

TAUMATA 3 KAUPAPA 1

HE AHA TĀ TĀTOU I MŌHIO AI MŌ TĀ TĀTOU I KAI AI?

PUTANGA AKO

Ka whakamārama ngā ākonga i ngā āhuatanga o ētahi kai me te tautohu i te āhua o te kai i taua kai ka kawekawe i te hauora. (i takea mai i te Hauora, taumata 3).

PAEARU ANGITU

Me hanga tahi me ē ākonga ngā paearu angitu mā te whakangita i te putanga ako. *Hei tauira, tērā pea ko ngā paearu angitu mō te pātai He Aha Ngā Kawenga a te Kai, Pai Mai, Kino Mai? ko te: Ka hangaia e ngā ākonga tētahi pūwhakarite whakairoiro hei whakaatu i te pānga hauora, te pānga mōrearea rānei o tētahi kai ki te hauora.*



WHAKATAIRANGA HAUORA

Te whakawhānui i ngā pūmanawa kōwhiri kai e taea ai e rātou te whakapiki ake i tō rātou oranga.

HE WĀHI AROMATAWAI

E mārama ana te tautohu mai a ngā pūwhakarite whakairoiro a ngā ākonga i ngā kawenga pai me ngā kawenga kino a ngā kai ka kōwhiria e rātou ki tō rātou hauora, ā, me pēhea ngā kawenga kino (Hauora, taumata 3).

MAHI WHAKAAKO, AKO, TAE ATU KI NGĀ MAHI AROMATAWAI

HE AHA NGĀ KAWENGA A TE KAI, PAI MAI, KINO MAI?

- Kōwhiria tētahi kai, ka whakatenatena i ngā ākonga kia toro atu ki ē rātou mātauranga o mua mō taua kai, kia hangaia tahitia ai tētahi mahere hinengaro. Ka taea te whakauru atu te kōrero pono, te kōrero pūrākau me te pārongo hītori.
- Hoatu he rārangi kai ki ngā ākonga (hei tauira, te tōmato, te rīwai, te nati, te kūmara, te taro, me te raihi). Ka mahi ā-rōpū ngā ākonga ki te whakahaere i tētahi pātautanga mō tētahi o ngā kai i te rārangi. Kātahi rātou ka whakamahi i te pūwhakarite whakairoiro hei tāpae pārongo e pā ana ki:
 - te rōpū kai e noho mai ana taua kai;
 - ka tipu taua kai ki hea;
 - te āhua o te tunu i taua kai me ētahi atu kai ka tohaina hei hoa mōna;
 - ngā hua pai me ngā hua kino o taua kai ki te hauora (Hauora, taumata 3).

TE WHAKAARO AROHAETHAE

- Ka arotakengia e ngā ākonga ngā putanga a ngā rōpū i tētahi mahi “hīkoi me te tiroiro”. Ka whakaaro, ka noho takirua, ka kōrerorero ki te tautohu ko ēhea ngā kai i hōparatia kei te tohu i te kōwhiringa hauora, ā, me pēhea e huri ai aua kai hei kai hauora kore.

TE MĀTAKI I TE WHAKAARO AROHAETHAE ME TE MAHI AROHAETHAE

Te wherawhera me te pātai i te kōwhiringa kai me ōna pānga hauora.

- Ka whakamahia e ngā ākonga ā rātou pūwhakarite whakairoiro ki te tautohu pārongo matua mō te kai i kōwhiria e rātou:
 - he aha tā rātou i mōhio ai mō taua kai;
 - he aha ngā kōrero pono kua kitea e rātou mō taua kai;
 - me pēhea e puta ai he hua ki tō rātou hauora;
 - ngā āhuatanga e puta ai he hua kino ki tō rātou hauora;
 - me pēhea e whakaitihia ai ngā hua kino (Hauora, taumata 3).

HE KŌRERO, HE RAUEMI MĀ TE POUAKO

E hono ana ki te pūtaiao, taumata 3: Te Ao Tūroa (te taiao): Ka mārama e rite ana te rauropi mō tōna wāhi noho, ā, tērā ka raru te rauropi ina rerekē taua wāhi noho.

E hono ana ki Te Reo Māori, Taumata 3, ā-Tā, Āheinga Reo me te Rautaki Reo.

Tō tātou kai: Te rīwai

| | |
|---|---|
| Rōpū kai | Nō te whānau Solanaceae te rīwai. Ko ētahi atu hua o te whānau 'nightshade' ko te tōmato me te aubergine (egg plant). |
| I ahu mai i whea? | Nā ngā kaiāwhenua o te Andes, ki Amerika ki te Tonga, i whakatipu i te rīwai āhua 7000 tau ku mua. Āhua 1570 ka haria atu ngā tāngata Paniora i te rīwai ki Ūropi. |
| He momo rerekē atu? | Ko te Nadine, te Rua, te Desiree, te Karaka, te Moonlight, te Ilam Hardy, te Red Rascal me te Agria, ētahi o ngā momo e whakatipu ana i Aotearoa. |
| Kei hea e tipu ana? | Te atu ki ngā tau iti o 1990, i whakatipu te nuinga o ngā rīwai i Ūropi, Te Tokerau o Amerika, me te Soviet Union. Kua piki haere te whakatipu rīwai i Āhia, Awherika me Amerika ki te Tonga, ā, ko Haina ngā kaiwhakatipu matua o nāianei. |
| Mā hea tātou e whakarite me te toha i ngā kai? | He maha ngā ara ki te whakarite me te toha i ngā kai, pēnei i te: <ul style="list-style-type: none"> rīwai kōhva rīwai penupenu rīwai tōpiti rīwai pakapakā rīwai parai. |

PUTANGA AKO

Ka whakamārama ngā ākonga i ngā āhuatanga taiao e kawekawe ana i ngā kōwhiringa kai a te tangata me te tautohu kōwhiringa kai ka kīia he hauora, ka mutu kāore e nui te utu (i takea mai i te Hauora, taumata 3).

PAEARU ANGITU

Me hanga tahi me ō ākonga ngā paearu angitu mā te whakangita i te putanga ako.

HE WĀHI AROMATAWAI

Ka whakatairite ngā ākonga i te utu o ngā kai e wātea ana me te whakatakoto i ngā putanga hauora tērā ka puta i tēnā kōwhiringa, i tēnā kōwhiringa ka taea e rātou (Hauora, taumata 3).

Ka tautohua, ka whakamahia e ngā ākonga ngā wāhi tiki kai e iti ana te utu, e hauora ana (Hauora, taumata 3).



HAUORA (e aro nui ana ki te taha tinana)

Te mārara ki ngā ara e whakatutukihia ai ngā hiahia o te tinana ki te kai.

HE AHA NGĀ HUA ME NGĀ MATE O NGĀ WĀHI E TĪKINA ATU AI TE KAI?

- Ka whakaotia mai e ngā ākonga tētahi mahere hinengaro e whakaatu ana i hea rātou e tiki ana i ā rātou kai (hei taura, te toa iti, te hokomaha, te mākete kaipāmu, te māra mākete, te toa hoko penehīni rānei).

TE WHAKAARO AROHAETHAE

- Ka mahi takirua ngā ākonga ki te whakarārangi i ngā hua me ngā mate o ngā wāhi e haere ai te tokomaha ki reira tiki kai ai, ka tautohu, ka whakaū i ngā wāhi tino pai mō te hoko i ngā kai matua (hei taura te parāoa, te miraka, te hēki, te mīti, te huarākau me te huawhenua).
- Ka kōwhiria e ia ākonga tētahi kai ka kimi mai i te rerekētanga o te utu i waenganui i tēnā, i tēnā kamupene, i waenganui anō i tēnā, i tēnā wāhi tiki kai.
- Ka kōrerohia e ngā ākonga ngā kitenga, ka whakamahia ai i ēnei ki te whakaoti i tētahi mahere akomanga. Ka tautohua e rātou i runga i te mahere te wāhi tiki kai iti te utu, ngā moni tērā ka penapenahia me ngā kōwhiringa e whai hua ai te hauora (Hauora, taumata 3).
- Ka whakamahia e ngā ākonga tētahi raumata whakaaro hei wherawhera i ngā wāhi tiki kai māori i tō rātou taiao (hei taura, te māra, te moana, me te ngahere). Ka whakaaroaro rātou ki te utu me ngā hua kei roto i te tiki kai i ēnei wāhi.
- Ka mahi takitahi ngā ākonga ki te whakatakoto me te whakatinana i tētahi mahere mahi e whai ana ki te penapena i ngā whakapaunga moni ki tētahi kai me te whai hua anō o te taha hauora. Ka whakaaro anō rātou ki ngā penapenatanga moni me te piki o te hauora ka puta i ēnei mahi kē i roto i te wā (Hauora, taumata 3).

TE MĀTAKI I TE WHAKAARO AROHAETHAE ME TE MAHI AROHAETHAE

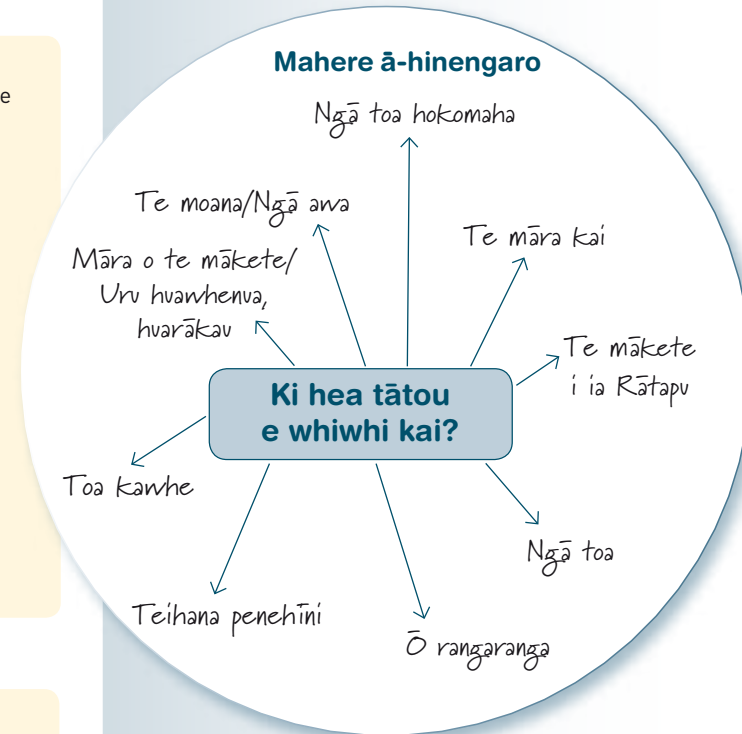
Te wherawhera me te pātai i te utu o te kai mai i tēnā, i tēnā wāhi tiki kai.

Te hanga whakatau whaitake, e taea ana anō te parahau, e pā ana ki te kōwhiringa kai mō te wāhi ki te utu me te hauora.



HE KŌRERO, HE RAUEMI MĀ TE POUAKO

E hono ana ki te pāngarau me te tauanga, taumata 3: Te Tau me te Taurangi (ngā rautaki tau).



PUTANGA AKO

Ka rangahaua, ka whakamāramatia, ka whakamahia e ngā ākonga ngā aratohu haumaruru me ngā mahi haumaruru mō te taka kai (i takea mai i te Hauora, taumata 3).

PAEARU ANGITU

Me hanga tahi me ō ākonga ngā paearu angitu mā te whakangita i te putanga ako.



WHAKATAIRANGA HAUORA

Te whakawhānui i ngā pūmanawa whaiaro, ka whakakaha i a rātou ki te tahuri ki te whakapiki ake i tō rātou noho ora me tō ētahi atu.

HE WĀHI AROMATAWAI

Ka whakamahia e ngā ākonga te pūwhakarite whakairoiro me te whai i tā rātou rārangi whakaū e taka kai ai rātou mā rātou anō, mā ētahi atu me te noho haumaruru tonu (Hauora, taumata 3).

HE PĒHEA TE HAUMARU O NGĀ KAI E KAINGA ANA E TĀTOU?

- Mātakitakihia te kōpae ataata Attack of the Bugs. Ka mahi ā-rōpū ngā ākonga ki te wānanga ko ēhea ngā ture whāwhā kai e whakaaro ana rātou ka hāngai ki te kura me te kāinga. (Tirohia ngā kōrero mā te pouako mō ētahi aratohu matua.) Whāia ngā kupu e whā a Te Pou Oranga Kai o Aotearoa (arā, kia mā, me tunu, me uhi, me whakamātao).
- Ka mahi ā-rōpū ngā ākonga ki te wānanga me te tuhi rārangi ture hira mō te whāwhā me te taka i te kai i runga i te haumaruru me te noho mā tonu:
 - i mua i te taka kai
 - ina taka i te kai
 - ā muri o te taka kai.

TE WHAKAARO AROHAETHAE

- Ka mahi ā-rōpū ngā ākonga ki te whakatakoto i tētahi rārangi whakaū kai haumaruru mō te marae, mō tētahi karapu, mō tētahi wharekai, mō te toa hoko kai o te kura rānei. Ka mahi anō rātou i tētahi pānui whakaahua, i tētahi ruri, i tētahi kīanga rānei e whakamaumahara ana i te tangata ki te whakamahi i te rārangi whakaū.
- Ka mahi tahi ngā ākonga ki te whakarite i tētahi paramanawa māmā. Kātahi rātou ka whakamahi i te pūwhakarite whakairoiro ki te arotake i tā rātou ake whakamahi i te rārangi whakaū kai haumaruru (Hauora, taumata 3).

TE MĀTAKI I TE WHAKAARO AROHAETHAE ME TE MAHI AROHAETHAE

Ka āta whakaaro ki te noho mā tonu i tēnā, i tēnā horopaki.
Ka whai i ngā ture ina whakamahi rātou i te rārangi whakaū kai haumaruru.



HE KŌRERO, HE RAUEMI MĀ TE POUAKO

TE TAKA HAUMARU I TE KAI

Anei ētahi ture māmā mō te haumaruru me te noho mā tonu ina whāwhā, ina taka i te kai. I mua i te taka kai:

- herea ngā makawe roroa;
- horoia ngā ringa ki te wai mahana, ki te wai hopihopi;
- uhia te motu me te harehare ki te whakapiri;
- me mōhio tūturu koe kei te wātea, kei te mā ngā papa mahi.

Kia kore ai te kai e kino ina taka i te kai, kaua:

- e whāwhā kai mēnā e rewharewhahia ana, e mate ana rānei koe;
- e mitimiti i ō matimati i ngā utauta rānei i a koe e taka kai ana;
- e tukua te mōkai ki roto i te kīhini;
- e whakatio anō i te kai tio i mua i te tunuhanga.

I ngā wā katoa:

- kia mā tonu ngā papanga me ngā tītaora ka whakamahia;
- me wehewehe te taka, me te rokiroki i te kai mata me te kai maoa;
- me tunu ngā kai kia maoa tūturu;
- me motuhake te papa tapahi mō te tapahi mīti, ka horoi ai i te papa tapahi ki te wai tino wera ina mutu te whakamahi;
- me pune mā ina whakamātauria te kai, ka horoi ai i te pune i muri o ia whakamātauranga kai;
- kia tere tonu te whakahoki i ngā kai mātao me ngā kai totoka ki te kāinga mai i ngā toa;
- me noho tonu te mīti me te ika mata ki te pito whakararo o te pouaka mātao;
- kia mahara tonu ki ēnei kupu e whā: kia mā, me tunu, me uhi, me whakamātao.

RAUEMI WHAI TIKANGA

- Te pānui whakaahua a Te Tāhuhu o te Mātauranga, kei www.minedu.govt.nz/web/downloadable/dl12141_v1/how-to-wash-your-hands-poster-1.doc
- The New Zealand Curriculum Exemplars: www.tki.org.nz/r/assessment/exemplars/hpe/hpe_1a_e.php
- Te kōpae ataata Attack of the Bugs a Heinz Wattie's, ka taea ā-īmēra i a leonie.calver@nz.hjheinz.com ā-waea whakaahua rānei i te 09 308 5100
- Mō te whāwhā haumaruru i te kai, tirohia te pae tukutuku a Te Pou Oranga Kai o Aotearoa, i www.nzfsa.govt.nz/consumers Āta tirohia te www.foodsafe.org.nz/files/meet-the-bugs.pdf

TAUMATA 3 KAUPAPA 2

HE PĒHEA TĀ TĀTOU WHIWHI KAI?

PUTANGA AKO

Ka whakamārama ngā ākonga i te takoha a te whakatipu kai i te kura ki te toitūtanga o te taiao (i takea mai i te Hauora, taumata 3).

PAEARU ANGITU

Me hanga tahi me ō ākonga ngā paearu angitu mā te whakangita i te putanga ako.

TE TITIRO PĀPORI-HAUROPI

Te mahi ki te āta whai wāhi atu ki te hauora o te taiao e noho ana rātou.

WHAKATAIRANGA HAUORA

Te mahi ki te whakatairanga i te whakatipu kai i te taiao o te kura.

HE WĀHI AROMATAWAI

Ka taea e ngā ākonga te whakamārama te takoha a te whakatipu kai i te kura ki te hanga taiao toitū (Hauora, taumata 3).

MAHI WHAKAAKO, AKO, TAE ATU KI NGĀ MAHI AROMATAWAI

TE WHAKATIPU KAI I TE KURA

TE WHAKAARO AROHAETHAE

- Ka mahi ā-rōpū ngā ākonga ki te wherawhera i ngā whakaaro whai tikanga mō te mahi i tētahi māra kai i te kura. Whakatenatenahia rātou ki te whakaaro ki:
 - te wāhi e wātea ana: ka taea e ngā ākonga te whakatakoto mahere mā te tā mai i te tētahi mahere whenua o te kura me te tautohu i ngā wāhi pai mō te whakatipu i ā rātou huawhenua;
 - te kimi whakaaetanga: me tāpae e ngā ākonga tō rātou hiahia ki te aroaro o te poari kaitiaki o te kura ki te hiahia rātou ki te whakatipu huarākau, ki te mahi māra kai rānei (hei tauira, ka whakatakoto i ō rātou whakaaro ā-waha, ka tuhi reta ōkawa, ka whakatakoto tono rānei);
 - te toitūtanga: me āta whakaaro ngā ākonga ki te oneone, te whakamōmona, te wairākau, te whakatō tipu ā-hoa, ngā wāhi pai mō te mahi māra, te rerenga o te rā, tae atu ki ngā pai me ngā kino o te mahi māra mō te kura;
 - ngā momo kai ka whakatipuria: hei tauira, me āta whakaaro ngā ākonga ki ngā kai ka tipu i ētahi peka o te tau anahe me te whakatairite i te utu;
 - ngā pikaunga me te tiaki i te māra: hei tauira, ka hiahia ngā ākonga ki te tautohu me te whakarite i ā rātou mahi i roto i te wā, te tautohu me te kimi āwhina i ētahi atu, te whakarite i te pūtea me te tuhi rārangi taputapu.
- Ka whakamahia e ngā ākonga ngā ara tuku kōrero pērā i te pānui kura me te pae tukutuku ki te whakaputa i ngā hua o te whakatipu kai i te taiao o te kura (Hauora, taumata 3).

TE MĀTAKI I TE WHAKAARO AROHAETHAE ME TE MAHI AROHAETHAE

Te wherawhera me te arotake i te hāngaitanga o ngā kōwhiringa.

Te mahi i runga i te whakaaro arohaehae mō ngā kōwhiringa e pā ana ki te whakatipu kai i te taiao o te kura.

HE KŌRERO, HE RAUEMI MĀ TE POUAKO

E hono ana ki te pūtaiao, taumata 3: Te Ao Tūroa, (te taiao): Ka mārama e rite ana te rauropi mō tōna wāhi noho, ā, tērā ka raru te rauropi ina rerekē taua wāhi noho.

RAUEMI WHAI TIKANGA

- Tirohia te tauira aratohu kai mō te toitūtanga i te *Kai me te Kai Tōtika mō ngā Tamariki Hauora, Tamariki Māia* (whārangi 7).
- Stephanie Alexander Kitchen Garden Foundation i www.kitchengardenfoundation.org.au/grants.shtml
- *WWF Environmental Education Action Fund*
E tuku pūtea ana te WWF–New Zealand hei āwhina i ngā kura me ngā hapori e kawe ā-tinana ana i ngā mahi, hei wāhanga whakaako, i ngā kaupapa taiao. He maha kē atu ngā hinonga ā-kura kua āwhinahia e ngā pūtea tautoko pēnei i te māra pararopi toitū me ngā kaupapa haepapa riha. E rua ngā tononga pūtea i te tau i te kōanga me te ngahuru. Ko ngā kaupapa māra pararopi e whakahaerehia ana e ngā kura, ā, e tautokona hoki e te pūtea tautoko a WWF ko te māra marewa, ko te uru huarākau tuku iho me ngā māra Matariki. Ki te hiahia kōrero anō, puka tono hoki, tirohia te paetukutuku www.wwf.org.nz
- *Te Tautoko 61*, 2007, Haumiatiketike rāua ko Rongomātāne, nā Te Pou Taki Kōrero mō Te Tāhuhu o te Mātauranga:
 - “Te Ahu Whenua–Mahi Māra”, whārangi 12
 - “Te Rīwai Peruperu”, whārangi 16
 - “Te Mahinga”, whārangi 22
 - “Wātaka Tiaki Rīwai”, whārangi 26
- Ngā tānga *School Journal* mō te whakatipu, te taka kai me te toitūtanga:
 - “A Plate of Potatoes”, *Connected 1* 2003
 - “Life on the Ricefields”, SJ 1.4.88
 - “Cooking Talo”, SJ 1.4.96
 - “Rēwena Bread”, *Connected 1* 2003
 - “A Cup of Koko”, SJ 2.3.98
 - “Protecting Our Kai Moana”, SJ 3.3.90
 - “Puia Hāngi – Cooking with Steam”, SJ 3.3.01
 - “Plastic Fantastic?” SJ 3.3.07
 - “The Truth about Brussels Sprouts”, SJ 1.3.97



PUTANGA AKO

Ka mahi ngā ākonga ki te whakapakari pūmanawa ki te whakatakoto, ki te whakarite rānei kia pai ake te āhua o tā rātou kai, kia pai ake ai rānei te āhua o te kai a ētahi atu (i takea mai i te Hauora, taumata 3).

PAEARU ANGITU

Me hanga tahi me ō ākonga ngā paearu angitu mā te whakangita i te putanga ako.



HAUORA

Te whai i ngā mātauranga mō ngā kai e hiahiatia mō te tipu me te hauora.



WHAKATAIRANGA HAUORA

Te whai i ngā mātauranga me ngā pūmanawa ki te kōwhiri i ngā kai ka whakapiki i te hauora.



NGĀ WAIARO ME NGĀ UARA

Te whai kia kaha ake te rongo kei te tangata tonu te tikanga mō ngā kai ka kōwhiria e ia.

HE TINO WHAKAWHITINGA, HE TĀPIRITANGA MĪHARO

- Whakatakatoria ngā kōrero e whai ake nei ki ngā ākonga: “Kua tae atu tētahi hoa ki a koe ki te kimi āwhina. E hiahiia ana ia ki te whakapiki i tana hauora me te whakatika ake i te āhua o tana kai.”
- Ka mahi takirua ngā ākonga ki te hanga i tētahi rārangi kōrero āwhina mō te taioranga ka tukua whānuitia e rātou ki ētahi atu taiohi.
- Ka whakahuia ngā ākonga kia tokowhā ki te rōpū. Ka kōrerohia e rātou ā rātou rārangi, ka whakatairite ai ki ngā kōrero kei te *Ngā Kai Tōtika mō te Hunga Kōhungahunga*. (Tirohia ngā kōrero mā te pouako.)
- Ka hoatu ki ia ākonga tētahi tauira mō tētahi rātaka kai 24-haora, he mea hanga noa, ka taea te whakapai ake. (Whāia te tauira i te Āpitiwhanga 8 i runga ipurangi, ka whakakī ai i te tiwae i te taha mauī ki tētahi huinga kai hauora me ētahi kai kāore i tino hauora.)
- Whakatauiratia atu he aha te Tino Whakawhitinga, ka whakamahia tauira pērā i te whakawhiti i te kānga pahū whai pata ki te kānga pahū kāore he pata, te whakawhiti rānei i te miraka whai ngako ki te miraka tino iti te ngako.

TE WHAKAARO AROHAETHAE

- Ka mahi ā-akomanga ki te whakatau i ngā paearu ka whakamahia ki te wherawhera i te rātaka kai. Tērā pea ka whai ēnei ki te whakautu pātai pērā i tēnei: “E eke ana anō te ‘5+ i te rā’ mō te taumata ki te huarākau me te huawhenua?” “Kei te nui anō te wai e inumia ana i te rā?” “He kai anō kei roto nō ngā karangatanga kai e whā?” “Kei te nui anō te mōmona i roto i ngā paramanawa?” “Kei te rite tonu te kore e kai i ētahi kai o te rā?”
- Ka whakaputa whakaaro ngā ākonga mō te whakarerekē i te āhua o te kai e whakaaturia ana i te rātaka kai mā te tuhi atu i tētahi Tino Whakawhitinga e whakawhitihia ai tētahi kai kāore i tino hauora mō tētahi kai tino hauora, ka whakauru atu rānei i tētahi Tāpiritanga Mīhara arā, he kai hauora, he inu hauora hou.

TE MĀTAKI I TE WHAKAARO AROHAETHAE ME TE MAHI AROHAETHAE

Te wherawhera me te arotake i ngā kōwhiringa me te whakaputa whakaaro kē.

TE WHAKAARO AROHAETHAE

- Ka mahi ā-takirua ngā ākonga ko tētahi ki te tuku whakamaherehere mō te taioranga, ko tētahi ki te whakarongo ki aua whakamaherehere. I runga i te whakamahi i te rātaka kai kua whakarerekētia, ka whakamārama te kaituku whakamaherehere ki te kaiwhakarongo he aha i whakarerekētia ai. (Hei tauira, te tāpiri i tētahi atu huarākau i te tina kia eke ai te “5 + i te rā”, te whakawhiti rānei i te pihikete tiakarete mō te pihikete kore tiakarete nā te mea he iti ake te huka me te mano waengao o roto.)
- Ka puritia e ia ākonga tāna ake rātaka kai mō te 24-haora me te whai i taua tauira, arā ka whakatakoto whakaaro mō te whakawhiti kai, mō te tāpiri kai rānei.

HE KŌRERO, HE RAUEMI MĀ TE POUAKO

RAUEMI WHAI TIKANGA

- Te rauemi a Te Manatū Hauora, *Ngā Kai Tōtika mō te Hunga Kōhungahunga*. Ka taea te toro atu i www.health.govt.nz/uploads/docs/HE1302.pdf
- Te rauemi a Te Manatū Hauora, *Te Pūnaha Whakarōpū i te Kai me te Inu: He Aratohu Kaimahi*.



HE WĀHI AROMATAWAI

Ka whakamahia e ngā ākonga ō rātou mātauranga ki te taioranga ki te tātari i tā rātou i kai ai, i inu ai me te whakatakoto whāinga ka taea e rātou te whakatutuki mō tētahi whakarerekētanga e whakaaro ana rātou ki te whai (Hauora, taumata 3).

PUTANGA AKO

Ka tautohua e ngā ākonga ngā take haumarua ka uru atu ki te whakarite me te taka kai hauora hei kai mā te katoa (i takea mai i te Hauora, taumata 3).

Ka tautohua e ngā ākonga te wāhi ki tēnā, ki tēnā me ā rātou pīkaunga ina mahi tahi ētahi ki te taka kai mā ētahi atu (i takea mai i te Hauora, taumata 3).

PAEARU ANGITU

Me hanga tahi me ō ākonga ngā paearu angitu mā te whakangita i te putanga ako.

TE TITIRO PĀPORI-HAUROI

Te whai wāhi atu ki tō rātou ake oranga me te oranga o ētahi atu tae atu ki te hapori whānui.

HE WĀHI AROMATAWAI

Ka aromatawaitia e ngā ākonga tā rātou ara whakatakoto mahere, te pai o tā rātou mahi tahi me te kaha o tā rātou aro atu ki ngā tikanga taka kai (Hauora, taumata 3).

- Ka arohaehaetia e ngā ākonga tā rātou i kai ai. Kua pai tā rātou whakatakoto i tētahi whakarerekētanga iti, ka whakatinana mō tētahi wā, hei tauira, tērā pea ka whakatau rātou kia kaha ake te inu wai, ka kotahi te karāhe wai ka inumia i te parakuihi i ia rā (Hauora, taumata 3).

TE MĀTAKI I TE WHAKAARO AROHAEHAE ME TE MAHI AROHAEHAE

Te mahi arohaehae mā te whakatakoto whāinga i takea mai i te wherawhera me te arohaehae i te āhua o tā rātou ake kai.

KA TAEA ANŌ E TĀTOU TE WHAKAMAHI KAI HAUORA INA MAHIA HE HĀKARI?

- Me kōrerorero tahi ki ngā ākonga ētahi take mō te whakatū i tētahi tina hauora hei whakanui i tētahi mea. Whakatakotoria te roa o te wā ki a rātou me ngā tawhā mō te tina. (Tirohia ngā kōrero mā te pouako.)

TE WHAKAARO AROHAEHAE

- Ka mahi takitoru ngā ākonga ki te ōhia manomano he aha te mea ka taea e rātou i runga i te whakaaro ki ngā wāhi e wātea ana mō te tina, ngā taputapu, te pūtea, te roa o te wā, te hunga tautoko me ngā pūmanawa, tae atu ki ngā kai motuhake hei kai mā te tangata i te kore e whakaaehia o ētahi atu kai māna.
- Me mahi ā-akomanga ki te whakariterite i ngā whakaaro o ngā rōpū, ka whakaraupapa ai mai i te tino pai heke iho ki te kāore i tino pai, me te kōrerorero anō i ngā take i pērā ai te whakatau.
- Ka mahi ā-rōpū ngā ākonga ki te whakarite i tētahi mea hei mahi mā rātou mō te tina a te akomanga. Tērā pea ka mahia ko te henewiti, te takakau, te kīnaki toutou me ngā kai toutou, te kebab huarākau, te takai iti, me te inu mānihi huarākau.
- Ka whakatakotoria e ia rōpū tētahi mahere mahi e whakamārama ana ko wai kei te aha, te roa o te wā ki a rātou, ko wai kei te hari mai i ēhea kai, ka pēhea tā rātou mahi i te kai e mahia ana e rātou, he aha ngā whakatūpatotanga ka whāia e rātou mō te wāhi ki te haumarua o ngā kai. Me noho mai he wāhanga ki te mahere mō te huritao ki ngā wāhi i pai te haere, ngā wāhi i eke, he aha ngā wāhi ka whakarerekētia. Ka kōrerohia e tētahi rōpū tā rātou mahere ki tētahi atu rōpū.
- Kia whakaaetia tā rātou mahere, ka mahi ngā ākonga i te wāhi ki a rātou mō te hākari.
- Ina mutu te taka me te kai tahi i ngā kai, ka huritao ngā ākonga ki ngā wāhanga o te mahi i pai te haere, he aha rānei ngā huarahi kē ka whāia e rātou. Ka kōrerorerohia e ngā rōpū ā rātou whakataunga me tētahi atu rōpū (Hauora, taumata 3).

TE MĀTAKI I TE WHAKAARO AROHAEHAE ME TE MAHI AROHAEHAE

Te wherawhera, te pātai me te parahau i ngā whakataunga e pā ana ki te kōwhiri kai. Ka mahi ki te whakaatu ka taea te whakauru atu i te kai hauora, i te kai haumarua ki te hākari.



HE KŌRERO, HE RAUEMI MĀ TE POUAKO

Te tautohu i tētahi kaupapa whakanui, hei tauira, ina oti tētahi wāhanga mahi e pā ana ki te kai me te taioranga, tētahi kaupapa whānui rānei a te kura. Me whai whakaaro ki ngā take pērā i te utu o ngā kai, te kōwhiringa kai hauora, me te wā e wātea ana ki te taka i ngā kai.

Ka kawea ngā kai ka kōwhiria, me te āhua o te taka i ngā kai e te wātea o ētahi wāhi motuhake o te kura.

RAUEMI WHAI TIKANGA

- Mō ētahi tohutoa, mō ētahi paramanawa (tae atu ki te inu mānihi huarākau), tirohia tā Te Manatū Hauora *Te Pūnaha Whakarōpū i te Kai me te Inu mō ngā Tau 1 ki te 13: Aratohu Whakarato Kai*, whārangi 26–28.
- Mō ētahi āwhina e pā ana ki te whāwhā haumarua i te kai, tirohia te pae tukutuku a Te Pou Oranga Kai o Aotearoa, i www.nzfsa.govt.nz/consumers



TAUMATA 3 KAUPAPA 3

HE AHA NGĀ HUA O TE TAKA TAHI ME TE KAI TAHI I TE KAI?

PUTANGA AKO

Ka hōparatia e ngā ākonga ngā kawenga a te hui whakanui mō te wāhi ki te kōwhiri me te taka kai (i takea mai i te Hauora, taumata 3).

PAEARU ANGITU

Me hanga tahi me ō ākonga ngā paearu angitu mā te whakangita i te putanga ako.



TE TITIRO PĀPORI-HAUROPI

Te hōpara e pēhea ana te kawekawe a ngā take pāpori, ngā take ahurea me ngā take taiao i te oranga.



WHAKATAIRANGA HAUORA

Te whakatairanga me te taka kai hauora mā ētahi atu.



NGĀ WAIARO ME NGĀ UARA

Te hōpara i ngā waiaro, i ngā uara me ngā tikanga a ētahi atu e pā ana ki te kai.

MAHI WHAKAAKO, AKO, TAE ATU KI NGĀ MAHI AROMATAWAI

NGĀ HUI WHAKANUI ME ĒTAHI ATU HUIINGA TAHI

- Ka mahi takirua ngā ākonga, ka whakamahi i te tikanga whakawhitiwhiti ki te tuhi mō ngā hui nui pērā i ngā hui whakanui e uru atu ai te kai. (Tirohia ngā kōrero mā te pouako.) Whakaraupapatia ngā whakaaro katoa ki tētahi rārangi akomanga.
- Me kōwhiri rānei tētahi kōrero, tētahi pakiwaitara rānei mai i tētahi He Kohikohinga me Te Tautoko hei wāhi tīmata i te whakawhitinga kōrero e pā ana ki te ahurea me te kai. (Tirohia ngā whakaaro i ngā kōrero mā te pouako.)

TE WHAKAARO AROHAETHAE

- Whakamahia he pātai arotahi kia whakawhitiwhiti whakaaro ai ngā ākonga. Hei tauira: “He pēhea te rerekē o ngā kai whakanui i ngā kai o ia rā?” “He aha i hira ai te kai?” “Ko wai ka taka i ngā kai?” “He pēhea te taka i ngā kai?”

TE MĀTAKI I TE WHAKAARO AROHAETHAE ME TE MAHI AROHAETHAE

Te wherawhera me te pātai i ngā kawenga e pā ana ki te kōwhiri kai.

- Whakaraupapatia he rārangi o ngā kai tino pai ki te whānau o ia ākonga mō ngā hui whakanui, kia tino kitea ai te rerekētanga o tā rātou i pai ai.
- Pōhiritia ētahi o te hapori kura ki te hari mai i tētahi kai whakanui o tōna iwi hei whakamātau mā ētahi atu.
- Ka uiuia e ngā ākonga tētahi atu tangata mō ngā hui whakanui kua whai wāhi atu ia me ngā kai tino pārekareka ki a ia i aua hui. (Kia noho takatū ngā ākonga, mā te whakaako i a rātou ki ētahi tikanga uiui, tae atu ki te whakamahi pātai tuwhera, pātai kati.)
- Whakaūkia te whakaaro ka rerekē anō te takenga mai o te kai me ngā kai ka paingia i waenga i te tangata, i te whānau me te iwi.



HE KŌRERO, HE RAUEMI MĀ TE POUAKO

Tērā pea ka hono ngā hui whakanui ki ngā horopaki tikanga ā-iwi, ka whakaata rānei i te kanorau ahurea o te akomanga, o te kura whānui, o te hapori whānui rānei.

Tikanga Whakawhitiwhiti

I te tikanga whakawhitiwhiti, ka mahi tahi tētahi tokorua. Ka whakawhitiwhiti rāua ki te tuhi whakaaro mō tētahi kaupapa, me te whakahokihoki i te pepa tuhi tētahi ki tētahi, kia pau rawa ō rāua whakaaro.

E hono ana ki ngā tikanga ā-iwi, taumata 3: Ka whakamārama i te rerekētanga o ngā mahi a ngā rōpū ahurea, ahakoa e whakaata tonu ana ēnei i ētahi pūtake ōrite.

E hono ana ki Te Reo Māori, taumata 3: ā-Waha (Āheinga Reo); ā-Tā; (Āheinga Reo, Rautaki Reo).

RAUEMI WHAI TIKANGA

- *He Kohikohinga* 48, 2007, na Te Pou Taki Kōrero mō Te Tāhuhu o te Mātauranga:
 - “Nā Wai Ngā Kai O Taku Hāngi I Kai?”, whārangi 2
 - “He Aha Kai Roto I Te Māra Rīwai?”, whārangi 12
 - “Kōtukutuku”, whārangi 19
 - “Kūmara Reka”, whārangi 24
 - “Kūmara Tino Reka”, whārangi 29
 - “Hauhake”, whārangi 32
- Ngā tānga *School Journal* mō te ahurea, te hui whakanui me te kai:
 - “Birthday Party”, SJ 2.2.97
 - “Breadfruit Chips”, SJ 3.2.03
 - “Chapattis”, SJ 1.2.98
 - “Cooking an Uga”, SJ 1.5.04
 - “A Cup of Koko”, SJ 2.3.98
 - “Delicious Steamed Kai”, SJ 1.5.92
 - “Eating Pikopiko”, SJ 2.2.90
 - “Fast Food in Tibet”, SJ 3.2.00
 - Hāngi*, SJSL 1995
 - “Making an Umu”, JYPW 1999
 - “The Ringawera”, SJ 1.1.08

HE WĀHI AROMATAWAI

Ka whakaatu ngā tāpaenga a ngā ākonga i tō rātou mārama ki te tākoha a te kai tahi i ngā kai tuku iho i tētahi hākari, e rongō ai te hapori i te ora (Hauora, taumata 3).

PUTANGA AKO

Ka whakamārama, ka whai ngā ākonga i ētahi huarahi e whakatairangatia ai he kai hauora i ngā hui whakanui (i takea mai i te Hauora, taumata 3).

PAEARU ANGITU

Me hanga tahi me ō ākonga ngā paearu angitu mā te whakangita i te putanga ako.



WHAKATAIRANGA HAUORA

Te tahuri ki te whakatairanga kōwhiringa kai hauora ki ētahi atu.



HAUORA

Ka mārama ki te kawekawe a te kai tahi i te hauora.

TE WHAKAARO AROHAETHAE

- Ka mahi te ākonga ko tōna kotahi, ka mahi ā-rōpū tokoiti rānei ki te hōpara i ngā kai whakanui tuku iho. (Hei tauira, ērā kai o te Tau Hou a ngā Hainamana, i te Diwali, i te Rātapu Mā, i te Matariki, i te Hanukkah rānei). Ka arotahi tā rātou i hōpara ai ki te whai wāhi atu o te kai tahi i tētahi hui whakanui ki te rongō a te hapori i te ora.

TE MĀTAKI I TE WHAKAARO AROHAETHAE ME TE MAHI AROHAETHAE

Te wherawhera me te pātai mō ngā kawenga a te ahurea e pā ana ki te kōwhiri kai.

- Ka whakatakoto ā-waha ngā ākonga i ā rātou kitenga ki te akomanga, ka tāpaea me te āwhinahia atu e te rorohiko me te pānui whakaahua, e tētahi rānei o ēnei (Hauora, taumata 3).
- Hei whaiwhai ake i te mahi, ka mahia e ngā ākonga tētahi pukapuka tohutohū mā te akomanga, me te whakauru atu i ētahi o ngā whakaahua i whakaahuatia i a rātou e whakamātau ana i ētahi kai.

ME PĒHEA E WHAI WĀHI AI TE KŌWHIRINGA KAI HAUORA KI TE HUI WHAKANUI?

- Whakaratoa, whakamahia rānei ngā ākonga kia ōhia manomano i tētahi rārangi kai tuku iho ka kainga i tētahi hui whakanui (hei tauira, te huritau, te hui, te Rātapu Mā).

TE WHAKAARO AROHAETHAE

- Ka mahi takirua ngā ākonga ki te whakatakoto i ētahi whakaaro e whai ana kia hauora ake te rārangi kai tuku iho o tētahi hui whakanui. Ehara i te mea me whakakore rawa ngā kai tuku iho, tērā pea me titiro kē i te āhua o te tunu i aua kai (hei tauira, te tunu i te kānga papā ki te hau takiwā kia iti rawa te hinu, te pata rānei, te kōwhiri mīti iti te mōmona, kia nui atu rānei ngā huawhenua).

TE MĀTAKI I TE WHAKAARO AROHAETHAE ME TE MAHI AROHAETHAE

Te arotake i te āhua o te taka kai i tēnei wā, ka whakatakoto whakarerekētanga.

HE KŌRERO, HE RAUEMI MĀ TE POUAKO

E hono ana ki Te Reo Māori, taumata 3: ā-Waha (Āheinga Reo); ā-Tā; (Āheinga Reo, Rautaki Reo).

E hono ana ki te hangarau, taumata 3: Te Whakaharatau Hangarau.

E whakakaha ana tēnei mahi i ngā ākonga kia ako ai rātou i ētahi o ngā hua o te kai tahi i tētahi hākari hauora. I a rātou ka mahi i te mahi nei, me whakahau rātou ki te whakaaro ki ngā taha hauora e whā. Mā ngā pouako e ārahi te hokinga o ngā whakaaro o ngā ākonga mā te hoatu i tētahi pepa hokinga whakaaro e titiro ana ki te kawenga o ngā taha hauora e whā ina takaia te kai, ina kai tahi ētahi.

RAUEMI WHAI TIKANGA

- *He Korero mō te Kūmara*, Kai Ora 1, 2006, nā Ratu Tibble. Nā HANA mō Te Tāhuhu o te Mātauranga.
- Ngā tānga *School Journal* mō te ahurea, te hui whakanui me te kai:

“Hot Bread”, SJ 1.4.99

“Inati”, SJ 2.4.03

“Food in Hong Kong”, SJ 2.2.94

“Kanga Wai”, SJ 3.2.92

“Karengo”, JJ 2000

“Lunch on the Taro Plantation”, SJ 2.1.92

“Pipi Fritters”, SJ 1.1.99

“Poukai”, JYPW 1990

“Preparing the Pola”, SJ 2.3.97

“A Meal in Kiribati”, SJ 2.4.94

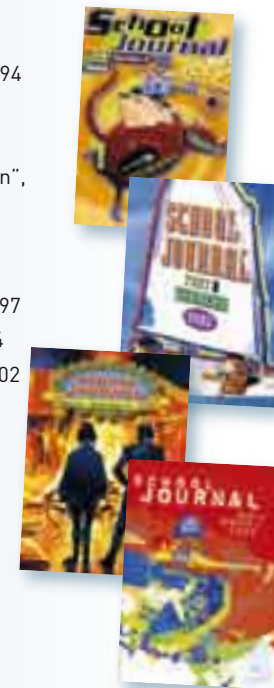
“My Dad’s Raw Fish”, SJ 2.4.02

“The Terotero”, SJ 4.2.04

“What a Feast”, SJ 1.2.97

“The Ringawera”, SJ 1.1.08

“Feleti’s Birthday”, SJ 2.2.08



HE WĀHI AROMATAWAI

Ka whakawhiti pārongo ngā ākonga mō ngā painga o te kai hauora i ngā hui whakanui (Hauora, taumata 3).

- Ka mahi ā-akomanga ngā ākonga ki te whakatakoto i tētahi rārangi kai hauora mō tētahi kaupapa whakanui a te akomanga, a te kura rānei. Whakatenatenahia rātou ki te whakaaroaro ki ngā mea katoa (hei tauira ngā hua hauora, ko wai ka pōhiritia ki te kai, ngā mea e hiahiatia ana me te āhua o te hora i ngā kai).
- Ka whakatairangatia e ngā ākonga tā rātou rārangi kai hauora mō te hākari ki ā rātou manuhiri me te whakamahi i ngā mea pērā i te pānui whakaahua, te rorohiko rānei hei āwhina i tā rātou tāpaenga (Hauora, taumata 3).
- Wehewehea ngā ākonga ki ētahi rōpū tokoiti ki te whakarite mai i tētahi kai whakanui mō tā rātou kai tahi.

TE WHAKAARO AROHAETHAE

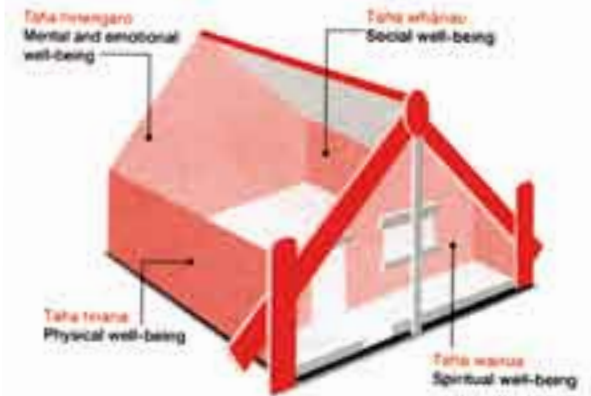
- Ina mutu te kai tahi a ngā ākonga, ka whakatakotoria ā-waha, ā-pepa hokinga whakaaro rānei ngā āhuatanga pai o te taka kai me te kai tahi ki tētahi atu. Ka whāia ngā hononga ki ngā taha hauora e whā me te whakamārama i te pānga o te taka kai me te kai tahi i ngā kai whakanui hauora ki ngā taha e whā nei.

TE MĀTAKI I TE WHAKAARO AROHAETHAE ME TE MAHI AROHAETHAE

Te wherawhera me te arotake i ngā kōwhiringa kai i tēnā, i tēnā horopaki.

- Ka mahia e ngā ākonga tētahi rārangi kai whakanui hauora kē ka tāpiri ai ki te pānui kura, me tētahi kōrero e whakamārama ana kei te ako rātou ki te kai i ngā kai whakanui me te ū tonu ki te hauoratanga.

Hauora



Ko te Hauora he tautake Māori e noho ahurei ana ki Aotearoa anake. E uru atu ana te taha tinana, taha hinengaro, taha whānau me te taha wairua ... Ki tā te tauira o te whare tapawhā o Tākuta Mason Durie, ka whakaritehia ngā pakitara e whā ki ngā āhuatanga e whā o te Hauora ... E tika ana kia haere ngātahi ngā āhuatanga e whā kia hangarite, kia kaha ake.

Health and Physical Education in the New Zealand Curriculum, page 31 (adapted from Durie, 1994, page 70)



PUTANGA AKO

Ka tautohu ngā ākonga i te wāhi ki ngā mahi tahi ki ētahi atu e kawea ai ngā kōwhiringa/whanonga kai a te tangata, ka kōkiri i ngā whakapainga (i takea mai i te Hauora, taumata 3).

PAEARU ANGITU

Me hanga tahi me ō ākonga ngā paearu angitu mā te whakangita i te putanga ako e whāia ana.

HE WĀHI AROMATAWAI

Ka kohikohi, ka whakamāori ngā ākonga i ngā taunakitanga, me te whakamahi i aua kōrero hei arotake i te pānga o ā rātou mahi whakatairanga ki ngā kai ka kōwhiria e ngā ākonga (Hauora, taumata 3).

TE TITIRO PĀPORI-HAUROPI

Te tautohu me te huritao ki ngā āhuatanga e kawekawe ana i ngā kōwhiringa a te tangata.

TE WERO: TE WHAKATAIRANGA I TE KAI I NGĀ KAI HAUORA

- Ka hangaia e ngā ākonga he mahere hinengaro mō ngā kai me ngā inu e wātea ana ki a rātou i te kura.
- Whakawhiti whakaaro tahi ki ngā ākonga mō ngā painga o te whakatairanga i ngā kai hauora ki ētahi atu. Akiakihia rātou kia whai whakaaro ki ngā hua taha pāpori, taha whaiaro tērā ka puta ake, tae atu ki ngā hua taha tinana, taha hinengaro.

TE WHAKAARO AROHAETHAE

- Ka mahi ā-rōpū ngā ākonga:
 - ki te tautohu i ngā karere hauora matua mō ngā kai i te kura;
 - ki te whiriwhiri me pēhea e whakatairangatia ai ēnei karere kia hauora ai te kai i te kura;
 - ki te whakarite me pēhea te whakaputa i ēnei karere kai hauora, mā te hanga whakaaturanga mō te kai hauora (me te whakatū whakamātauranga kai tōtika anō) mā ngā ākonga tamariki ake, mā te tuhi kōrero anō/rānei hei whakauru ki ngā pānui a te kura e whakaatu ana me pēhea e toitū ai te kai tōtika;
 - ki te kōhi, ki te whakamāori i ngā taunakitanga o ngā hua kua puta i ā rātou mahi (Hauora, taumata 3).

TE MĀTAKI I TE WHAKAARO AROHAETHAE ME TE MAHI AROHAETHAE

Te whiriwhiri me te arotake i ngā ara ka taea te whai hei whakatairanga i te kai hauora.

Te kawea ake i te mahi arohaethae hei wero i ngā whakaaro me ngā kawenga a ētahi atu, me te tāpae i ētahi kōwhiringa hauora ake.



HE KŌRERO, HE RAUEMI MĀ TE POUAKO

E hāngai ana ēnei mahi e rua ki te putanga ako kotahi. Ki ngā rauemi kua tohua ētahi kōrero whānui whai take mō ngā mea e rua. Me whakatakoto ngātahi te pouako me ngā ākonga i ētahi paearu angitu whāiti mō tēnā, mō tēnā mahi.

RAUEMI WHAI TIKANGA

- Tirohia “He aha e whai tikanga te mātauranga ki te kai me te kai tōtika” i te whārangi 4 o ngā aratohu *Kai me te Kai Tōtika mō ngā Tamariki Hauora, Tamariki Māia*.
- Mō ngā tikanga paepae whakamātau kai, tirohia te *Food Power Book A*, whārangi 25 (Appleby rāua ko Tilley, 2006).
- Mō ētahi whakaaro māmā, iti te utu, e tauri ai te tamariki ki ngā kai tōtika, tirohia tā te Kaunihara Tautoko Hauora, tāna Our Futures Campaign, i te www.feedingourfutures.org.nz/index.html



HE WĀHI AROMATAWAI

Ka whaitake tonu te whakaatu a ngā ākonga i ngā pārongo mō ngā painga o te kai tahi me te whānau (Hauora, taumata 3).

KA KAI TAHI: KA KAI TŌTIKA

- Whakawhiti whakaaro tahi ki ngā ākonga mō ngā kitenga rangahautanga e whai ake nei:
Ko ngā tamariki ka kai tahi me te whānau:
 - ka pai ake ā rātou mahi i te kura;
 - ka pai ake te taha hinengaro;
 - he iti ake te tūpono taka ki te kai pūroi kino.

TE WHAKAARO AROHAETHAE

- Ka mahi takirua ngā ākonga ki te tautohu:
 - i ngā mea e aukati ana i te kai tahi a te whānau;
 - i ngā painga ki te tangata ina kai tahi ia me tana whānau;
 - i ētahi mahi tērā ka taea hei whakakore i ngā aukati.
- Ka whakawhiti whakaaro tahi ngā ākonga, e oti mai ai he rārangi ā-akomanga.
- Ka mahi ā-rōpū ngā ākonga:
 - ki te kōrerorero i ētahi huarahi e whakakorehia ai ngā aukati kua tautohua;
 - ki te kōrerorero me pēhea e rangona whānuitia ai, e arohia nuitia ai ngā painga o te kai tahi me te whānau;
 - ki te hanga i tētahi ataata, i tētahi whakaaturanga ā-rorohiko rānei, i tētahi pānui whakaahua rānei, hei whakaputa i ā rātou karere ki te hāpori o te kura nui tonu (Hauora, taumata 3);
 - ki te whakatakoto, ki te whakatinana i tētahi mahere e kohia ai ngā whakahokinga kōrero mai mō ngā āhuatanga hou ka puta ake i te kai tahi a ngā whānau;
 - ki te whakarite i tētahi rā e whakaaturia ai ngā kitenga mō ngā rerekētanga i te takanga o te wā, ā, e whakaritea ai ētahi mahi kē atu.

TE MĀTAKI I TE WHAKAARO AROHAETHAE ME TE MAHI AROHAETHAE

Te whiriwhiri i ngā take e kōwhiri ai te tangata kia kai tahi ia me ētahi atu, kia kai rānei ko ia anake.

Te kawē ake i te mahi arohaehae ki te akiaki i ngā whānau kia kai tahi.

HE KŌRERO, HE RAUEMI MĀ TE POUAKO

“Ko ngā tamariki i kī mai i auau tonu tā rātou kai tahi ki te whānau, i mea mai anō kāore i tino kaha te kai i ngā pūroi kino, i pai ake ā rātou mahi kura, i hauora ake te taha hinengaro, tēnā i ngā tamariki kāore i tino auau te kai tahi me te whānau. I kitea tēnei āhua puta noa i te auautanga o te kai tahi; ka kotahi atu anō te kai tahi i ia wiki, kua hua ake anō he painga.”

Nō roto mai i *Benefits of Family Meals: Findings from Project EAT* i www.apa.org/pi/cyf/fam4.html

