

MAHERE OHOTATA O TE KĀINGA

WHAKATUTUKIHIA TĒNEI MAHERE ME NGĀ MEMA KATOA O TE WHARE

TŌ KĀINGA

Wāhi noho

Ingoa

Ingoa

Ingoa

Ingoa

Ingoa

Nama waea

Nama waea

Nama waea

Nama waea

Nama waea

1. Ki te kore e tae ki te kāinga, tē taea te whakapā mai rānei, me tūtaki, me waiho rānei he kōrero kī:

Ingoa

Kōrero whakapā

Ingoa (wāhi tuarua)

Kōrero whakapā

Ingoa (i waho o te taone)

Kōrero whakapā

4. Ko te teihana reo irirangi (aratuku AM/FM) hei whakarongo ki ngā kōrero a te rākau whakamarumaru i te wā o te ohotata

5. Ko ngā hoa/hoa noho tata e hiahia āwhina pea, ka taea rānei te āwhina i a tātau

Ingoa

Wāhi noho

Waea

2. Te tangata māna hei tiki i ngā tamariki i te kura ko:

Ingoa

Kōrero whakapā

Ingoa

Wāhi noho

Waea

3. Ngā Mea Mataora Ohotata me te Kete Rere

Te tangata māna e tirotiro te wai me te kai

Ka tirohia, ka whakakī hoki ngā kai i te wā:

6. Ki tētahi pepa motuhake tāia mai tētahi mahere o te whare e tohu ana i ngā wāhi tāwharau i te wā rū, marangai rānei, ngā putanga me ngā wāhi hui haumaru me te wāhi hei katī i te wai, kapuni me te hiko.

(tirohia me te whakakī kia kotahi te wā i te tau te iti rawa)

NGĀ NAMA WAEA MATUA

MŌ NGĀ PIRIHIMANA, RATONGA PATU AHI,
WAKA TŪRORO WAEA A 111

Teihana Pirihimana Tūtata

Pokapū Rata

Pakihi Rīanga

Tākuta Kararehe/
Wāhi Tiaki Kurī/Wāhi Tiaki Ngeru

Umanga Hiko

Waea Āwhina Ohotata a te Kaunihera

Umanga Wai

Umanga Kapuni

Kaimahi Hiko

Kaimahi Paipa Wai

Kaihangā Whare

RĀRANGI AROWHAI OHOTATA O TE KĀINGA

NGĀ MEA E HIAHIATIA KIA PUTA AI KOE

NGĀ MEA MATAORA OHOTATA

- Rama whai pūhiko tāpiri, whakahiko rānei
- Wairehi whai pūhiko tāpiri
- Kaka ārai hau me te wai, pōtae rā, me ngā hū mārōrō mō waho
- Kete whakaora ohotata me ngā rongoā waiwai
- Paraikete, pēke moe rānei
- Kai mōkai
- Wharepaku ohotata – pepa heketua me ngā pēke rāpihi
- Ārai kanohi, ārai puehu

Tirohia ngā pūhiko ia toru marama.

HE KAI ME TE WAI MŌ TE 3 RĀ NEKE ATU RĀNEI

- Kai pirau-kore (kēne kai, kai maroke rānei)
- Kai, miraka paura me ngā inu mā ngā pēpē me ngā tamariki nohinohi
- Wai (kia 3 rita mō ia tangata, ia rā) hei inu
- Wai hei horoi
- He toā kapuni, rorerore rānei hei tao kai
- He huaki kēne

Me whakaaro anō ki te whakaputu kai me te wai mō te rua wiki mō te tūpono ki ngā ohotata roa pēnei i tētahi raruraru nui. Tirohia me te whakakapi kai me te wai ia tekau mā rua marama.

ME PĒHEA TE WHAKAPUTU WAI

- Āta horoia ngā pātara wai ki te wai wera. Whakakīa ia pātara wai ki te kōrere wai kia pupū tonu. Raua atu kia rima hohō whakakōmā mō ia rita wai (kia haurua tētahi tūpune mō ia 10 rita)
- Waiho ki tētahi wāhi pōuri me te whakakapi i te wai ia tekau mā rua marama.

Mō ētahi atu kōrero toro atu ki Te Rākau Whakamarumaru i tō kaunihera, tirohia rānei a

www.getthru.govt.nz

TŌ KETE RERE

Me whai te katoa i roto i te whare i tētahi pāhi iti hei Kete Rere ki tētahi wāhi e taea te tiki māmā noa iho, ā, me whai i tētahi:

- Rama me te wairehi whai pūhiko tāpiri
- Taonga whakarongo whai pūhiko tāpiri, mōhiti, taonga hei nekeneke rānei
- He wai ohotata me ngā ō kai māmā te kawe
- Ētahi putunga tāpiri mō ngā kai motuhake
- Kete whakaora ohotata me ngā rongoā
- Mō ngā pēpē me ngā kōhungahunga – paura miraka me ngā kai, he kope
- He kaka tāpiri (kaka ārai hau/wai me ngā hū mārōrō mō waho)
- Taonga horoi – taora, hopi, parāheniho, kope mate wahine, pepa heketua
- Paraikete, pēke moe rānei
- Ārai kanohi, ārai puehu
- Kai mōkai
- Ngā pepa hira:
 - Pepa whakaaturanga (tiwhekete whānau me te mārena, raihana taraiwa me ngā uruhenua)
 - Pūtea (kaupapa rīanga me te mōkete)
 - Whakaahua whānau kahurangi

MĒNĀ KA WHAKATAHI TĀTAU ME:

- Heri tā tātau Kete Rere
- Whakaweto te hiko, katia atu te wai
- Katia atu te kapuni mēnā e whakaaro ana tātau kei te rere, ka tonoa rānei e ngā mana whakahaere
- Heri i ā tātau mōkai

**GET READY
GET THRU**

