APPLE CRISP DESSERT

Ingredients:

1 1/2L	6 cups sliced apples
15ml	1 tbsp. lemon juice
50ml	1/4 cup brown sugar
75ml	1/3 cup sifted all-purpose flour
150ml	2/3 cup rolled oats
75ml	1/3 cup soft butter or margarine
75ml	1/3 cup brown sugar

Method:

1. Put the apples in a greased baking dish and sprinkle with lemon juice and 1/4 cup (50ml) brown sugar.
2. Mix flour, oats and sugar. Cut in butter until mixture resembles coarse bread crumbs.
3. Sprinkle over apples.
4. Bake at 375°F (190°C) until apples are tender and topping is lightly browned (30-40 minutes). Makes 6 servings.

ᐊᐅᑦ ᑐᓇᑦᑕ

ᐊᓐ ᒫᓐᑲᓐ ᐃᔭᐱᑎᖅᑐᑦ:

ᑯᓐᑖᖅᑐᑦ ᒥᓂᖅᑐᑭᓐ ᐋᒋᑦᑕᓂᕐᒥᑭᓐᑐᑦ ᐊᐅᑦᑐᑦ

ᐊᕐᑯᑦ ᑲᒥᓯᒋᑦᑎᑦᑐᑦ ᐋᒥᖅᑐᓐ ᓄᒥᓐ ᒍᑦ

ᐊᕐᑯᑦ ᓱᑲᑯᔭᓐ ᒥᓂᖅᑐᑭᓐ ᐅᓐᐅᓐᑲᑦ

1/3 ᒥᓂᖅᑐᑭᓐ ᐱᖅᑐᓱᑭᓂᑦ

2/3 ᒥᓂᖅᑐᑭᓐ ᐊᕐᒥᓂᑦ

1/3 ᒥᓂᖅᑐᑭᓐ ᐋᕐᑦᑭᕐᑦ ᐱᑦ

1/3 ᒥᓂᖅᑐᑭᓐ ᐅᓐᐅᓐᑲᑦ

ᐊᓐᑖ ᒫᑐᑖᑭᓐᑦ:

1. ᐋᒋᑐᒪᐱᑦᑭᓂᒥᓐ ᐋᐃᖅᑯᓇᐅᔭᑭᓐ ᐋᑯᑦ ᒫᐱᑦᑎᓂᒥᓐ ᐊᐅᑦᑐᑦ ᑭᔭ ᒫᐱᓂᐱᖅᑕᐃᓐ ᓄᒥᓐ ᒍᑦ ᑭᔭ ᐊᕐᑯᑦ ᓱᑲᑯᔭᓐ ᒥᓂᖅᑐᑭᓐ ᐅᓐᐅᓐᑲᑦ.
2. ᒫᒪᓂᒥᓐ ᐱᖅᑐᑭᓂᑦ, ᐃᕐᒥᓂᑦ ᑭᔭ ᓐᑲᑦ. ᐊᓐᑖ ᒫᐃᓱᒪᑎᓐᑦ ᐱᑦ ᓐᒪᖅᑦ ᐋᐱᓯᑦ ᐱᓐᔭᔭᐃᖅᑯᓇᑦ ᐃᓱᓇᑯᖅᒫ.
3. ᒫᐱᓂᐱᖅᑕᐃᓐ ᐊᓂᖅᐃ ᐊᐅᑦᑐᑦ ᐋᐃᖅᑎᑯᖅᑦ.
4. ᒫᐱᖅᑕᐱᑦᑭᖅᐊᒥᓐ 375 ᐋᐃᖅᑖᑦ ᑭᔭᐱᑦᒫᓐᐋᓐ ᑭᔭ ᐊᑎᒥᕐᖅᑭᖅᑖᓱᒫ ᐊᓐᑦ ᐅᑦᑦ ᓂᑦᑐᒥᑎᓐ ᑭᔭ ᒪᑦ ᓇᒥᑎᓐ ᒥᓂᑯᑦ. ᑯᓐᑖᖅᑐᑦ ᐊᓐᐋᓐᑭᑦ ᑭᑎᑦᐱᕐᖅᑦ.

OLD FASHIONED RICE PUDDING

Ingredients:

125ml	1/2 cup long-grain rice
75ml	1/3 cup sugar
2ml	1/2 tsp. salt
1ml	1/4 tsp. nutmeg
500ml	2 cups milk
150ml	2/3 cup water
7ml	1 1/2 tsp. butter
75ml	1/3 cup raisins

Method:

1. Mix all the ingredients, except raisins, in a greased baking dish.
2. Cook in a 300°F (150°C) oven, uncovered, for 1 hour.
3. Add the raisins and mix well.
4. Bring the oven at 250°F (120°C) and cook uncovered for another 1 1/2 hour. Serve hot.

From: La cuisinière, Five Roses

ᐸᐧᑭᒃ ᑲᑦᑐᓇᑯᐤᐊᑭᓂᐅᒃ ᐅᐣᑲᑐᒃ

ᐊᓐ ᒐᐧᑲᓐ ᐃᔭᐱᑎᐤᒃ:

ᐊᐱᐤᑑ ᒥᓂᐤᑲᑭᓐ ᐅᐣᑲᑐᒃ

⅓ ᒥᓂᐤᑲᑭᓐ ᓂᐱ

ᐊᐱᐤᑑ ᐊᒥᐤᑲᓂᐣ ᑐᐅᐤᑖᑭᓐ

ᐋᐅᐧ ᑐᑲᑯᔭᓐ ᐊᒥᐤᑲᓂᐣ ᓇᑦᑎᒃ

ᓃᔅ ᒥᓂᐤᑲᑭᓐ ᑑᑐᑐᓇᐳᐃ

⅔ ᒥᓂᐤᑲᑭᓐ ᓂᐱ

ᐋᐅᐧ ᒦᓐ ᐊᐱᐤᑑ ᐊᒥᐤᑲᓂᐣ ᐱᑦ

⅓ ᒥᓂᐤᑲᑭᓐ ᓅᒥᓂᑐᒃ

ᐊᓐᑖ ᒐᑐᑎᑭᓇᒃ:

1. ᒥᓯᐧᐊ ᒐᐃᑖᐤᐊᒥᓐ ᒥᐧ ᐊᓐᒋ ᓅᒥᓂᑐᒃ ᒐᐃᐣᑯᓂᐧᑖᐧ ᑭᔭ ᐊᐃᐤᑯᓇᐅᔭᑭᓂᑐᒃ ᐊᒋᑐᒐᐱᐣᒋᓂᒥᓐ ᒐᐱᒋᐣᑎᓂᒥᓐ.
2. ᒐᐱᐤᑖᐱᐣᑭᐤᐊᒥᓐ ᐋᐅᐧᑲᐧ ᐊᒋᓂᐧᑲᓂᐤᑖᑦ ᐱᓯᒧᐤᑲᓐ ᐊᑲ ᑯᓂᐤᒋᐧᐊᐤᐊᒥᓐ 300 ᐊᐃᐤᑏᑦ ᒋᔅᐱᐣᑮᐧᐊᓐ.
3. ᐃᔭᐧ ᒐᐱᒋᐣᑎᓂᐧᑖᐧ ᓅᒥᓂᑐᒃ ᑭᔭ ᑯᐃᐣᐧ ᒐᐃᑖᐤᐊᒥᓐ.
4. ᒐᐊᒍᓂᑦ ᒋᔅᐱᐣᒐᐧᐊᓐ 250 ᒐᑏᑦ ᒦᓐ ᐋᐅᐧᑲᐧ ᒦᓐ ᐊᐱᐤᑑ ᐊᒋᓂᐧᑲᓂᐤᑖᐃᒃ ᐱᓯᒧᐤᑲᓐ ᒐᑎᑭᓯᐧᑖᐧ. ᐊᐤᒋᓂᑖᒃ ᒐᒪᑎᓂᐧᐊᐃᓐ.

BANANA BRAN BREAD

Ingredients:

375ml	1 1/2 cup whole wheat flour
50ml	1/4 cup sugar
10ml	2 tsp. baking powder
2ml	1/2 tsp. soda
2ml	1/2 tsp. salt
50ml	1/4 cup vegetable oil
2	2 eggs
5ml	1 tsp. vanilla
375ml	1 1/2 cup mashed banana
250ml	1 cup bran cereals (eg. All Bran)
50ml	1/4 cup walnut, finely chopped

Method:

1. Combine flour, sugar, baking powder, soda and salt.
2. Mix oil, eggs, vanilla with mashed banana.
3. Add cereals and walnut. Add to the dry ingredients. Mix only until the dry ingredients are dampened.
4. Pour into a loaf pan and bake in a 350°F (180°C) oven for 1 hour. Makes 18 slices.

From: Healthy Recipes, Saint-Sauveur Hospital, Val d'Or.

ᐱᓐᓇ ᐸᕐᓂ ᐃᓐᕐᔭᐃᑦᑯᓇᑦ

ᐊᓐ ᒫᓐᑲᓐ ᐃᔭᐱᑎᑦᑕ:

ᐋᓐᑯ ᒥᓐ ᐋᐱᑑ ᒥᓂᑦᑲᒋᓐ ᑲᓐᐃᐱᓯᑕ ᐱᑦᑲᓯᒋᓂᑕ

ᐋᓐᑯ ᓱᑲᑯᔭᓐ ᒥᓂᑦᑲᒋᓐ ᓈᑲᑦ

ᓈᓕ ᐋᒥᑦᑲᓂᑦ ᐅᑦᐱᓯᒋᓐ

ᐋᐱᑑ ᐋᒥᑦᑲᓂᑦ ᓯᑖ

ᐋᐱᑑ ᐋᒥᑦᑲᓂᑦ ᓱᐅᑦᑖᒋᓐ

ᐋᓐᑯ ᓱᑲᑯᔭᓐ ᒥᓂᑦᑲᒋᓐ ᐱᒥᑦ

ᓈᓕ ᐋᑦᑦ

ᐋᓐᑯ ᐋᒥᑦᑲᓂᑦ ᐸᓂᑖ

ᐋᓐᑯ ᒥᓐ ᐋᐱᑑ ᒥᓂᑦᑲᒋᓐ ᐋᒋᐱᒋᑦᒋᑦᐃᒋᑲᑦ ᐱᓇᑦ

ᐋᓐᑯ ᒥᓂᑦᑲᒋᓐ ᒐᒋᔭᐸᔭᐅᒥᒋᒐᑦ ᐸᕐᓂ ᐋᐃᑦᑎᑯᑦᑕ

ᐋᓐᑯ ᓱᑲᑯᔭᓐ ᒥᓂᑦᑲᒋᓐ ᐅᑦᐋᓐᓇᑦ ᐋᒋᐱᓯᑦᑕᒋᐅᑦᑕ

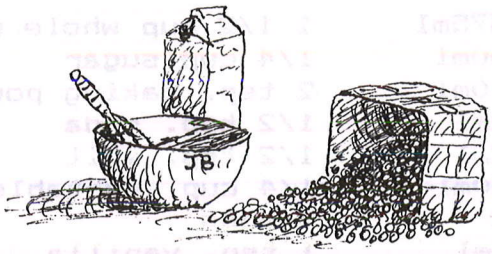
ᐊᓐᑖ ᒐᑐᑎᒋᑲᑦᑕ:

1. ᒐᒫᑦᐋᒥᓐ ᐱᑦᑲᓯᒋᓂᑕ, ᓈᑲᑦ, ᐅᑦᐱᓯᒋᓐ, ᓯᑖ ᒋᔭ ᓱᐅᑦᑖᒋᓐ.
2. ᒐᒫᑦᐋᒥᓐ ᐋᐃᑖᑦᐋᒥᓐ ᐱᒥᑦ, ᐋᑦᑦ, ᐸᓂᑖ ᒋᔭ ᐋᒋᐱᒋᑦᒋᑦᐃᒋᑲᑦ ᐱᓇᑦ.
3. ᒐᐱᒋᑦᑎᓂᒥᓐ ᒐᒋᔭᐸᔭᐅᒥᒋᒐᑦ ᒋᔭ ᐋᐋᓐᓇᑦ. ᒥᓯᐋ ᒐᑦᑲᓐ ᒐᒫᑦᐋᒥᓐ ᒋᔭ ᑏᐋᑦᑕ
ᓂᐱᐅᑦᑲᑦᐋ ᐊᓂᑦᐃ ᐋᐸᑦᑖᑦ ᒐᑦᑲᓂᑦᐃ ᒐᐳᓂᓐ ᐋᐃᑖᑦᐋᒥᓐ.
4. ᐋᐃᑦᑯᓇᐅᔭᒋᓂᑦ ᒐᐃᓂᑯᑎᐱᓂᒥᓐ ᒋᔭ ᒐᐱᑦᑖᐱᑦᒋᑦᐋᒥᓐ ᐋᓐᑦᑲᑦ ᐋᒋᓂᑦᑲᓂᑦᑖᑦ ᐱᓯᒧᑦᑲᓐ
350 ᐋᐃᑦᑏᑦ ᒋᔭᐱᑦᒐᑦᐋᓐ. ᓂᔭᓇᓇᐅᔭᑦ ᒐᑎᓯᒋᓐ ᒋᑏᑦᐱᔭᑦ.

CRANBERRY PUDDING

Ingredients:

500ml	2 cups whole raw cranberries
325ml	1 1/3 cup sifted flour
7ml	1 1/2 tsp. baking powder
1ml	1/4 tsp. salt
150ml	2/3 cup sugar
1	1 egg
5ml	1 tsp. vanilla
125ml	1/2 cup milk



Method:

1. Wash cranberries and drain.
2. Sift flour, baking powder and salt together.
3. Cream margarine and sugar. Add the egg and beat well. Add vanilla and milk. Mix
4. Add flour and stir until smooth.
5. Fold in cranberries.
6. Put mixture in a greased baking dish. Cover the dish.
7. Put the dish in a pan containing a small amount of hot water.
8. Cook for about 45 minutes in a 325°F (160°C) oven.

Adapted from: Foods for Health Student Handbook
Foods for Health Teaching Aids.

ᐸᐧᐃᓯᒋᒥᐧ ᐋᐧᐊᑎᐧᒡ ᐳᑎᐧ

ᐊᐧ ᒫᐧᑲᐧ ᐃᔭᐱᑎᐧᒡ:

ᓵᓴ ᒥᓂᐧᑲᑭᐧ ᐋᒥᓯᐧᐋᔭᒡ ᐧᐃᓯᒋᒥᐧ

ᐋᓴᐧ ᒦᐧ ⅓ ᐋᓱᑯᐧᐋᐃᐧᐋᑭᓂᐅᒡ ᐃᐧᑲᓱᑭᓂᒡ

ᐋᓴᐧ ᒦᐧ ᐋᐱᐧᑑ ᐋᒥᐧᑲᓂᒡ ᐅᐧᐱᓯᑭᐧ

ᐋᓴᐧ ᓱᑲᑯᔭᐧ ᓱᐅᐧᑖᑭᐧ

⅔ ᒥᓂᐧᑲᑭᐧ ᓵᑲᐧ

ᐋᓴᐧ ᐧᐋᐧ

ᐋᓴᐧ ᐋᒥᐧᑲᓂᒡ ᐸᓂᒫ

ᐋᐱᐧᑑ ᒥᓂᐧᑲᑭᐧ ᑑᑑᓱᓈᐳᐃ

ᐊᐧᑖ ᒫᑑᑎᑭᓈᒡ:

1. ᒫᒋᒡᑖᐸᐅᑖᐃᐧ ᒦᓂᒡ ᑭᔭ ᒫᓱᒡᑲᐸᒋᐱᐧᑖᐃᐧ.
2. ᒫ ᓱᑯᐧᐋᐃᐧᐃᐧᑖ ᐃᐧᐊᐧᑲᓱᑭᓂᒡ, ᐅᐧᐱᓯᑭᐧ ᑭᔭ ᓱᐅᐧᑖᑭᐧ ᒫᒧ.
3. ᒫᐃᑖᔭᐧᑯᐧᐋᒥᐧ ᓵᑲᐧ ᑭᔭ ᐱᑦ. ᐧᐋᐧ ᒫᐱᒋᐧᑎᓂᒥᐧ ᑭᔭ ᓈᐅᒡ ᒫᐃᑖᔭᐧᑯᐧᐋᒥᐧ.
   ᒫᑯᑎᐱᓂᑦ ᑑᑑᓱᓈᐳᐃ ᑭᔭ ᐸᓂᒫ. ᑯᐃᐧᑯ ᒫᐃᑖᔭᐧᑯᐧᐋᒥᐧ.
4. ᒫᐱᒋᐧᑎᓂᐧᑖᐧ ᐱᐧᑲᓱᑭᓂᒡ ᑭᔭ ᑯᐃᐧᑯ ᒫᐃᑖᐧᐋᒥᐧ.
5. ᐸᐧᑲᒡ ᒫᐃᑖᔭᐧᑯᐧᐋᒥᐧ ᐋᐱᒋᐧᑎᓂᒥᐧ ᐧᐃᓯᒋᒥᐧ.
6. ᐋᒋᑐᒫᐱᐧᒋᓂᒥᐧ ᐋᐃᐧᑯᓈᐅᔭᑭᐧ ᐋᑯᑦ ᒫᑯᑎᐱᓂᒥᐧ. ᒫᑯᓂᐧᒋᐧᐋᐧᐋᒥᐧ.
7. ᒫᐋᐧᑯᐃᐧᑑᐧᑖᐃᐧ ᒦᐧ ᐋᐃᐧᑯᓈᐅᔭᑭᓂᐧᒡ ᐊᐱᑑᐧ ᐋᒋᔭᑭᒥᑖᐧ ᓂᐱᐧᒡ ᐋᐧᐋᑯᐧᑖᐃᐧ.
8. ᒫᐱᐧᑖᐱᐧᑭᐧᐋᒥᐧ 325 ᐋᐃᐧᑏᑦ ᒋᔭᐱᐧᒫᐧᐋᐧ ᓈᒥᑎᓈ ᓂᔭᔭᑦ ᒥᓂᑯᐧ ᐃᐧᐱᐧ.

OATMEAL MOLASSES COOKIES

Ingredients:

400ml	1 3/4 cup sifted all purpose flour
5ml	1 tsp. baking soda
1ml	1/4 tsp. salt
10ml	2 tsp. cinnamon
3ml	3/4 tsp. cloves
75ml	1/3 cup oil
50ml	1/4 cup brown sugar, firmly packed
50ml	1/4 cup molasses
5ml	1 tsp. vinegar
75ml	1/3 cup evaporated milk
2	2 eggs
500ml	2 cups oats
125ml	1/2 cup raisins

Method:

1. Mix oil, sugar and molasses. Beat well.
2. Add vinegar to milk and add to the above mixture.
3. Beat eggs into mixture.
4. Sift flour, soda, salt, cinnamon and cloves.
5. Stir in oats and add sifted dry ingredients (of step 4).
6. Stir the mixture well. Add raisins.
7. Drop batter by spoonfuls onto cookie sheet and bake in a 375°F (190°C) oven for about 15 minutes. Makes 5 to 6 dozen.

Adapted from: Northern Cookbook. Eleanor A. Ellis

ᐊᔾᒥᓐ ᐋᐃᓐᑯᓇᔅ ᑭᔅ ᒥᑦᓱᔅ ᐋᓐᐋᐱᑎᓐᔅ

ᐊᓐ ᒫᓐᑲᓐ ᐃᔅᐱᑎᓐᔅ:

ᐋᓐᓱ ᒦᓐ ᓂᒃᑐᓯᑲᑯᔅᓐ ᒥᓂᓐᑲᑭᓐ ᐱᓐᑲᓯᑭᓂᔅ

ᐋᓐᓱ ᑯᑲᑯᔅᓐ ᒥᓂᓐᑲᑭᓐ ᒥᑦᓱᔅ

ᐋᓐᓱ ᐋᒥᓐᑲᓂᔅ ᐯᑭᓐᔅ ᓱᑦ

ᐋᓐᓱ ᐋᒥᓐᑲᓂᔅ ᐱᓂᑭᔅ

ᐋᓐᓱ ᑯᑲᑯᔅᓐ ᐋᒥᓐᑲᓂᔅ ᐅᑭᓐᑦᑭᓐ

⅓ ᑲᐱᓐᔅᓐᑲᑭᒥᓯᑦ ᑐᑐᓯᓇᐳᐃ

ᓐᓂ ᐋᒥᓐᑲᓂᔅ ᓯᓂᒥᓐ

ᓐᓂ ᓐᐋᒃᓐ

ᓂᒃᑐ ᑯᑲᑯᔅᓐ ᐋᒥᓐᑲᓂᔅ ᔅᓗᑦᔅ

⅓ ᒥᓂᓐᑲᑭᓐ ᐱᒦᒃ

ᓐᓂ ᒥᓂᓐᑲᑭᓐ ᐃᐋᒥᓂᔅ

ᐋᐱᓐᑑ ᒥᓂᓐᑲᑭᓐ ᓱᒥᓂᔅ

ᐋᓐᓱ ᑯᑲᑯᔅᓐ ᒥᓂᓐᑲᑭᓐ ᐅᐋᐅᐋᑲᒃ ᐋᒃᐋᒥᔅᒥᓇᔅ

ᐊᓐᑦ ᒫᑐᑦᑭᓇᔅ:

1. ᑯᐃᔅᓐ ᒫᒪᒧᐋᒥᓐ ᐋᐃᑦᐋᒥᓐ ᐱᒦ, ᓐᑲᒃ ᑭᔅ ᒥᑦᓱᔅ.
2. ᐱᓂᑭᔅ ᒫᐱᔅᑎᓂᒥᓐ ᑐᑐᓯᓇᐳᐃᔅ ᐃᔅᓱ ᐊᓐᑦ ᒫᐃᓯᑯᑎᐱᓂᑦ.
3. ᓐᐋᒃᐃ ᐊᓐᑦ ᑭᔅ ᒫᐃᓯᐃᑦᐋᒥᓐ.
4. ᒫᓯᑯᓐᐋᐱᐃᓐᑦ ᐱᒃᓐᑲᓯᑭᓂᔅ, ᓱᑦ, ᓱᐅᐃᑦᑭᓐ ᓱᓂᒥᓐ ᑭᔅ ᔅᓗᑦᔅ.
5. ᒫᐱᔅᑎᓂᓐᑦ ᐃᐋᒥᓂᔅ ᑭᔅ ᐊᓐ ᑲᓯᑯᓐᐋᐱᐃᑦᐃᓐ.
6. ᑯᐃᔅᓐ ᒫᐃᑦᐋᒥᓐ ᑭᔅ ᒫᐱᔅᑎᓂᓐᑦ ᓐᒥᓂᔅ.
7. ᐋᒥᓐᑲᓂᔅ ᒫᐋᐱᒥᐃᑦ ᐋᐃᓐᑯᓇᔅ ᐋᐅᓯᐋᑭᓂᐅᔅ ᐋᑯᑦ ᒫᑦᐋᐱᔅᑎᓂᓐᑦ.
ᒫᐱᐋᑦᐱᔅᑭᐋᐅᓐᑦ 375 ᐋᐃᓐᑦᑦ ᑭᔅᐱᔅᒫᓐᐋᓐ ᓂᔅᓱᔅᑦ ᒥᓂᑯᔅ ᐃᔅᐱᔅ. ᑯᓐᑦᓱᒥᑎᓇ
ᑭᔅ ᒫᔅ ᓐᓐᔅᓱᒥᑎᓇ ᑭᑎᐋᑎᓐᔅ ᐋᐃᓐᑯᓇᔅ.

PEANUT BUTTER COOKIES

Ingredients:

125ml	1/2 cup shortening
125ml	1/2 cup white sugar
125ml	1/2 cup brown sugar
125ml	1/2 cup peanut butter
375ml	1 1/2 cup flour
5ml	1 tsp. baking soda
1	1 egg
2ml	1/2 tsp. vanilla

Method:

1. Cream the shortening. Add sugar gradually and beat until sugar and shortening are well mixed.
2. Add peanut butter. Beat. Add the egg and vanilla and beat well.
3. Sift flour and soda together. Sift again.
4. Add flour to peanut butter mixture. Mix well.
5. Form dough into balls and place on a greased cookie sheet.
6. Press down cookies with a wet fork.
7. Bake cookies about 10-12 minutes in a 400°F (200°C) oven. Makes about 5 dozen.

Adapted from: Foods for Health Student Handbook
Foods for Health Teaching Aids

ᐲᓇᑦ ᐸᑎᑦ ᐋᐃᖅᑯᓇᓱᒃ

ᐊᓐ ᒐᓐᑲᓐ ᐃᔭᐱᑎᖅᒃ:

ᐋᐱᖅᑑ ᒥᓂᖅᑲᑭᓐ ᐱᒥ
ᐋᐱᖅᑑ ᒥᓂᖅᑲᑭᓐ ᓱᑲᒥ
ᐋᐱᖅᑑ ᒥᓂᖅᑲᑭᓐ ᐲᓇᑦ ᐸᑎᑦ
ᐋᓐᓄ ᒦᓐ ᐋᐱᖅᑑ ᒥᓂᖅᑲᑭᓐ ᐱᖅᑲᓱᑭᓂᒃ

ᐋᓐᑖ ᒐᑐᑎᑭᓇᒃ:

ᐋᓐᓄ ᐋᒥᖅᑲᓂᖅ ᐊᑭᓐᓄᑦ

1. ᓯᖅᒃ ᒐᐃᑖᔭᑦᑯᖅᐋᒥᓐ ᐱᒥ ᐹᖅᑲᒃ ᒐᐱᒋᑦᑎᓂᒥᓐ ᓱᑲᒥ ᐹᑐᖅ ᐹᖅᑯᑖᐅᑭᖅᐋᒥᓇᓐ
2. ᒐᐱᒋᑦᑎᓂᑦ ᐲᓇᑦ ᐸᑎᑦ ᑯᐃᑦᑯ ᒐᐃᑖᔭᑦᑯᖅᐋᒥᓐ ᒐᐱᒋᑦᑎᓂᒥᓐ ᐋᒥᒥ, ᐸᓂᒥ ᑭᔭ ᔭᐱᒃ ᑯᐃᑦᑯ ᒐᐃᑖᔭᑦᑯᖅᐋᒥᓐ
3. ᒐᓂᑯᓐᐋᐱᖅᐃᓐᑖᒥ ᐱᖅᑲᓱᑭᓂᒃ ᑭᔭ ᓱᑖ ᓂᓐᔭᒥ
4. ᐊᓐᑖ ᒐᐃᓂᐃᑖᔭᑦᑯᖅᐅᓐᑖᒥ ᐱᖅᑲᓱᑭᓂᒃ ᑯᐃᑦᑯ
5. ᒐᓐᐋᐅᔭᓂᑦ ᑭᔭ ᐋᐃᖅᑯᓇᓱᒃ ᐋᐅᓂᖅᐋᑭᓂᐅᒃ ᐋᐃᖅᑯᓇᐅᔭᑭᓂᖅᒃ ᒐᐱᒋᑦᑎᓂᓐᑖᒥ
6. ᒐᓂᐱᑭᖅᐅᓐᑖᒥ ᐋᓂᖅᑲᐱᑦᑲᒃ ᒦᖅᑎᖅᐃᑭᓐ ᐋᖅᐋᒥᖅᑖᐃᓐ
7. ᒐᐱᖅᑖᐱᑦᑭᖅᐅᓐᑖᒥ ᒥᑖᖅᑐ ᑭᔭ ᒐᒃ ᓇᓂᔭᑉ ᒥᓂᑯᖅ 400 ᐋᐃᖅᑏᑦ ᒋᔭᐱᑦᒐᓐᐋᓐ ᓐᐃᔭᓐᐋ ᑯᓐᑖᓯᒥᑎᓄ ᑭᑎᖅᑎᓂᒃ