

Merne Mwerre Activity Book



Illustrated by
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Children's Ground acknowledges and pays respects to all First Nations people, ancestors and future generations.

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Merne Mwerre are Arrernte words meaning ‘Good Food’

This book accompanies the Children’s Ground song Merne Mwerre, featured on the children’s music album Ampe-mape Alyelheme (Kid’s Sing) released in 2023.

Merne Mwerre celebrates keeping your tyerrtye (body) and utnenge (spirit) strong by eating good food and connecting to Apmere (Country).

Improving First Nations health is vital for the next generation to thrive. Health and wellbeing is one of Children’s Ground’s key service platforms. This includes health promotion, nutrition, environmental health and support to access clinical health services, social and emotional wellbeing and cultural healing practices. Our delivery focuses on maternal, child and family health, health literacy and health agency.

This activity book is an invitation to explore and learn about First Nations food sources and their Arrernte names.

Colour in the plants and animals, listen to the music, and join us in learning, and celebrating, First Nations language and culture.





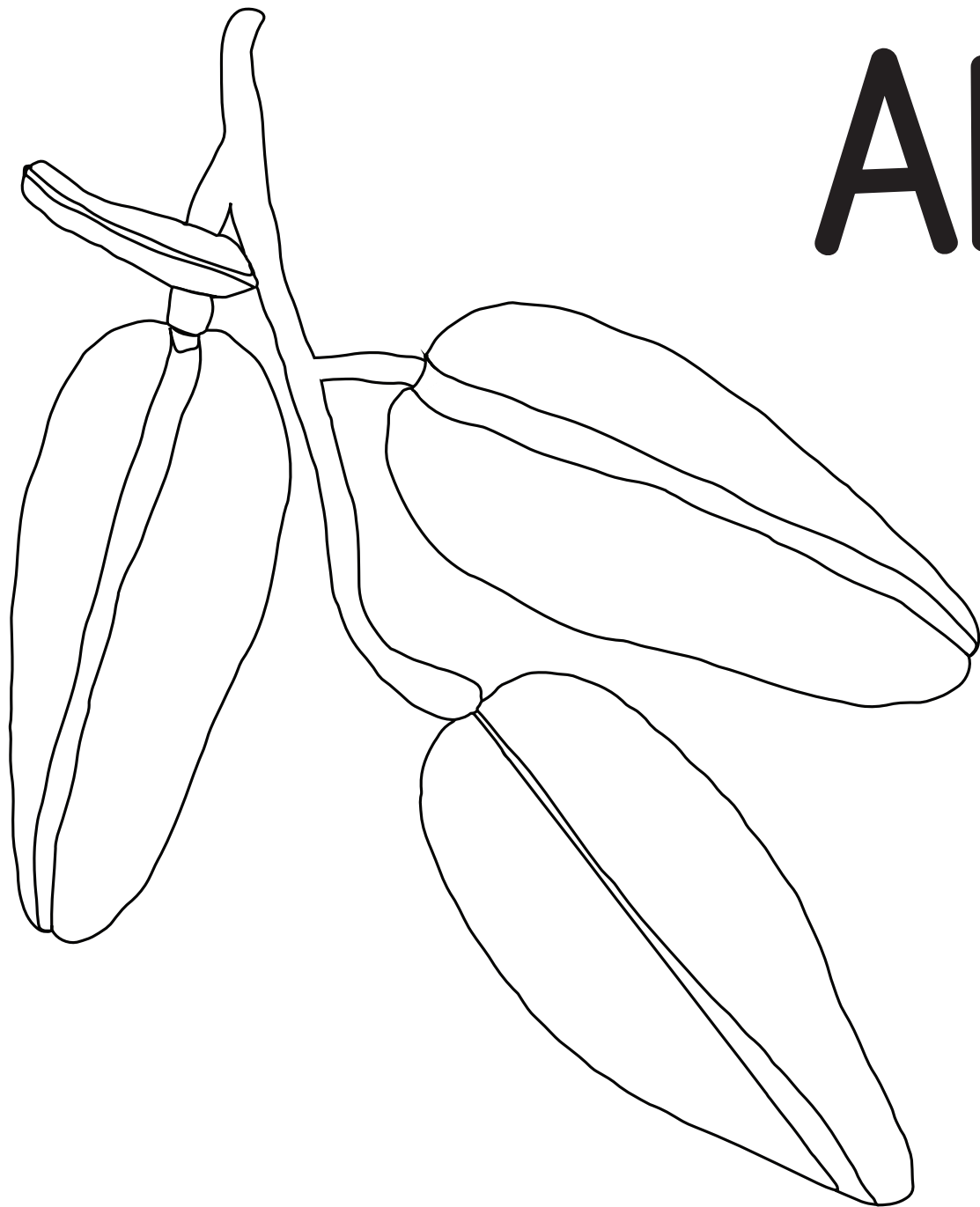
Aherre

Kangaroo

Arleye

Emu



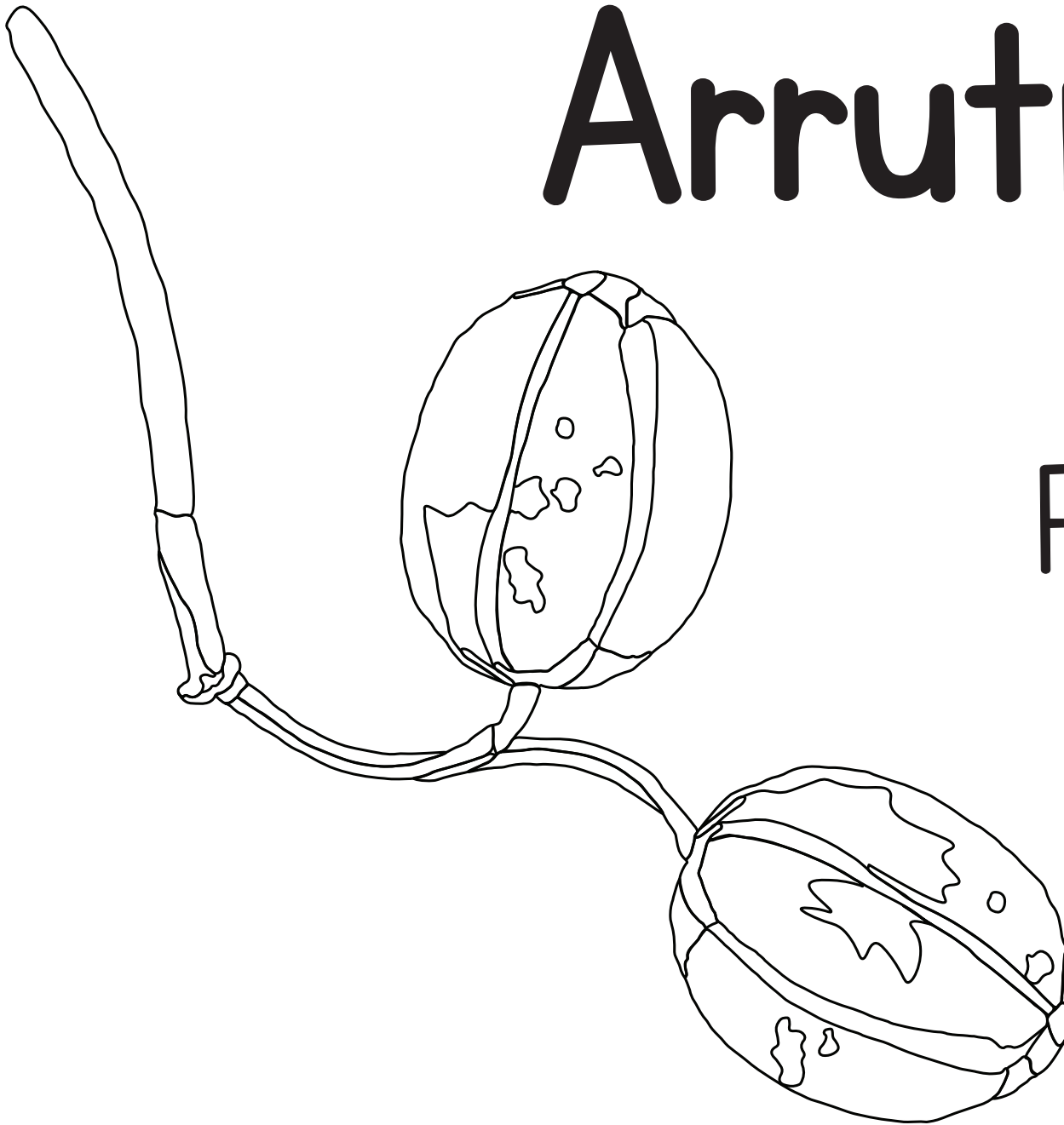


Alangkwe

Bush Banana

Arrutnenge

Bush
Passionfruit



Translate the word

Arrernte



English

Aherre

Arleye

Alangkwe

Arrutnenge

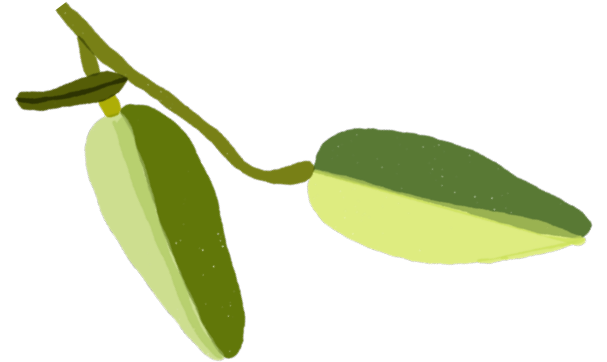
Match the word to the picture


Aherre

Arleye

Alangkwe

Arrutnenge





Merne Mwerre (Good Food) is about keeping your tyerrtye (body) and utnenge (spirit) strong by eating good food and connecting to Apmere (Country). This activity book is an invitation to learn about First Nations food sources and their Arrernte names. Colour in the plants and animals, listen to the song, and join us in celebrating First Nations language and culture.



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