

English	POHNPEIAN	Sounds like. . . .
Vegetable	iasai	yah - sy
Fruit	wahn tuhke	wan-choo-kay
Eat more.....	tungoale laud	chung-ole loud
Meat	sali	sally
Starchy (staple food)	mwenge me stahs	mwung-eh meh stah-s
Calcium-rich/dairy food	mwenge me kin wiahda tih en kehlail	mwung-eh meh kin wee-ah-dah chee en keh-lyle
Boil	pwoail	pw-oil
Fry	pirain	pir-ay-n
Wash	widen	wee-den
Measure	sosohng	so-song
Health/well-being	rosen	ro-sohn

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