

- Tonoa te ika tunutunu, kaua te ika i te paraōa piri — tangohia te parāoa piri rānei.
- He pai ngā kai kawē he mea mahi i roto raihi, i roto kihi parāoa rānei, ā, he tino pai mehemea he rahi ngā hua whenua kei roto.
- Me reka ki a koe te kai i ngā kai kawē, ēngari me waiho hei kai ia wā noa iho.

Ngā Kai mō ia Mema o te Whānau

- He rerekē ngā hiahiatanga o ētahi mema o te whānau. He mea nui tonu kia pai ngā kai o te katoa.
- Me āta mea koe kia whiwhi ngā mema katoa o te whānau ki ngā momo kai e tika ana ki a rātau.
- Mā te kai tahi e tino pai rawa atu ai te āhua o ngā kai.

Ngā Mahi Tiaki Kai

- Me tiaki tonu koe i ō taputapu kai, ō papa tapahi kai me ō tēpu kia noho mā i ngā wā katoa
- Me horoi koe i ō ringaringa i mua, i muri hoki i tō romiromi kai.
- Me tao koe i ō kai kia wera tonu, ā, me āta whakawera anō ngā toenga kai i mua i te wā ka kāinga e koe.
- Kauaka e waiho ngā kai he mea tao, ki waho o te pouaka mātao mō te wā neke atu i te rua haora.
- Me wehewehe e koe ngā kai he mea tao mai i ngā kai torouka, i roto i tō pouaka mātao.

ME REKA KI A KOE O KAI, A, ME REKAREKA TO KAI HEI TIAKI I TO HAUORA.

Kia āhua kaha tonu te kori tinana mō te toru tekau meneti, neke atu rānei, ia rā, ia rā. (Ko te tikanga, ki te āhua kaha te kori, ka tūngāngā te tangata!)



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FOOD
FOR HEALTH
KAI PAI MŌ TE HAUORA



KAI PAI MŌ TE HAUORA

Me whiwhi tonu koe ki te maha o ngā momo kai e pai ana mō tō hauora.

- Me kōwhiri e koe ko ngā mea mai i ngā momo kai e whā e whai ake nei, hei kai māu ia rā.
- Mā tō kai i te iti o te maha noa atu o ngā momo kai rerekē, e whāngai ai koe i tō tinana ki te whānuitanga o ngā kai pai hei oranga mōu.

Ngā hua whenua me ngā hua rākau

- He kai pai ngā hua whenua me ngā hua rākau mō ngā huaora, ngā manawa whenua me ngā kaka tipu, ā, he iti hoki te hinu kei roto i ēnei kai.
- He pai ngā hua rākau me ētahi hua whenua hei kai kinikini.
- Me kōwhiri ko ngā hua rākau me ngā hua whenua e tipu ana i te wā e tika ana mō rātau, kia ngāwari ai te utu.
- Me reka ki a koe o kai hua rākau me o kai hua whenua, ā, me rekareka koe ki te kai i ngā kai kāore he kinaki, he hinu rānei kei roto.
- Me kai kia kaua e taka iho i te rima o ngā tohanga hua rākau me ngā hua whenua ia rā.

Ngā Parāoa me ngā Pata Kai (ka uru atu ngā parāoa rimurapa, raihi me ētahi atu pata)

- He pai ngā parāoa me ngā pata kai hei whāngai i a koe ki ngā kaka tipu, ngā huaora me ngā manawa whenua.
- Ka hia kai ana koe, kāinga ko ngā parāoa, te pata kai, te parāoa rimurapa me te raihi.
- He maha ngā parāoa me ngā pata kai he huaora, he manawa whenua he mea tāpiri atu kei roto, nō reira āta kōrerohia ngā whakaaturanga kei ngā tapanga i runga i ngā mōkihi.
- He tino pai ngā parāoa me ngā pata kai hei kai kinikini, ēngari kia ngāwari te kai i ngā whakararu hinuhinu me ngā whakakiki he hinu kei roto.
- Me kai koe kia kaua e taka iho i te ono o ngā tohanga parāoa me ngā pata kai ia rā.

Miraka me ngā Hua Miraka

- He kai pai te miraka me ngā hua miraka hei whāngai i a koe ki ngā huaora me ngā manawa whenua, ā, ko te konupūmā (calcium) tētahi o ngā tino mea o ēnei kai.
- Me kōwhiri e koe ko ngā miraka me ngā hua miraka he iti te hinu kei roto.
- He tino pai ngā miraka me ngā miraka pē he iti te hinu kei roto hei kai kinikini, ā, he māmā te whakamahi hei tao kai.
- Me kai koe i te iti rawa o te e rua o ngā tohanga miraka me ngā hua miraka ia rā.

Miti, Kaimoana, Heihei, Hēki, Huapi me ngā Pini

- He kai pai te miti pūioio, ngā kaimoana, te heihei, te hēki, ngā pītau pīni maroke he mea tao, ngā pī me ngā lentils hei whāngai i a koe ki te pūmua, te huaora, te manawa whenua - ā, ko te rino me te konutea ngā mea nui o ēnei.

- Me kai koe i ngā miti pūioio, ngā kaimoana me ngā heihei kāore he hinu, he kinaki hinu rānei kei roto.
- He ngāwari kē atu te utu o ngā kai pērā i ngā pīni maroke, ngā pī me ngā lentils, i tēra mō ngā miti, ngā kaimoana me ngā heihei.
- Me mea koe ki te kai i ēnei momo kai i te taha o ngā hua whenua mata he rahi te huaora C kei roto - pērā i te tōmato, te broccoli, ngā pepa rānei.
- Me kai kia kaua e taka iho i te kotahi tohanga miti, tētahi atu momo kai whakakapi rānei ia rā.

Ngā Kai he mea Āta Mahi me ngā Kai Tākai

- Tērā ka rahi rawa te hinu me te tote i roto i ngā kai he mea āta mahi.
- Me mea koe ki te toha kai he mea āta mahi, he kai he mea tākai rānei i te taha o tētahi manga mata, ētahi hua whenua mata rānei.
- Kimihia ngā kai tākai he iti te hinu me te tote kei roto, ā, kua whakaurua atu ētahi pata kai, ētahi kaka tipu hua whenua.
- Kōrerohia te tapanga. Hei tauira, 5g hinu, 5g huka rānei = e tata ana tēnei ki te tipūne te rahi.

Ngā Kai Kawe

- Ko ngā kai he parāoa tōna tumu, tērā he iti iho te hinu kei roto, ā, ka āhei koe ki te tonu atu mō ngā kinaki, te tīhi, te whakararu rānei he iti te hinu (hei tauira, i runga i ngā parehe, ngā pizza me ngā burger).
- Mehemea ka hoko kotakota riwai koe
 - he iti iho te rahi o te hinu ka uru atu ki ngā riwai he mātotoru ngā kotakota
 - mehemea ka wera ake te āhua o te tao i ngā kotakota riwai, kāti ka iti iho te hinu ka uru atu ki roto
 - kauaka e tonu atu mō ētahi atu tote tāpiri