

Inuit People

The Inuit people are a community. We say 'Inuit' instead of 'Eskimo'. A group are 'Inuit' people and a person is an 'Inuk'.

Where Do They Live?

The Inuit people live in far northern Arctic areas of Greenland, Canada, Alaska, Russia and Denmark. They live in houses and many make igloos out of snow and ice as a shelter when travelling in winter. In the summer, some make their own tents called 'Tupiq' from driftwood, bones and animal skin.



What Do They Eat?

Inuit people hunt and fish, sometimes using harpoons. Most of their diet is meat, as not much can grow where they live. They eat fish, wild berries, seaweed, seal, caribou, walrus, polar bears and even whales!



Fun Facts

- Inuit people don't eat many vegetables but they are some of the healthiest people in the world.
- They like to snowboard, play hockey, ski, ice fish, play video games, watch television and skate. Art and throat singing is popular too.

How Do They Dress and Travel?

The Inuit people wear tunics in summer. In winter, they wear warm, soft boots and long parkas made from animal skins and furs. They travel using snowmobiles, dog sleds, kayaks and boats.