

ME PĒHEA TĀ KŌRUA ĀRAI KŌ TŌ KAIMANA AKI I NGĀ WHARANGA PĒHANGA?

Mēnā kei rō moenga koe:

- huria tō takotoranga i ia rua ki te toru haora, he āwhina tonu te neke iti noa
- whakamahia ngā pera kia kore e pā ō pona me ō pungapunga tētahi ki tētahi, otirā i a koe e takoto ana i tō taha
- me ngana kia kaua e kopakopa ō rīnena moenga
- mēnā kei te noho tū koe i rō moenga, me mōhio koe ki te mania koe ka whara pea tō tou me ngā rekereke
- me tono āwhina mēnā ka hiahia koe.

Mēnā kei te noho koe:

- me whakamāmā i te pēhanga mā te tītaha whakamua, te tītaha rānei ki ō taha mō tētahi meneti i ia hāwhe haora.

HE AHA ATU NGĀ MEA KA TAEA E KOE HEI ĀWHINA?

- Me kai i ngā kai tōtika, ā, kia nui te inu wai.
- Me noho mā tō kiri me te maroke.
- Me tono ki tō nēhi ki te āwhina i a koe me te mimi turuturu.

Ka taea e tō nēhi, kaihaumanu whakamahi tinana, kairomiromi, rata, tohunga kai rānei koe te āwhina ka whakaritea e koe ō manaaki hei ārai i ngā wharanga pēhanga.

WHAKAMAHARATIA Ō KAITIAKI:
ĀWHINATIA AHAU KI
TE NEKE
KAUA HE PĒHANGA



He mea urutau mai i ngā rauemi i hangaia e Te Poari Hauora o Manukau Whānui me Te Toka Tūmāi.

KAUA HE PĒHANGA
HE MEA NUI TŌ KIRI

ME PĒHEA TE
ĀRAI I NGĀ
WHARANGA
PĒHANGA I
TE KĀINGA



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HE AHA TE WHARANGA PĒHANGA?

Ina roa rawa tō noho ki tētahi wāhi kotahi ka taea te tūkinu tō kiri me ngā kikokiko.

Ko ngā tūkinotanga pea mai i te pūputa ki tētahi tūnga hōhonu tuwhera, ā, ka uaua pea te whakamaimoa. Ki te pā mai he wharanga pēhanga ka pau pea ētahi marama e whakaora ana.

E mōhiotia anō ngā wharanga pēhanga he ipuipu moenga, he ipuipu pēhanga, ngā wāhi pēhanga, ngā mariaio pēhanga. Ka taea te pupū ake i roto i ētahi haora.



I te nuinga o te wā ko te tohu tuatahi o te wharanga pēhanga he wāhi kōtuhi kāore e mā ina pēhia. Ko te hunga he kōmā te kiri ka wherowhero ētahi wāhi, ā, ko te hunga he kiri kōuri he wāhi poroporo, kikorangī rānei.

Ka pā mai anō pea te mamae.

KEI TE NOHO MŌREA KOE?

Ka nui ake te tūpono pā mai o te wharanga pēhanga mēnā:

- ka noho, takoto rānei mō te wā roa
- mākū tō kiri mai i te werawera, te mimi turuturu rānei
- kua kore koe tō tinana e rongu, kāore e pai rānei te rere o ō toto
- kāore koe i te kai i ngā kai tōtika, te inu wai rānei
- ka auau tō whakamahi i tō utauta hauora ka pā ki tō kiri.

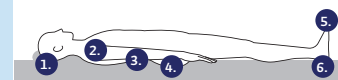
AHAKOA KA NOHO
MŌREA KOE,
KA TAEA NGĀ
WHARANGA
TE ĀRAI

KO ĒHEA NGĀ WĀHANGA O TŌ TINANA KEI TE TINO MŌREA?

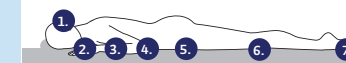
Pā mai ai te nuinga o ngā wharanga pēhanga i ngā wāhi o tō tinana e pīkau ana i tō taumaha, ā, e tūtata ana ō kōiwi ki te mata o te kiri.

- 1 Māhunga
- 2 Pokohiwi
- 3 Ngā tuke
- 4 Tou
- 5 Ngā matiwaewae
- 6 I ō rekereke

I tō tuarā



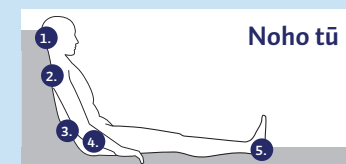
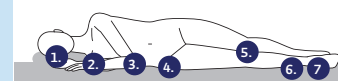
I tō mua



- 1 Māhunga
- 2 Kauae
- 3 Poho
- 4 Tuke
- 5 Taihemahema
- 6 Pona
- 7 Ngā matiwaewae

- 1 Taringa
- 2 Pakihiwi
- 3 Tuke (waho)
- 4 Himu
- 5 Pona (roto/waho)
- 6 Pungapunga
- 7 Ngā rekereke

I tō taha



Noho tū

- 1 Māhunga
- 2 Pakihiwi
- 3 Tuarā o raro
- 4 Tou
- 5 Ngā rekereke

Mēnā ka mamae haere tētahi o ēnei wāhi me kōrero atu ki tō tohunga hauora.