

NGĀ KAI TUATAHI MĀ PĒPI:

Kua whakawhanaketia tēnei rauemi e ngā **kairangahau Māori** me ngā **mātanga hauora**. Ko tōna tikanga mā ngā mātanga hauora tēnei rauemi e whakarato ana ki ngā mātua Māori ngā mōhiohio me te tautoko ki te whāngai whakahāngai me ngā kai tuatahi.

KA WHAI WĀHI PEA NGĀ:



Mātanga Kai



Kaiwhakawhānau



Kaiwhakarato
Tamariki-Ora



Neehi



Tākuta

Ko ngā mōhiohio kei tēnei rauemi he mea hanga hei urupare ki tētahi rangahau i te taha o ngā mātua Māori i tūhura i te āhua o te whakapai ake i ngā mōhiohio taiora kai tuatahi me ngā ratonga ka whiwhi rātou, ā, kia hāngai ake ā-whaiaro, ā-ahurea hoki.

ME TŪPATO TE HAERE- WHAKATIPU I TE WAIRUA PONO

He mea nui tonu kia mōhio ki te wairua whakaponokore a te tini Māori ki ngā mātanga hauora, ā, me ā rātou mōhiohio. Ākene pea nā ngā wheako ake a te maha o te Māori, te whānau rānei i te pūnaha hauora. Tērā pea nā ngā mahi o mua a ngā mātanga hauora i roto i te tukanga tāmi i whara ai te tini o ngā whānau Māori.

Nō reira, he mea nui tonu kia tūpato te haere i te wā e whakarato tiakanga hauora ana, me te mōhiohio taiora mā te Māori me ā tātou pēpi. Ina koe rā he taonga o tātou pēpi, me te kai hoki ki a

WHAKAMĀRAMA I NGĀ WHAIKUPU

Me **whakamārama** i ngā take o ngā whaikupu motuhake e pā ana ki ngā momo kai hei whāngai atu ki a pēpi i te tuatahi, hei āhea, me pēa hoki.

Nā te mea he nui ngā whānau e hiahia ana ki te mōhio i ngā take whakamārama o ngā whaikupu, kei noho ka whakaaro ake e tohutohuhia ana rātou.



TE TAUTOKO KI TE WHAKAMAROHI I TE TAIORA

Pātai ki ngā whānau he aha ngā momo kai e whakaaro ana rātou ki te whāngai ki ā rātou pēpi, ā, **nutrition ka tautoko i a rātou ki te whakamarohi i te taiora** o tēnei kai i roto i tō rātou āhua noho, āhua e taea ai te utu hoki.

He mea nui tonu ki te whakarite i te hāngai o ngā mōhiohio me te tautoko e whakarato ana koe ki te whakamarohi i te taiora, ki ngā mātauranga reo matatini hauora o te whānau e tiakina ana e koe. Me āta mōhio koe ki te whānau, ā, me āta whakarongo hoki ki ō rātou hiahia me te whaiwhai haere ki te pātai mēnā i whai hua ngā mōhiohio, te tautoko rānei i whakaratoa.

NGĀ KAI HIRANGA AHUREA

Where appropriate, encourage and support Māori whānau with introducing i ngā wā e tika ana, ākina, tautokotia hoki ngā whānau Māori i te wā e tīmata ana ki te whāngai i **ngā kai hiranga ahurea**. Pātai ki te whānau e mahi nei koe he aha ā rātou kai hiranga ahurea, kua e pōhēhē ka rite ēnei kai ki ngā whānau Māori katoa.

Hei tauira, ngā kai pēnei i te kamokamo, peruperu, kai moana, pūhā me te kōwhitiwhiti ka noho pea hei kai hiranga ahurea ki ētahi whānau.