

Te nui o te huka kei rō inu



Miraka kua whakarekahia

(250 miririta)

He konupūmā kei roto hei whakapakari i ngā niho me ngā kōiwi



Ngā inu karanipango

(125 miririta)



Ngā inu reka / paura

(250 miririta)



Wairanu huarākau

(400 miririta)



Ngā inu whakangao

(350 miririta)

Kāore e pai mō ngā tamariki, tā te mea, he matū kawhe kei roto



Ngā inu hākinakina

(750 miririta)



Ngā waireka pupū

(600 miririta)



Me inu ia rā



Wai

Kore hinu, huka rānei



Miraka (250 miririta)

He konupūmā kei roto hei whakapakari i ngā niho me ngā kōiwi

Kaua e iti iho i ēnei mā tāu tamaiti ia rā, ia rā

- E toru ngā kapunga ringa o ngā huawhenua
- E rua ngā kapunga ringa o ngā huarākau
- E rima ngā kapunga ringa o ngā parāoa, patarau, raihi, parāoa rimurapa rānei
- Kotahi te kapunga ringa o te kiko kore hinu, mātaimai, hēki, pīni maroke rānei
- E rua ngā kapunga ringa o te miraka me ngā kai-ā-miraka



Ko te rahi o tō ringa te rahi o ia kapunga ringa, nō reira, he nui ake te kapunga ringa a te matua i tā te tamaiti.

TDHB 09-2017

Nā te Poari Hauora ā Rohe O Taranaki tēnei i mahi.
Ngā mihi ki Te Reo O Taranaki me te whānau o Te Pīpī'inga Kakano
Mai i Rangiatea mo tō rātou whakamāori i tēnei mahi.

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Timonga Kai

He timonga kai hei ngaungau



www.tdhub.org.nz

Taranaki Whanui He Rohe Oranga

Ka mutu pea te wai māori tio hei whakaū i te mātao ki ngā mea katoa.

Kai ia rā



Huarākau me ngā huawhenua
Kore hinu, huka rānei



Ngā hānawiti
Me komo ngā kai hauora ki roto i ngā hānawiti



Pihikete raihi parāone (kia 6)
Me te pani pī heihei



Kānga pāhūhū
(12 karamu ia pāketē)
Kore hinu, huka rānei



1 pihikete raihi, kānga rānei me te pata pīnati
(Kore pata)
He hinu hauora o roto



½ māwhene Ingarihi me he kōripi tīhi kotahi Edam
(Kore pata)



Pihikete me te panitīhi
(22 karamu ia pāketē)
He konupūmā ki roto mo te whakapakari i ngā niho me ngā kōiwi



Miraka Tepe (150 karamu ia ipu)
He konupūmā ki roto mo te whakapakari i ngā niho me ngā kōiwi

Whakawhitia te parāoa mā me te pihikete plain ki te parāoa parāone me te pihikete parāone kia rahi ake ai te kai hauora i roto i te pouaka kai.

Kia āta kai



Pihikete
(kia 2)



He keke iti
(50 karamu, kore pani reka)



Ngā natinati me ngā huarākau maroke
(25 karamu/ kotahi kapunga ringa)
He hinu hauora o roto



Parehe iti
(100 karamu)



Ki



Kotahi te koko iti o te huka
(5 karamu)



Kotahi te koko iti o te hinu
(5 karamu)

Kia manawa reka mai ngā tamariki me whāngai rātou ki te kai tika, ki ngā momo kai maha

Kaua e neke atu i te kotahi kainga ia wiki



Maramara taewa, maramara huawhenua tapioka rānei
(18 karamu ia pāketē)
He tote nui rawa



Ngā kōripi raihi, huapata, kānga pāhūhū
(22 karamu ia kōripi)



Ngā kōripi mūrihi
(30 karamu ia pāketē)



Ngā rare huarākau
(17 karamu ia pāketē)



Ngā ipu kaikori huarākau
(120 karamu ia ipu)



Kānga pāhūhū karamea
(15 karamu ia pāketē)



Pihikete tiakarete
(kia 2)



Kihu parāoa tere (1 pāketē)
He tote nui rawa



Pihikete nui
(85 karamu ia pihikete)



Hei te whiriwhiringa o ngā kai poutū, me rapu i ngā tapanga e mea ana he hinu me te huka iti iho i te 10 karamu ia 100 karamu