

English	CHUUKESE	Sounds like. . .
Vegetable	Chon ira	Chehn ee-rah
Fruit	Foun ira	Feh-un ee-rah
Eat more	Mongo watte	Mwung-eh wa-teh
Meat	Seli	Seh-nee
Starchy (staple food)	Mongon fenuach	Mwe-ngen feh-new-ach
Calcium-rich/	Mongon apichokuna	Mwe-ngen a-peh-che-kuhn -
Boil	Puur	Puur
Fry	Frain	Fuh-rah-in
Wash	Tolu	Teh-new
Measure	Kapo	Kah-poh
Health/ Well-being	Pichokun	Pi-choh-kun

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