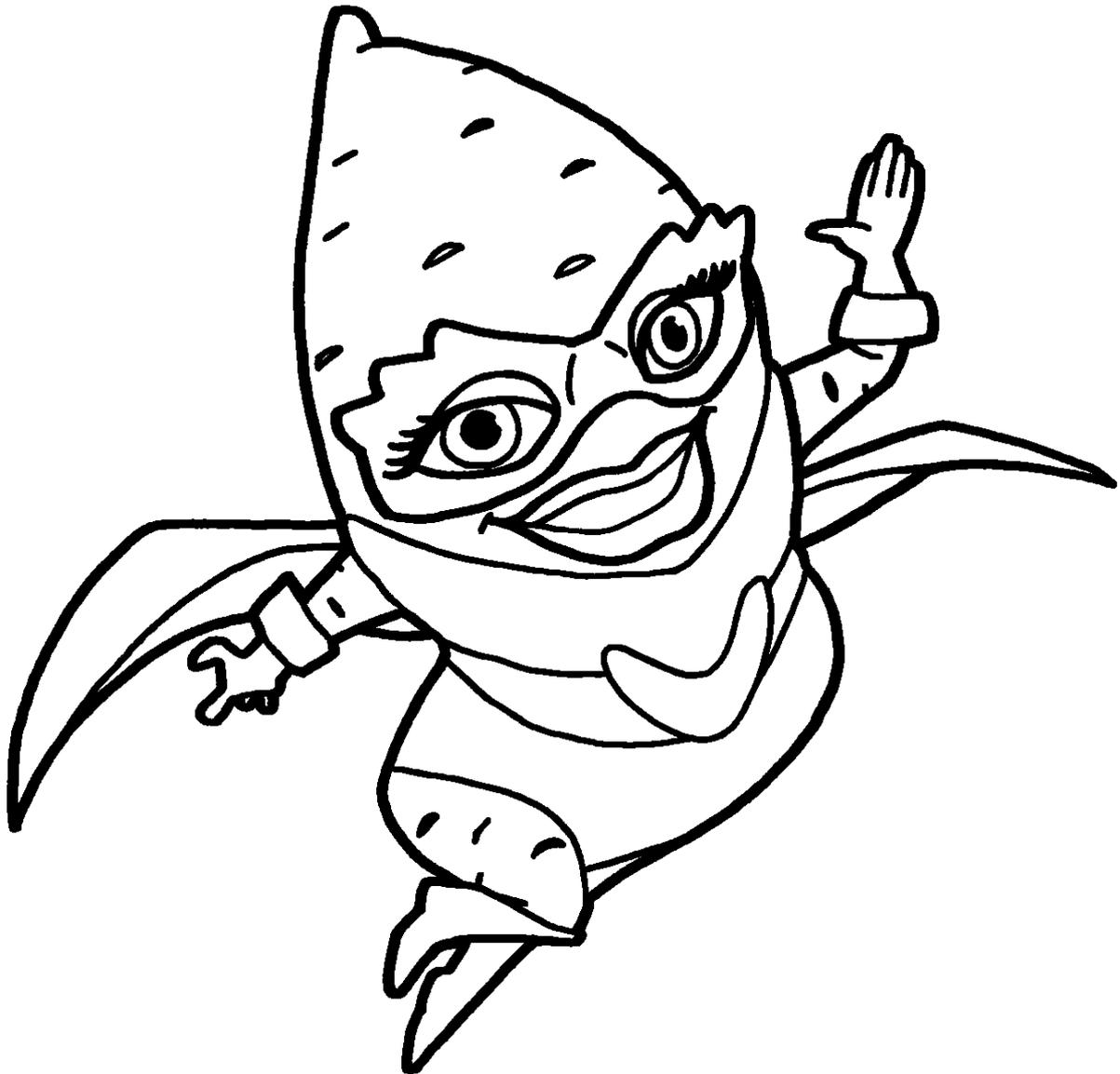
Do you call this something different at home?

**What is the name of this
Superhero Food?**



**Do you call this something different at
home?**

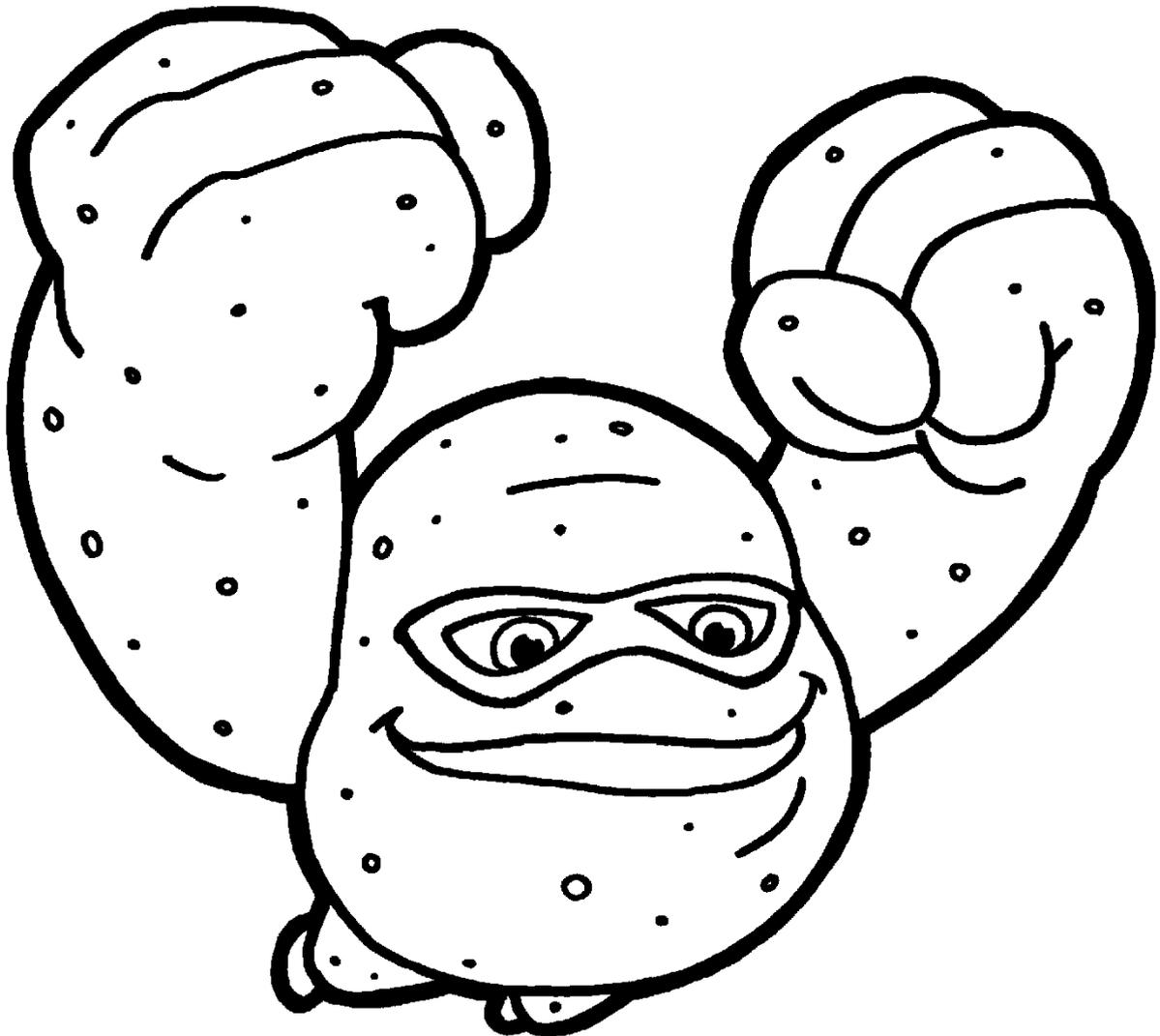
What is the name of this Superhero Food?



Do you call this something different at home?

What is the name of this Superhero Food? (Noongar): _____

What is the name of this Superhero Food? (English): _____



Do you call this something different at home?

**What is the name of this
Superhero Food?**



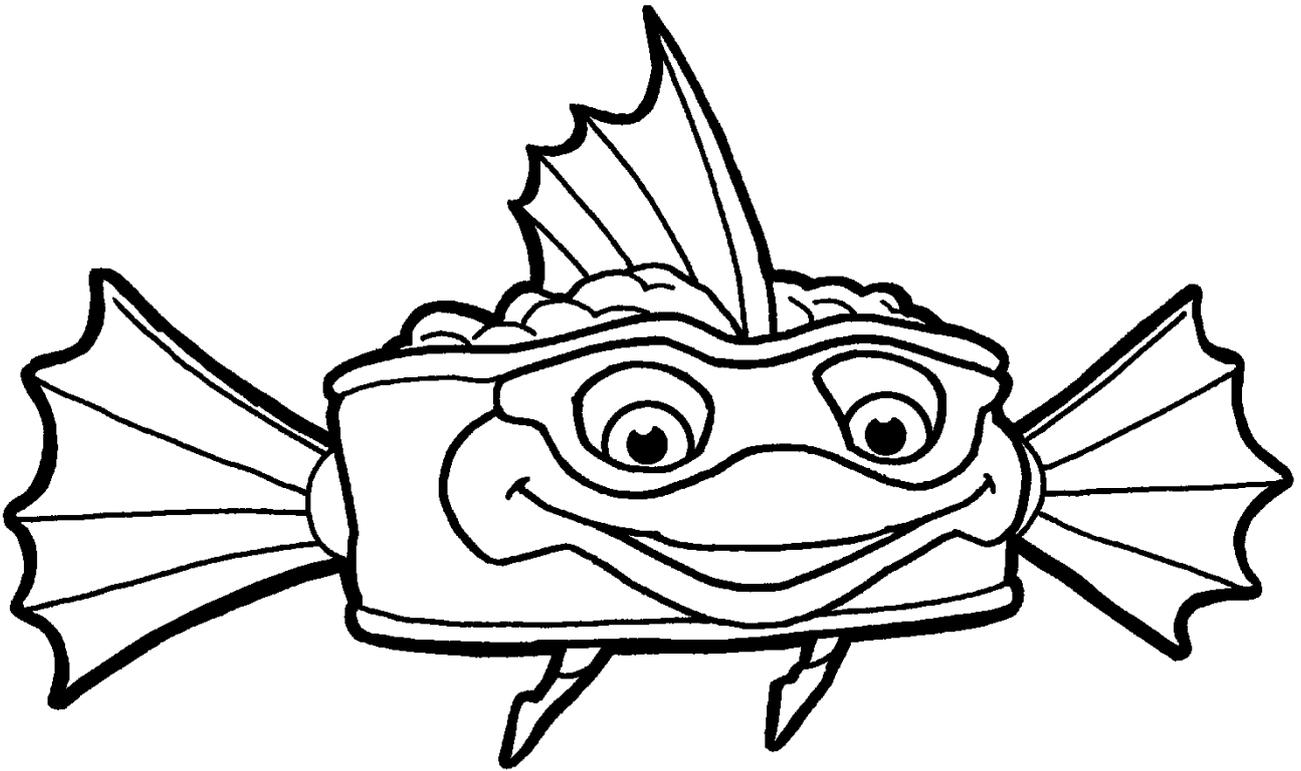
**Do you call this something different at
home?**

What is the name of this Superhero Food?

(Noongar): _____

What is the name of this Superhero Food?

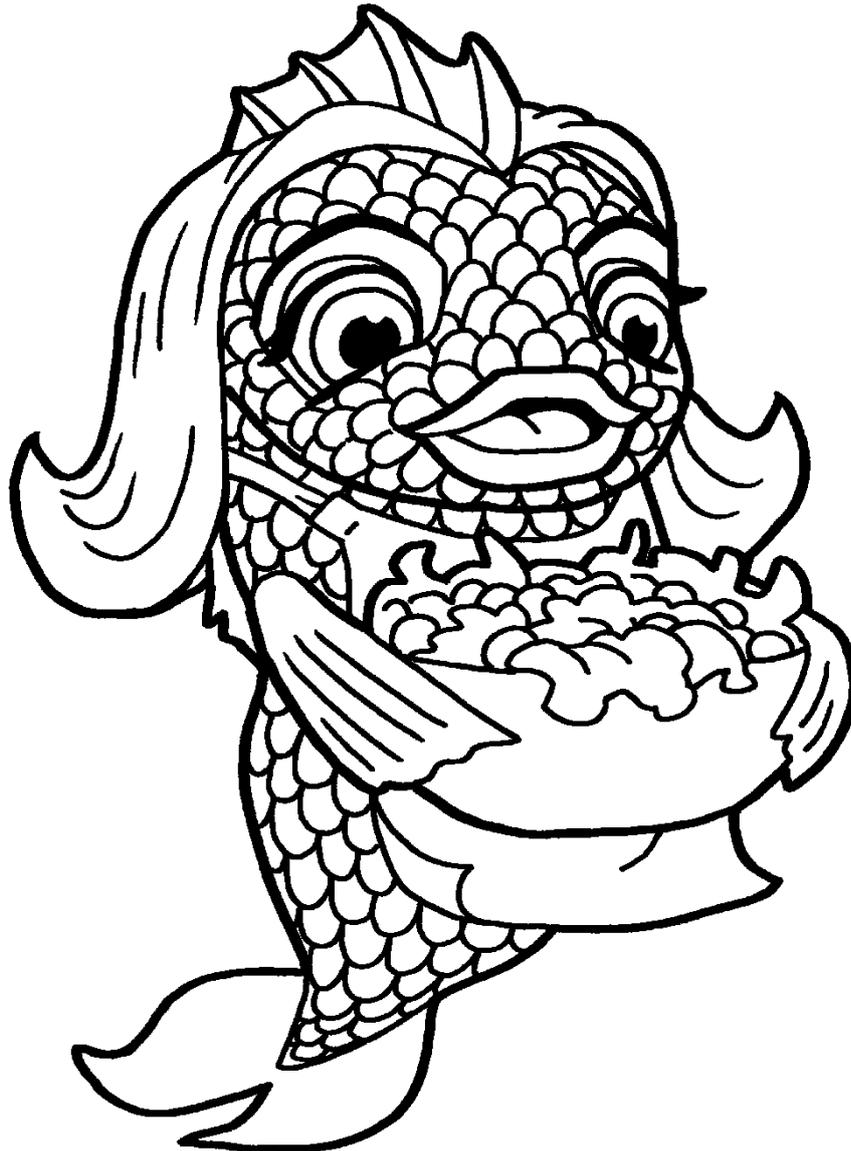
(English): _____



Do you call this something different at home?

**What is the name of this Superhero Food?
(Noongar):** _____

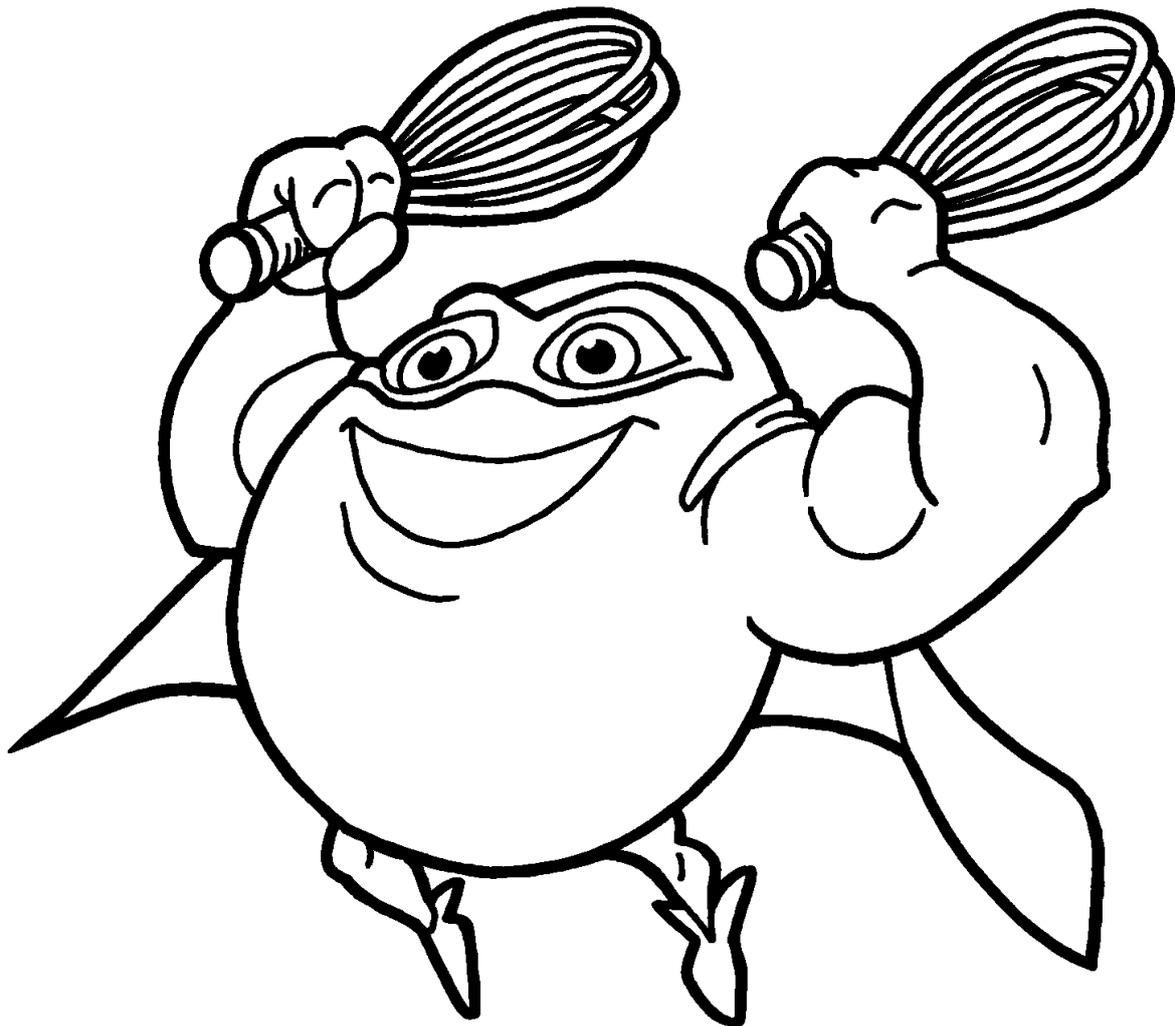
**What is the name of this Superhero Food?
(English):** _____



**Do you call this something different at
home?**

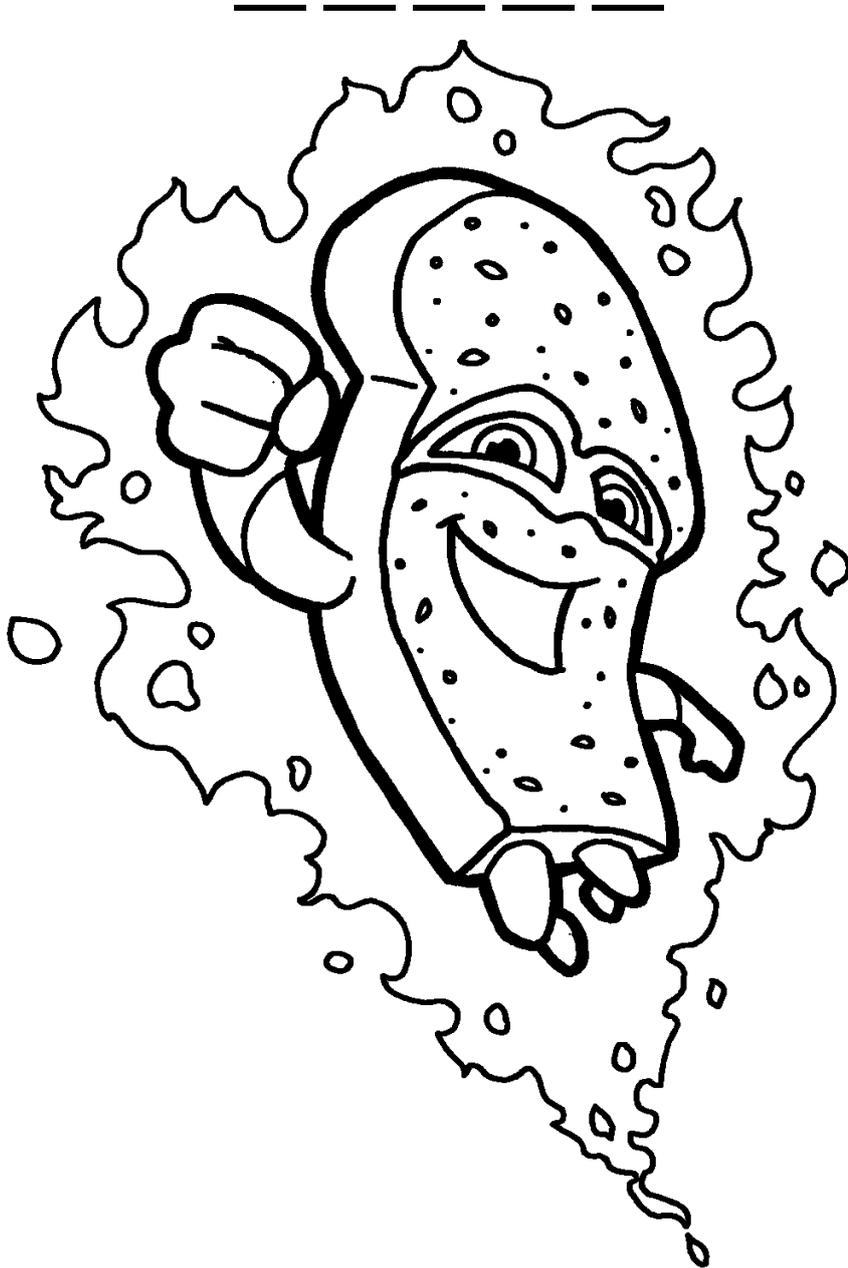
What is the name of this Superhero Food? (Noongar): _____

What is the name of this Superhero Food? (English): _____



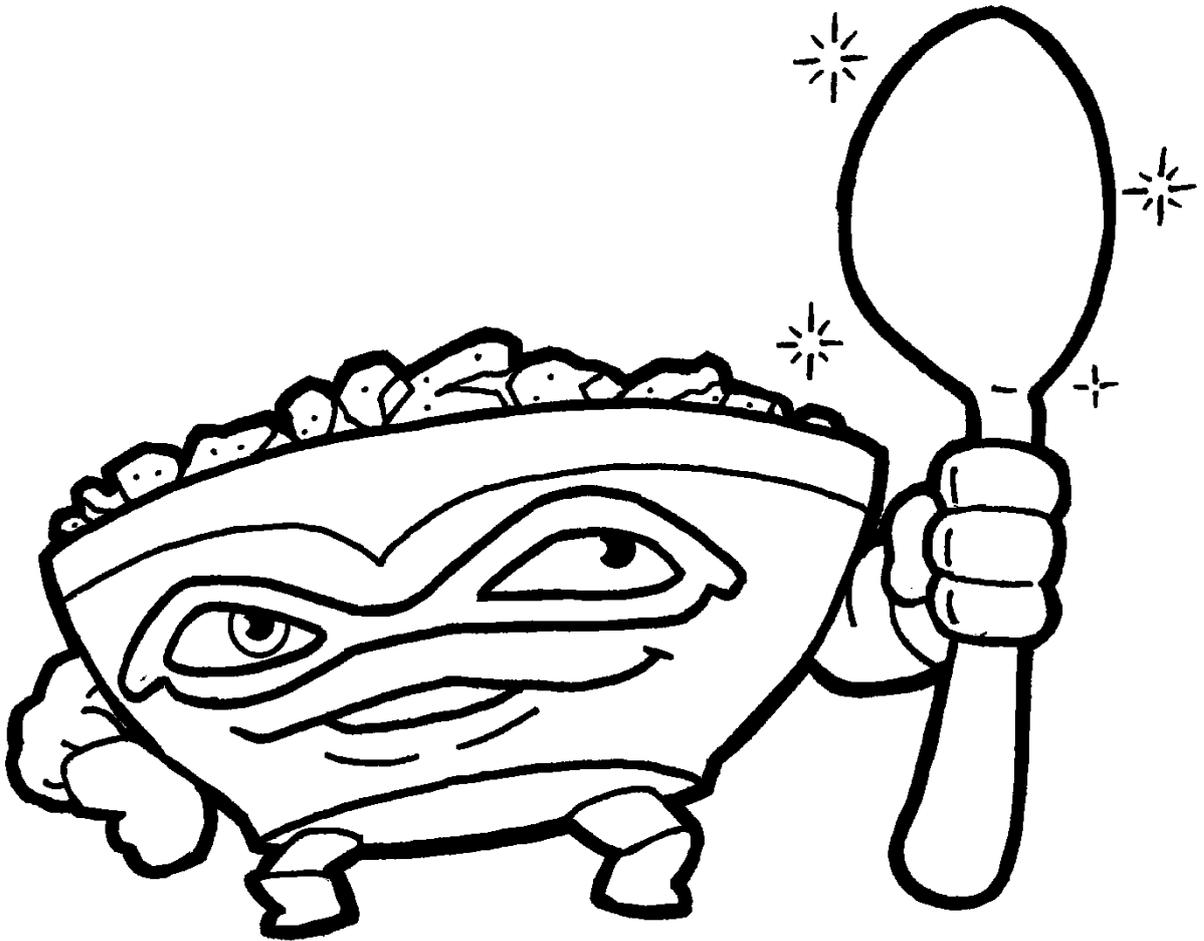
Do you call this something different at home?

**What is the name of this
Superhero Food?**



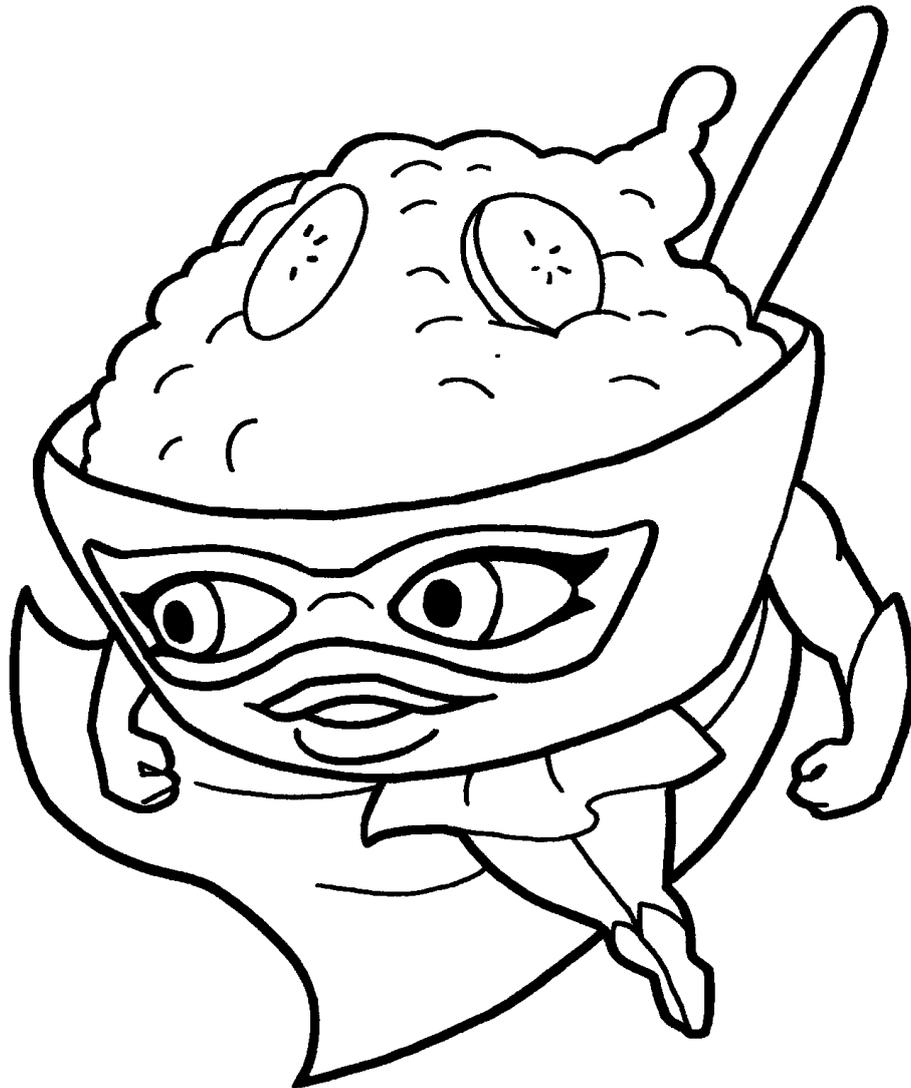
**Do you call this something different at
home?**

**What is the name of this
Superhero Food?**



**Do you call this something different at
home?**

**What is the name of this
Superhero Food?**



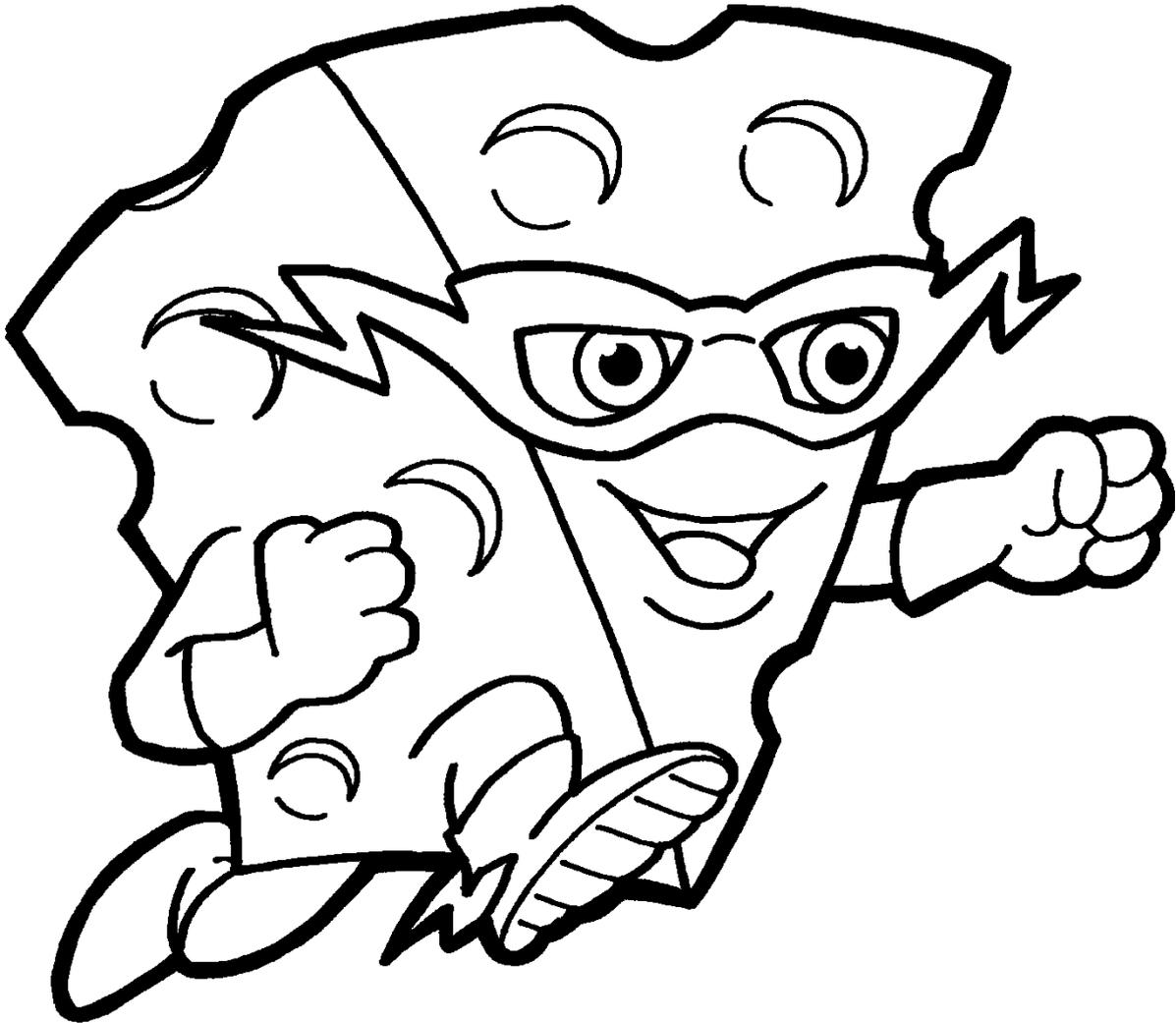
**Do you call this something different at
home?**

**What is the name of this
Superhero Food?**



**Do you call this something different at
home?**

**What is the name of this
Superhero Food?**



**Do you call this something different at
home?**

**What is the name of this
Superhero Food?**



**Do you call this something different at
home?**

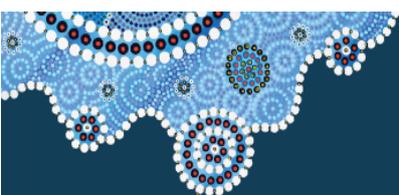
Do you like yoghurt?
What is your favourite yoghurt?



Do you call this something different at home?

Answers by Page:

1. Banana
2. Carrot
3. Milk
4. Damper
5. Noodles
6. Watermelon
10. Dartj/ Meat
11. Karda/ Goanna
12. Yonga/ Kangaroo
13. Marluk Meriny/ Bush Tucker
14. Kep/ Water
15. Apple
16. Orange
18. Capsicum
19. Cucumber
20. Garlic
21. Dried Herbs
22. Onion
23. Corn
24. Broccoli
26. Snow Pea
27. Tomato
28. Sweet Potato
29. Kahno/ Potato
30. Chicken
31. Djildjit/ Tinned Fish
32. Djildjit/ Fresh Fish
33. Noorook/ Egg
34. Bread
35. Cereal
36. Porridge
37. Pasta
38. Cheese
39. Yoghurt



www.armadale.wa.gov.au

