

# I KAINGA AKU MAHI KĀINGA E AKU HUA WHENUA

HE MAHI HEI AKO I TE KĀINGA HEI WHAKAMĀTAU I  
NGĀ WĀHANGA 1, 2, 3, 4

ME HE MATATAUĀ  
ME HE MATATAUĀ  
ME HAERE MATĀ HUNA  
KI TĒTAHI MĀRA

Hangaia he pahū kākano ki te kano hua whenua, ki te kano amiami. Tautuhia he wāhi wātea e whakaaro ana koe ka pai mō tō pahū kākano. Waiho te pahū kākano ki taua wāhi. Ka kahu ake ina tika te wā ki te tipu.

HEI AKO: MAHI I TE HAPORI. TE KAHU O TE KANO

WĀHANGA 3

MATARIKI ATŪA KĀ EKE MAI I TE RĀNGI E ROĀ, Ē WHĀNGĀINGĀ IHO KI TE MATĀ O TE TĀU E ROĀ Ē.

Ki te mārama, ki te kānapanapa ngā whetū o Matariki, he tohu tēnei kia tiria ngā hua whenua ki te māra ā te Mahuru, he tau humi kei te haere. Kimihia tētahi e mōhio ana mō te tiri me te hauhake kai i runga i te whai i te maramataka me ngā whetū.

HEI AKO: NGĀ KĀHUI WHETŪ, NGĀ TIKANGA AHUREA

Me nēhita ki te āwhina ki te  
Kohi Hua Whenua i te Hapori.

Ko tā Pickfruit, te Hapori o te Tau o Aotearoa 2016, he ruruku i te kohikohi hua rākau kāore e pīrangihia ana i ngā māra, ka toha ai ki ērā e hiahia ana. Me haere tūao koe ki te kohikohi hua rākau, tirohia a pickfruit.co.nz.



WHAKAMĀTAURIA  
I TE RAUMATI

HEI AKO: TE HAERE HEI TŪAO, TE PŪKENGĀ MAHI

He māmā te tunu, he iti te utu o te hupa. Raua atu ngā hua whenua, ngā amiami nāu tonu i whakatipu, me hoko rānei ina iti te utu. Kia rahi tonu te tunu hei toha ki ētahi atu. Hoatu ngā toenga ki te pouaka tio. Me whai whakaaro ki te hunga kaumātua, ki ngā whanaunga, me whakarite rānei ki te tuku ki tētahi whakahaere toha kai i mua i te tununga.

KIA HŌRAPA TE  
AROKI I TE HUPA  
HUA WHENUA.



WHAKAMĀTAURIA  
I TE TAKURUA

HEI AKO: NGĀ HIAHIA O TE HAPORI. TE HOAHOA KA

Hunaia ngā hua  
whenua ka taea e  
koe ki te keke.

Panonitia ngā tohu tao tuku iho, ka whakawhiti ai i ētahi hanga matua ki te hua whenua. He pai te rengakura, te kāroti, te hūkini, te rengamutu, te raho pūru, te kūmara me te paukena. Ākene ka taea e koe ō hoa te hangarau.

WHAKAMĀTAURIA  
I TE TAKURUA

HEI AKO: TE TUHI TOHUTOHU, TE WHAKAWHITI

WĀHANGA 2

ME AKO  
KI TE  
ROKIROKI  
KAI

Kimihia tētahi hei tohutohu i a koe ki te pīkara hua whenua.

Ina pīkariahia te kai, mā te tote me te waikawa e heke ai te huakita, e auroa ai te pai o te kai.

WHAKAMĀTAURIA  
I TE KŌANGA

HEI AKO: TE WAIKAWA, TE HUAKITA

KIMIHIA TE MĀRA I TŌ HAPORI, KIA PĀRUPĀRU  
NGĀ RINGA MŌ TĒTAHI AHIAHI.

He maha ngā hapori whai māra i tētahi pito whenua e wātea ana. Katoa aua māra kei te ngakihia, kei te whāinuhiā, kei te keria, kei te tiakina e te tūao. Ko te mea pai? Ki te āwhina atu koe, kua āwhina anō koe ki te kai i ngā hua.



HEI AKO: MAHI PĀPORI. TE WHAI WĀHI ATU

Ka tipu mai anō te Kāriki, te Rētihi, te Kāroti me te Pāhera i te maramara noa iho. Ka whai te hunga kōnui kākāriki ki te whakamahi anō, ki te whakatipu pēnei anō i te kai.

WHAKATIPUHIA HE HUA  
WHENUA HOU MAI I NGĀ  
MEA TĀWHITO.

WĀHANGA 1



HEI AKO: KIA UKAUKA, TE HURIHANGA ORA

ME WHAKAHAU TŌ WHĀNAU  
KIA KAUA E KAI MĪTI I  
NGĀ RĀHINA MŌ TĒTAHI  
MARAMA.

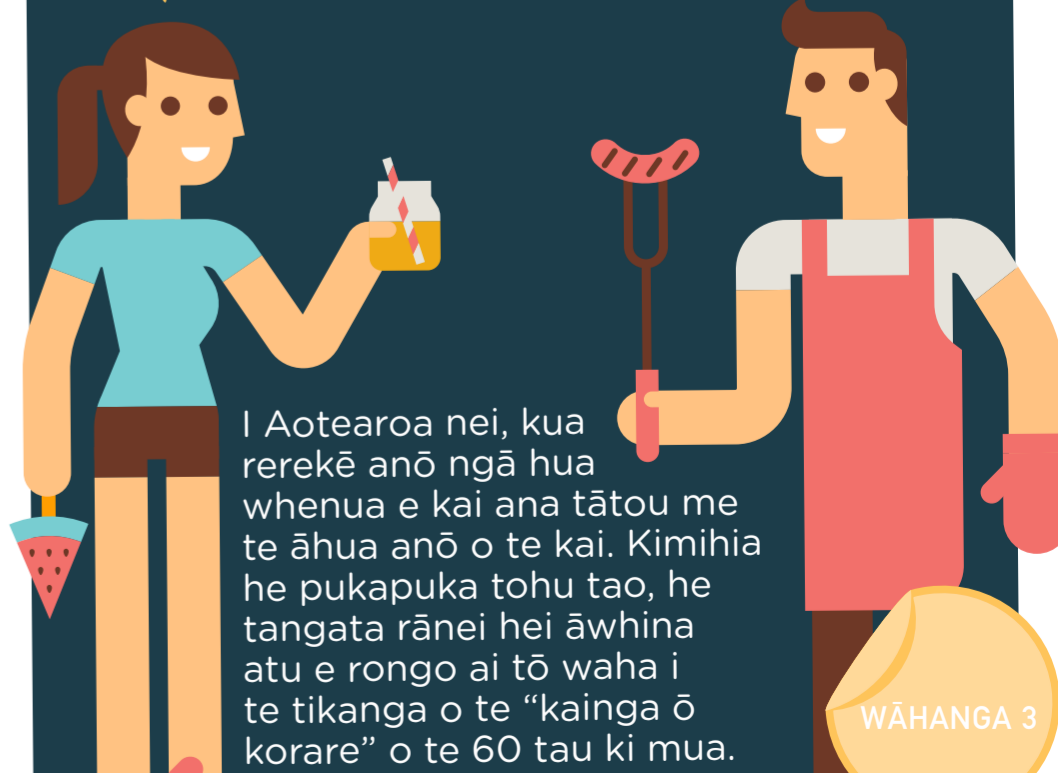
WĀHANGA 4



Me huri hei Whānau Hangore ka whakahaere ai i tō tapuwae waro, ka whakapiki ai i te hauora o te whānau, ka penapena moni anō ai.

HEI AKO: TE PĀNGA KI TE TĀIAO, NGĀ WHAKATAU MATATIKA

Kainga ō korare pērā i a  
rātou o te tau 1956.



I Aotearoa nei, kua rerekē anō ngā hua whenua e kai ana tātou me te āhua anō o te kai. Kimihia he pukapuka tohu tao, he tangata rānei hei āwhina atu e rongō ai tō waha i te tikanga o te "kainga ō korare" o te 60 tau ki mua.

WĀHANGA 3

HEI AKO: PANONITANGA PĀPORI, PŪKENGĀ RANGAHAU