

## Te huka nuīnga i roto i ngā inu



### Miraka kua whakarekahia

(250 miririta)

*He konupūmā kei roto hei whakapakari i ngā niho me ngākōiwi*



### 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 karanipango

(330 miririta)



### Ngā inu hākinakina

(750 miririta)



### Ngā waireka pupū

(600 miririta)



## Me inu ia rā



### Wai

*Kore hinu, huka ranei*



### 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
- Kōtahi 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 10-2013

Nā te Poari Hauora ā Rohe O Taranaki tēnei 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.

Phone 06 753 7799  
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# Timonga Kai

He timonga kai hei ngaungau



*Ka mutu pea te inu tio hei whakaū i te mātao ki ngā mea katoa*



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Taranaki Whanui He Rohe Oranga

## Kia kaha te kai



**Huarākau me ngā huawhenua**  
*Kore hinu, huka rānei*



**Pīhikete Raihi** (x6)  
*Kore hinu, huka rānei*



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



**Pīhikete me te panitīhi**  
(22 karamu ia pākete)  
*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*



**Ngā kai-ā-miraka** (150 karamu ia ipu)  
*He konupūmā ki roto hei whakapakari i ngā niho me ngā kōiwi*



**Ngā hanawiti**  
*Me komo ngā kai hauora ki roto i ngā hanawiti*

## Kia āta te kai



**Pīhikete**  
(x4)



**He keke iti**  
(50 karamu ia keke iti)



**Ngā natinati me ngā huarākau maroke**  
(25 karamu, kotahi kapunga ringa)



**Parehe iti**  
(100 karamu)



**Poroka tio**  
(75-100 karamu)



### Ki



Kotahi te koko  
iti o te huka  
(5 karamu)



Kotahi te koko  
iti o te hinu  
(5 karamu)

## Kaua e neke atu i te kotahi kainga ia wiki



**Maramara taewa**  
(40 karamu ia pākete)



**Ngā maramara**  
(40 karamu ia pākete)



**Ngā kōripi raihi, huapata, kānga pāhūhū**  
(25 karamu ia kōripi)



**Ngā kōripi murihi**  
(30 karamu ia pākete)



**Ngā pōkai huarākau**  
(16 – 20 karamu ia pōkai)



**Ngā ipu kai kori huarākau**  
(120 karamu ia ipu)



**Kānga pāhūhū karamea**  
(15 karamu ia pākete)



**Pīhikete tiakarete**  
(x2)



**Pīhikete nui**  
(85 karamu ia pīhikete)



*Whakawhitia te pāraoa mā ki te pāraoa paraone kia rahi ake te kai hauora i roto i te pouaka kai*

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

*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*