

Kaua e kai paipa



He rauemi kaupare i te kai paipa mō ngā kura

MŌ NGĀ ĀKONGA E 9-13 TAU TE PAKEKE

He Mihi

Ko tēnei pukapuka he mea tuhituhi nā Piripi Walker, rāua Ko Hēni Hākopa, mō te rōpū Tōtika Editorial, i Te Whanga nui a Tara, i te taha o Wrighton Doorne & Associates Ltd. Kei te mihi atu te rōpū hanga pukapuka ki a Christina Cram o Te Kura Tuatahi o Kōraunui, Pirihira Haira o Te Kāreti o Taitā, Pani Kerehoma o Te Kura Tuarua o Te Aute, Te Kōtuku Tibble o Te Kura Kaupapa Māori o Ngā Mokopuna, Miria Kiriwera o Te Kura Tuatahi o Pitoone Central, mō tō rātou āwhina. Kei te mihi anō ki a Ellen Van Nistelroy o Te Kura Tuatahi o Kōraunui mō ngā āwhina i roto i te kura. Tēnā koutou katoa.

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Upoko Tuatahi

HE KUPU WHAKATAKI

He taru tawhiti - waiho ki tawhiti.

Ki ngā kaiako me ngā tamariki o te motu tēnā koutou, tēnā koutou katoa. Tēnā koutou ngā kanohi o ō koutou mātua tūpuna kua ngaro atu ki tua o te ārai.

Kei tawhiti noa atu te hoariri kua kitea noatia mai!

Ko ngā whakataukī e tohu ana he tino taonga tonu te hauora, taha tinana, taha hinengaro, i puta ai te ihu i ngā rā o mua. Nō reira, kei pōhēhē tātou nō nā noa nei tēnei whakaaro - nō tua whakarere, nō ngā tūpuna. Anei ētahi hei taurira:

Wairua Pai

Ka mahi te tawa uho ki te riri.

Ehara koe te ringa huti punga.

He pai kanohi e roa te tirohanga.

Wairua Kawa

He waewae taimaha, he kiri mākū. (Arā, ka mākū te toa i ōna anō toto.)

He tiro paku noa tēnei ki te ao tawhito, me te whakaatu atu ehara te tupeka i te taonga taketake ake o tēnei whenua. I tōia mai i tawhiti, ka mutu, ki te uia te pātai, 'kua puta anō he hua ki te Māori i te kai paipa i roto i ngā tau?', kotahi anō te whakautu, 'Korekore nei'. Nā reira, e hika mā, ko te whakahau ki a tātou, e pēnei ana nā, *He taru tawhiti, waiho ki tawhiti.*

He kai tā te kararehe, he kai tā te tangata, he kai tā te ahi.

Ko te tūmanako ka whai tikanga tonu ēnei mahi mā koutou i roto i ō koutou rūma karaihe, ā, ka kitea te ngākau-nui o ngā tamariki ki ngā mahi ka horaina ki mua i a rātou.

Kua tītaha te rā, kua tū-ā-tō, kei whiti atu te rā ki tua o Tāwauwau.

Nā reira tēnā koutou, tēnā koutou, tēnā koutou katoa.

He Kupu Ārahi ki ngā Kaiako

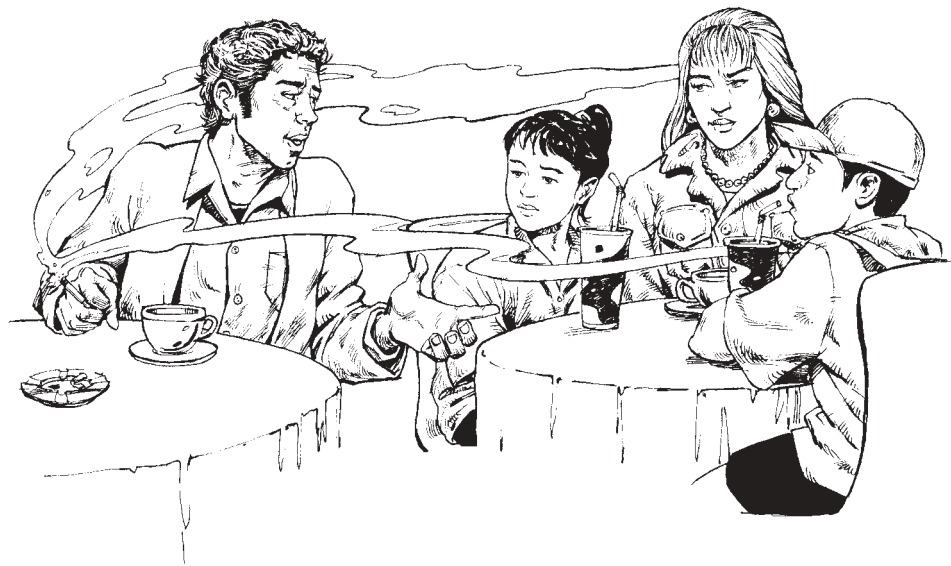
Ki ngā kaiako, kia mahara

E mōhiohia ana he nui tonu ngā mātua me ngā kaitiaki i ā tātou tamariki mokopuna, tae atu ki ō rātou tuākana, tuāhine, tungāne, he kai hikareti. Ko te whakaaro ia, me tonu atu he pānui ki ngā mātua me ngā whānau i te tīmatatanga o ngā mahi.

E kore pea ētahi o ngā mātua me ngā tūpuna o ngā tauira o tō kura e tino rata ki tēnei kaupapa, e whakaakongia nei ngā mokopuna ki ngā āhuatanga kikino o te kai paipa. Waihoki ngā mokopuna, ka matakū pea ka hōhā katoa ngā mātua i ēnei mahi, e whakahētia nei te kai paipa. Kia mahara tonu tātou ki ēnei āhuatanga, kia tūpato, kei akiakina ngā tamariki ki te whakahē i ō rātou mātua ake, i ngā mea kai paipa o te whānau rānei. Kīia atu ki ngā mokopuna kia kaua rātou e mahi pērā.

Otirā, tukuna atu he pānui ki ngā mātua hei whakaatu pēhea te āhua o te mahi mō te kaupapa nei, me ngā wāhanga e whai wāhi mai ai rātou ki roto i ngā mahi.

Heoi anō he torokaha ngā hononga o *Kaua e Kai Paipa* ki te hauora i roto i te marautanga o Aotearoa. Ko ngā whāinga paetae nō roto i *Health and Physical Education in New Zealand*, ā, kitea ai ēnei i te taha o tēnā ngohe, o tēnā ngohe he herenga ki reira.



Upoko Tuarua

TAKU TINANA AUAHĪ KORE

Te Rapu Mōhiotanga

Hei Mahi Tuatahi

Hoatu he kape o te tinana tangata ki ia taurira. Whakamahia rātou:

- kia kitea ko tēhea wāhi o te tinana te wāhi e pāngia ana e te kai paipa;
- kia tuhituhi i ēnei kōrero ki te pikitia ki tētehi pene rākau ā tae;
- kia whakaingoatia tā rātou hīti;
- ka tuku mai ai ki te kaiako.

Hei Mahi ā Rōpū

I tēnei ngohe ka wehewehengia te karaihe kia rite ai te tokomaha o ngā rōpū ki ngā wāhanga o te tinana (kia 9 ngā rōpū).

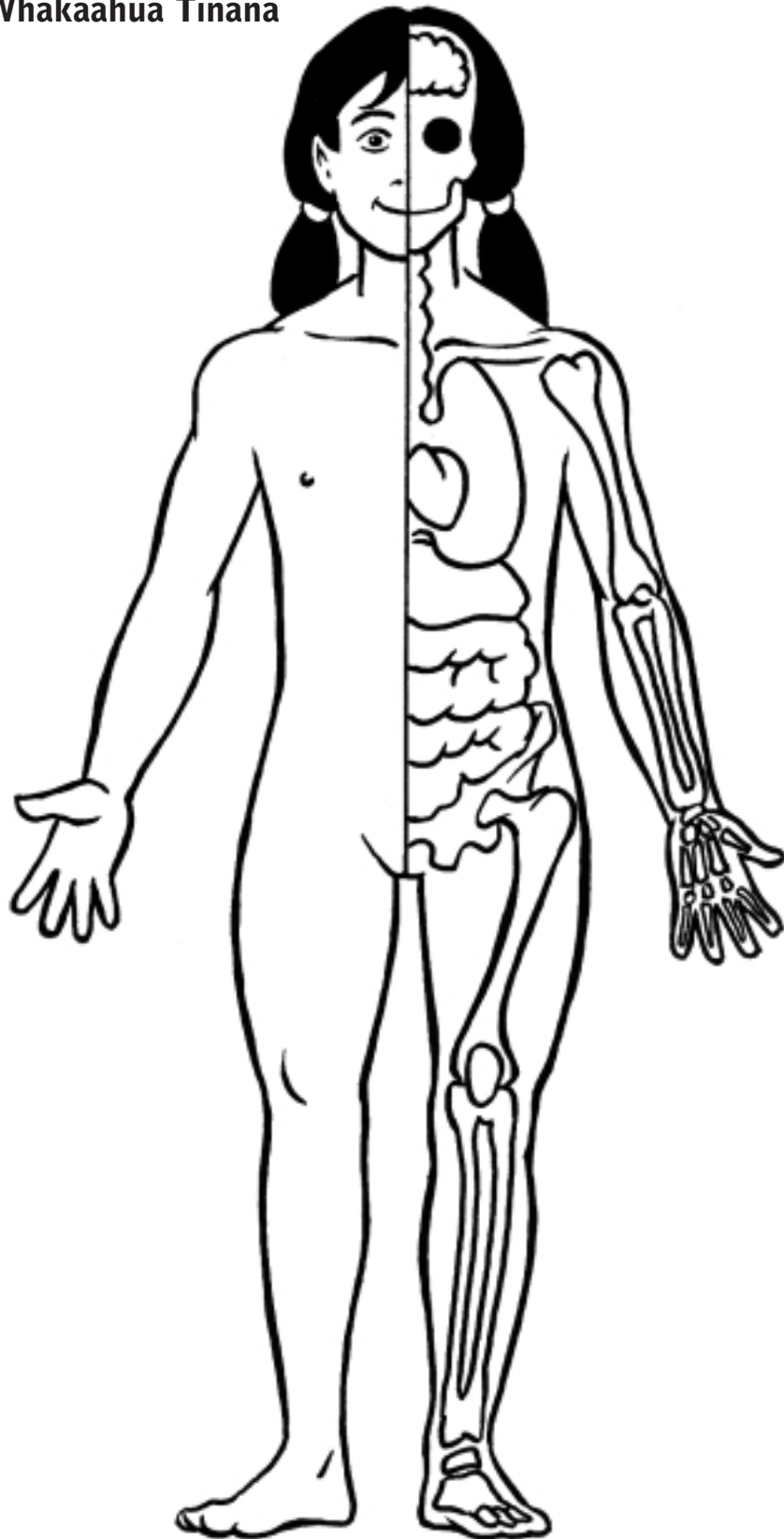
Ka kīia ia rōpū he rōpū tohunga, mō te mea, mō te mea, ka hoatu ai i ngā kōrero i runga i ngā Kāri Tinana, (Wh8) mō tō rātou wāhi.

- Tonoa ia rōpū kia rapu kōrero mō ngā āhuatanga i tukuna atu ai, ka whiriwhiri ai kia taea ai ēnei kōrero te whakaatu mai ki te karaihe.
- Whakamaharatia ia rōpū, me āta whakaata i ā rātou korero, kia mōhio ai ērā atu 'tohunga,' 'mō te manawa,' 'mō ngā pūkahukahu,' mō te aha, mō te aha, kāore kē nei i te paku mārama ki:
 - ngā tino mahi o taua wāhanga tinana;
 - ngā mahi kikino a te kai paipa ki ia wāhanga, ki ia wāhanga.

Mā ia taurira e hanga tētahi tūtohi pērā i te taurira e whai ake nei, ā, ka tuhia he whakarāpopototanga o ngā whakaaturanga o ia rōpū i runga.

Ingoa o te wāhanga tinana.	He aha tāna mahi?	He pēhea te pānga o te hikaretī i te tīmatatanga?	He pēhea te pānga o te hikaretī i roto i ngā tau?

He Whakaahua Tinana



Ko te Arotake i tō tātou Mōhiotanga Ināianeī

- Tuhia he tinana nui tonu nei, (me āmio pea ki te pene he hua o te tinana o tētehi tauira e takoto ana i runga i tētehi pepa nui tonu.)
- Whakahokia ki ngā tauira te whakaahua tinana i mahia e rātou i te tīmatanga o tēnei ngohe.
- Mā rātou tonu e whakarite ō rātou mōhiotanga o mua atu, ki tō nāianeī mōhiotanga.
- Whakamahia rātou kia whakaari rātou i te pānga kino o te kai paipa ki te tinana, me te whakamahi i ngā pārongo i ākona mai ai i aua whakaari, ki tēnei wharangi.

He Ngohe Anō

- Kapea ngā kōrero ki ētahi kāri, ka tākaro kāri ai, arā, he haumi i ngā kāri o ngā wāhanga tinana, ki tāna māhi māori nei, ki tāna mahi ina māuiui anō hoki.
- Pinea ngā kāri ki ngā tuarā o ngā tauira, ā, ka patapatai haere, kia kimihia ai te wāhanga tinana e hāngai ana ki āna mahi, tika, māuiui hoki.

Mahia ētahi atu kape o ēnei pārongo, hei tiroiro mā te whānau, mā ngā whanaunga hoki, mā te iwi whānui pea, hei whakairi atu ki ngā whare pukapuka, ki ngā papa pānui, ki ngā rūma tākuta hoki. Tirohia te mahi whakamutunga o tēnei pukapuka “He Whakakitenga Whakatūpatō,” (Wh. 41)

- Tukua rātou kia haere ki te whare pukapuka, ki te rapu kōpaepae rorohiko, me ērā atu rauemi katoa, hei āwhina i a rātou.
- Hoatu he kape o tēnei pānui ki ia tauira, ki ia tauira hei whakakāi mā rātou.



Ngā Kāri Tinana

Ko ngā roro		
He aha te mahi a ngā roro?	He pēhea te pānga o te hikareti ki ngā roro i te tīmatatanga?	He pēhea te pānga o te hikareti ki ngā roro i roto i ngā tau?
Ko ngā roro te kaiwhakahaere o te tinana. Māna ngā whakahaere mō te whakaaroaro, mō te kite, mō te rongō, mō te korikori, māna hoki te whakahaere o ngā mea katoa o roto i te tinana.	Tere tonu te taenga ake o ngā matū ki ngā roro, iti noa ngā hekona ka tae ki reira, ka ihiihi, ka āmaimai.	Mā te kai paipa ka kaha ake te pānga e te roro ikura. Ko te tikanga o te roro ikura, kua kati tētahi wāhi o ngā roro, kua kore e haere.



Ko ngā whatu		
He aha te mahi a ngā whatu?	He pēhea te pānga o te hikareti ki ngā whatu i te tīmatatanga?	He pēhea te pānga o te hikareti ki ngā whatu i roto i ngā tau?
Mā ngā whatu ngā mea katoa e tirotiro.	Ko te karu mamae, ka uaua te mau arotahi.	Ko te mate arotahi, e kāpō ai te tangata ina kaumātuatia. Ko tēnei mea te mate arotahi, kua rehurehu, kua māhinahina rānei ngā arotahi o ngā whatu, kua kore e mataaho te titiro.



Ko ngā taringa		
He aha te mahi a ngā taringa?	He pēhea te pānga o te hikareti ki ngā taringa i te tīmatatanga?	He pēhea te pānga o te hikareti ki ngā taringa i roto i ngā tau?
Mā ngā taringa e rongō ai tātou i ngā mea katoa, mai i ngā kōrero a te tangata, ki ngā tangi katoa o te aotūroa.	Ko te auahi urutomo tētehi pūtake nui o te taringa hoi. Ko te taringa hoi tētehi mate o te tamariki.	Ki te kore e mahia te taringa hoi e te tangata mōhio, ko te tukunga iho pea, ko te taringa ngoikore, me te taringa turi. Nui atu te kitenga o tēnei mate i waenganui i ngā tamariki he kai paipa o rātou mātua.

Ko te waha

He aha te mahi a te waha?	He pēhea te pānga o te hikareti ki te waha i te tīmatatanga?	He pēhea te pānga o te hikareti ki te waha i roto i ngā tau?
Kai ai tātou, inu ai tātou, mā te waha. Mā te waha ka rangona te reka o te kai, o te inu rānei.	Ka munamuna auahi mai te hā me ngā niho o te tangata. Ka tāpoaina ngā niho. Ki te kai paipa tātou ka mākihakiha noa iho te kai.	Pāngia ai te tangata kai paipa e ngā mate o te pae o ngā niho, te mate pukupuku o ngā ngutu, o te waha, o te korokoro rānei.

**Te kiri**

He aha te mahi a te kiri?	He pēhea te pānga o te hikareti ki te kiri i te tīmatatanga?	He pēhea te pānga o te hikareti ki te kiri i roto i ngā tau?
Hei uwahi te kiri mō te tinana o te tangata. Aukati ai te kiri i ngā mate, kia kore ai e hou mai ki roto i te tinana.	Mā te wera o te auahi hikareti e hātea ai te kiri. Ki te motu, ki te pahore rānei te kiri o te tangata kai paipa ka roa kē ake te mahunga o taua motu o te kiri.	Ka kūwhewhewhe noa iho pea te kiri o te kanohi o te hunga kua kai paipa mō te tekau tau, neke atu rānei.

**Ko te manawa**

He aha te mahi a te manawa?	He pēhea te pānga o te hikareti ki te manawa i te tīmatatanga?	He pēhea te pānga o te hikareti ki te manawa i roto i ngā tau?
Papu ai te manawa i te toto puta noa te tinana. Ki te mutu te panapana o te manawa, ka mate tātou. Ki te hē te haere o te manawa, ki te mutu tōna mapumapu, ka kīia tērā he mate manawa hē.	Ki te kai paipa koe, ka kukua noatia iho ngā ioio kawē toto. Ka uaua te rere o ngā toto o roto.	Mā te kai paipa, me te auahi urutomo, e piki ake ai te heipūtanga mai o te mate manawa hē.

**Ko te puku**

He aha te mahi a te puku?	He pēhea te pānga o te hikareti ki te puku i te tīmatatanga?	He pēhea te pānga o te hikareti ki te puku i roto i ngā tau?
Ko te puku te kaipupuri i te kai, koia hoki te kaiwhāngai i ngā kahanga katoa me ngā matū papai e kainga ana e te tangata kia ora ai te tinana, kia tupu pakari ai.	Kaha kē atu te pānga mai o ngā keha pāmamae ki te hunga kai paipa, i te hunga kore kai paipa.	He kaha kē atu te pānga atu o te mate pukupuku o te puku.

Ngā Kāri Tinana

Ko ngā pūkahunu		
He aha te mahi a ngā pūkahunu?	He pēhea te pānga o te hikareti ki ngā pūkahunu i te tīmatatanga?	He pēhea te pānga o te hikareti ki ngā pūkahunu i roto i ngā tau?
<p>Whakahā ai tātou mā ngā pūkahunu. Ko ngā pūkahunu ki te ngotengote i te hāora, mai i te hau o waho.</p>	<p>Urutomo ai ngā matū o te hikareti ki roto i ō tātou tinana mā ngā pūkahunu. Kia puhupuhi te tangata i te hikareti, ka hohoro kē ake te whakahāhā. Ko te take i maremare ai te hunga kai paipa, hei puhapuha atu i ngā paihana o te auahi. Ka kino kē atu te mate huangō. Ki te mea e pāngia ana koe e te mate huangō ka uua kē atu te whakahā, arā, te whakakī i ngā pūkahunu ki te hau.</p> <p>He roa kē atu te piringa o te maremare me te rewharewha ki te hunga kai paipa. Kāore e roa ka āhua ngoikore noa iho te tangata kai paipa ki te oma.</p>	<p>Tā te hikareti mahi he tūkino i ō tātou pūkahunu. Ka uua te mahi o ngā pūkahunu. He maha ngā kaimomi hikareti ka matemate i ngā mate pēnei i te pūkawe kakā, i te mate miru pupuhi, tae atu ki te mate pukupuku o ngā pūkahunu.</p>



Ko ngā ringaringa me ngā waewae		
He aha te mahi a ngā ringaringa me ngā waewae?	He pēhea te pānga o te hikareti ki ngā ringaringa me ngā waewae i te tīmatatanga?	He pēhea te pānga o te hikareti ki ngā ringaringa me ngā waewae i roto i ngā tau?
<p>Me kore ake ō tātou ringaringa me ō tātou waewae e hoa mā. Mā te koringa o ēnei peka ka kaha tātou ki te hīkoi, ki te hāpai taputapu, ki te hopu kai, me ērā atu mahi katoa.</p>	<p>I ētehi tāngata kai paipa, wiriwiri ai ngā matimati, ngā ringa rānei, ki te kore e momi mō tētehi wā. Ka kēkerewai pea ngā matimati.</p>	<p>I ētahi tāngata kai paipa, ka uua te rere o te toto mai i ngā waewae, ki ngā matimati, ki ngā matikara rānei, heoi anō, ka pā mai te kikohunga, ka mate rānei ko taua tangata. Tērā pea e poroa atu ngā ringaringa kia kore ai aua paihana e tae atu ki ētahi atu wāhi o te tinana.</p>

Te Ako i ētahi atu Kōrero mō ngā Pūkahukahu

- Whakamahia *Te kāri whakaahua mō ngā pūkahukahu* hei tīmatanga mō tēnei mahi. Kitea ai tēnei kāri nui i waenganui i ngā whārangi o tēnei pukapuka. Te tikanga, ka ngahoro noa mai te kāri nei, ina wherawherahia ngā whārangi.
- Me whakarite ngā pikitia e rua, arā, ngā pūkahukahu ora me ngā pūkahukahu matemate.
- Tohua
 - ko tēhea te mea hauora, ā, he pēhea i mōhiotia ai?
(*He puare ngā ioio kawē toto, koia i nui ai te toto e rere ana i roto. He nui te hāora i ngā wāhi katoa o te pūkahukahu, ā, he whero tonu te āhua.*)
 - ko tēhea te mea tāmātemate, he pēhea i mōhiotia ai?
(*He uriuri kē ake ngā pūkahukahu, i te mea, he iti iho ngā toto e rere ana i roto. Ka kitea ngā puku mā o te mate pukupuku, he wāhi uriuri hoki. Nā te iti o te toto i iti iho ai te hāora ka tae ki ngā wāhanga katoa o ngā pūkahukahu.*)
- Pātai atu ki ngā taurira ko wai mā ngā mea he uaua ki a rātou te whakahā. Tonoa ngā tamariki ki te whakarongo ki ā rātou kōrero, me te āta tātari i ngā āhuatanga e ōrite ana, i roto i ngā kōrero a tēnā, a tēnā o ngā taurira nei.
- Whakawhitiwhiti kōrero mō te mahi nui o ngā pūkahukahu ora i roto i ngā hākinakina, i ngā mahi waiata me ērā mea katoa. Kōrerorero mō te hiahia o te tinana kia tino whāngaia ia ki te hāora. Mā ngā pūkahukahu hauora anake ka taea.
- Whakamārama atu ki ngā taurira he mate tō ētehi tāngata e kīia nei ko te huangō, e māuiui ai ngā pūkahukahu. Ehara nō rātou te hē i pāngia ai rātou ki tēnei mate.

Ko te Momi i te Hau

- Hoatu ki ia taurira (hāunga ērā he mate huangō tō rātou) he ngongo. Momia te ngongo ki te waha, ā, ka whakahā ai mō ētahi meneti. Taihoa ake ka tino uaua te whakahā.
- Whakamutua taua mahi, ā, kīia atu ki ngā taurira kia pohewatia he mate pēnei i runga i a rātou, mō ake tonu atu. Whakamārama atu e hia kē nei ōrau o te hunga kai paipa, whiua ai e ngā mate pēnei tonu, ā, mate noa. Ko tētehi o aua mate ko te mate miru pupuhi.

Upoko Tuatoru

TE AUAAHI URUTOMO

Te Rangahau Kōrero mō te Kai Paipa

Ina kai paipa te tangata i tētehi wāhi whāiti, e ngote auahi ana te hunga kore kai paipa. Ko te hunga kore kai paipa e ngote ana i te auahi, e kīia ana ko te hunga kai paipa pokerehū.

Mehemea e noho noa iho ana koe i tētehi ruma ki te taha o ētehi tāngata kai paipa, ka tāpoaina koe e te auahi, i te mutunga o te rā, kua oti i a koe te whakangā i te auahi o ētahi hikareti. Mehemea e noho noa iho ana koe mō te wā roa i te taha o ngā tāngata kai paipa ka kaha ake te pānga e te mate pukupuku, me ērā atu tahumaero he kai paipa te take. Ko te tangata kore kai paipa e noho ana i te taha o te tangata kai i te 20 hikareti i te rā, tērā tonu pea ka pā mai te mate pukupuku ki a ia, me tana rere atu ki Te Reinga, tēnā, ko te tangata kāore i te noho tahi me te hunga kai paipa, e kore e pērātia.

He kino te auahi urutomo. Mā roto i te kai i te auahi urutomo, ka pāpā mai te ānini, te ngāhoahoa, te rangiroro, te karu mamae, te korokoro mamae, me te whakapairuaki.

Te Hononga Marautanga

Developing and Maintaining Personal Health and Physical Development

Level 3

Students will: identify and use safe practices and basic risk-management strategies.

Level 4

Students will: access and use information in a range of contexts to make and action safe choices.

(Health and Physical Education in the New Zealand Curriculum, p.39)

Te Whānau Auahi Kore

Hoatu he kape o te whakaahua o te whānau i te kāinga ki ngā tauira. Me whakautu ngā pātai e whai ake nei.

- Ki a koe, pēhea ngā whakaaro o ngā tamariki mō tēnei āhua?
- Ki a koe, pēhea ngā whakaaro o ngā whaea mō tēnei āhua?
- He aha te mate o tēnei momo mahi?
- Mehemea ko koe tētehi o ngā tamariki, pēhea tō noho me tō hauora?
- Mehemea nōu te whare, ko ēhea ngā tikanga hei whakarerekē māu, kia kore ai e pā mai ēnei momo āhuatanga?

He Aha ētahi Tāngata e Kai Paipa nei?

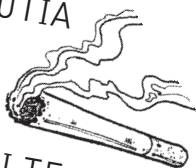
- Whakaaturia ngā kōrero pono mō te kai paipa i raro iho nei.
- Ohia manomano he aha te tangata e kai paipa tonu nei, ahakoa he kino mō te ora.
- Rapua kia toru ngā tino kōrero papai ki ngā tauira.
- Whakamāramatia atu te āhua o tēnei mea, te waranga.



He Kōrero Pono mō te Kai Paipa

19,000 o te Rangatahi ka
tīmata ki te kai paipa i ia tau.
arā, 40-50 ngā tāngata ia rā,
e 2 tangata ia haora.

UTU TONUTIA
AI E TE
MĀORI
NEKE ATU I TE
\$80,000,000
TĀRA I TE TAU, MŌ NGĀ
TĀKE O NGĀ HIKARETI
ME TE TUPEKA E
KAINGA ANA E RĀTOU.



KO TE NUINGA O NGĀ TĀNGATA
I KAHA KI TE WHAKARERE KI TE
KAI PAIPA, E RUA, NEKE ATU
RĀNEI WHAKAMĀTAURANGA KI
TE WHAKAMUTU, KĀTAHI ANŌ
KA PUTA TE IHU.

50 PAIHENETI O NGĀ
TĀNGATA KATOA E KAI PAIPA
TONU ANA, KĀORE KĒ NEI E
KAHA KI TE WHAKAMUTU,
KA MATE I TE KAI PAIPA.

70-80

ŌRAU O TE HUNGA
KAI PAIPA E KĪ ANA,
E HIAHIA ANA RĀTOU
KI TE WHAKAMUTU.

TAIĀWHIO NOA I TE AO

E **6-7** ngā tangata matemate
ai ia meneti, ia meneti,
400 ngā tāngata i te haora,
9,600 i ia rā, i ia rā,
3.5 manomano i te tau.
(he rite tonu ki te tokomaha o te katoa o ngā
tāngata o Aotearoa.)

He Kōrero Pono mō te Kai Paipa

49%

O NGĀ PAKEKE MĀORI
HE KAI PAIPA.

Ko te kai paipa
te pūtake o te
hāwhe o ngā
ahi i te kāinga.



NEKE ATU I TE
4,000
NGĀ MATŪ I ROTO
I TE AUHĪ O TE
HIKARETI.

KO TE NUINGA O TE HUNGA
KAI PAIPA, I TĪMATA I MUA
I TE TAENGA KI TE **20** TAU.

MEHEMEA KA WHAKAMUTU TĒTAHI
TANGATA KAI I TE 20 HIKARETI IA RĀ,
KA TOE KI A IA TĒTAHI



\$2,000 I ROTO I TE TAU KOTAHI.

HE AHA NGĀ TAONGA KA HOKONA E KOE KI TĒNĀ MONI?

NEKE ATU I TE

4,500

TE HUNGA O AOTEAROA,
MĀORI, PĀKEHĀ,
E MATEMATE ANA I
TE KAI PAIPA I IA TAU,
I IA TAU. MEHEMEA KĀORE
ENEI TĀNGATA I KAI PAIPA,
KUA NOHO ORA
MAI I TE AOTŪROA MŌ
TĒTEHI ATU 14 TAU.

He Panga Huna

He kōrero pono tēnei. Whakakīia ngā whāwhārua.

wairua	tūpuna	hongitanga	puhipuhi
whakaae	auahi urutomo	whaikōrero	

“Ki tōku whakaaro ko te marae he wāhi _____. Ko te marae te wāhi e ora tonu ana ō tātou _____ ā, ko te marae te wāhi e rere ana te tapu, te mauri, ngā tikanga katoa o te ao Māori. Kāore au e pīrangi ki te _____ i te o te hikareti ki te kanohi o ngā tūpuna. Koianeī tētehi o ōku whakaaro, ko ēnei mahi i te marae kei te hē. Ko te karanga, me te _____, he mahi tapu katoa.

“I taku tamarikitanga, i mua i te pōwhiri, i kite au i ngā kaikaranga e kai paipa ana, me te kapa pōwhiri i te manuhiri. Nō te _____ atu, ka rongu au i te hikareti mā runga i tō rātou hā, ā, i muri i tēnā, ka āhua māuiui au. Koirā te take kāore au e _____ ki te kai paipa i runga i te marae. Ki ahau nei ko te kaupapa o te pōwhiri he whakakotahi i ō tātou hā, arā, ō tātou whakaaro, ō tātou wairua, ō tātou tūpuna.”

He Rangahau i ngā Pāngarau o te Kai Paipa

Tā te Kai Paipa Mahi he Tāhae Moni

Ko te kaupapa o ngā mahi e whai ake nei, he tiroiro i te nui o te moni e tāhaetia ana e te hiahia ki te momi paipa, me te āta titiro ki ētahi mahi a te hunga hokohoko i tēnei mea te hikareti. Ko ngā tino mahi he rangahau i ngā pāngarau o te kaipaipa, he āta wānanga i ngā mahi a ngā kamupene hoko hikareti.

Whakamahia ngā tauira kia mahi takiwhā, ki te rangahau i ēnei pātai:

- 1 He aha te utu mō te pākete hikareti rua tekau?
- 2 Inoi atu ki ngā tauira kia mahi takirua, ka whakautu ai i ēnei pātai. Ki te kai te tangata i te pakete rua tekau ia rā, ia rā, e hia ngā moni ka pau:
 - i te wiki;
 - i te marama;
 - i te tau;
 - i te tekau tau;
 - i te rua tekau tau.
- 3 Mahia he kauwhata pou hei whakaahua i ngā whakautu.
- 4 Mā ngā tauira e wānanga he aha ngā taonga ka taea e rātou te hoko ki aua moni.
- 5 Whakahaua rātou kia tuhia he whakaahua o ngā taonga ka taea e koe te hoko i te tekau tau. Mā ngā tamariki e tuhituhi tētahi whakaahua mō tēnei āhua.
- 6 He aha ētahi o ngā mahi, ngā whenua ātaahua rānei, ka taea e koe i roto i te tekau tau, ki te kore koe e kai paipa?
- 7 E hia rawa ngā moni hou ka toe mai ki a koe i roto i te toru tekau tau?

Ko te Parawaro

He kai waranga nā te tangata te parawaro. Kitea ai i ngā rangahau o Aotearoa, ko te hāwhe o te hunga kai pūputu i te tupeka i ia rā, he warawara ki te kai paipa i te ekenga ki te 18 tau, nā te parawaro kei roto i te tupeka. Kitea ana i ngā whakamātautau i mahia i raro i Te Manatū Hauora kei runga ake te nui o te parawaro i ngā hikareti o Aotearoa, tērā i ō Ahitereiria, i ō Amerika rānei.

- Mahia ai ngā pāketete hikareti tekau i Aotearoa i mua. Koinei ngā pāketete e paingia ana e te rangatahi. I runga i ngā whakamātautau, ka kitea kua nui kē atu te parawaro i roto i ngā pāketete tekau hikareti, i ngā pāketete 20, 25 rānei. Kāore i te whakaaetia e te ture ināianei te pāketete tekau.
- Kōrerorero mō tēnei āhuetanga i runga ake nei.
- Me i kore te parawaro, kua tino kore e whai te rangatahi i te ritenga kai paipa, e matemate nei te tokomaha noa iho o tātou.

He Aha i Reka ai te Kai Paipa ki ētahi o te Hunga Pīrangī ki taua Kai?

- Hei whakapiki i ngā whakaaro, hei whakaoho i te tinana mō te wā poto, he pēnei tonu te āhua, ina pōuri ngā whakaaro, kua whakapikingia, nāwai ā, ka heke anō. He pēnei tonu te haere, piki, heke. Ka waia te tangata ki tēnei āhua.
- Ka taka he wā, ā, ka āta momimomi te tangata kai paipa i ngā hikareti, kia whāngaia mai ai te parawaro e pīrangitia nei ki te tinana. Ki te kore e eke te parawaro ki tōna taumata o ngā rā katoa, ka hiahia ki tētahi atu hikareti.
- Kōrerorero tahi ki ngā akonga mō te āhua o tēnei hiahia, te warawara.

Upoko Tuawhā

TE ĀKINGA Ā REANGA

- Mā te karaihe katoa e ohia manomano me pēhea te rangatahi e kaha ai ki te pare atu i te hikareti.
- Mā ia ākonga e tuhituhi tāna kōrero, me whakaputa whakaaro mehemea e hiahia ana ia ki te kai paipa ina pakeke ake ia.
- Me ohia manomano me pēhea te ākonga e kaha ai ki ngā ākinga mai a ngā hoa.
- Rapua he tikanga hei whakaharatau, hei whakawaiwai i ēnei momo karo, i ēnei momo kōrero, kia noho pūmau ai ki te hinengaro o te ākonga.
- Mehemea kua tīmata kē te rangatahi, me pēhea e taea ai te whakamutu rawa atu?
- Whakaritea ētahi mahi kia uru mai ai te whānau katoa ki te tautoko i te mahi whakamutu.
- Whakamahia tēnei whakaahua hei tīmatanga whakawhitiwhiti kōrero mō te ākinga-ā-reanga.



- Whakawhitiwhiti kōrero mehemea he mea pai te whakahau, arā, ngā tono mai a ō rātou hoa, kia mahi rātou i tētahi mahi.
- Whakawhitiwhiti kōrero mō ngā wā kāore i pai te ākinga mai a ō rātou hoa.
- Me whakamahi ngā tauira kia whakawhitiwhiti kōrero mō te whakahau mai a ngā hoa, kia whakaae te katoa he uua ki te karo atu.

Te Hononga Marautanga**Personal Health and Physical Development***Level 3*

Students will: describe how feelings, beliefs, and actions of self and others contribute to a personal sense of self-worth.

(Health and Physical Education in the New Zealand Curriculum, p.39)

Enhancing Interactions and Relationships with Others*Level 3*

Students will: identify the pressures that can influence interactions with others and demonstrate basic assertive strategies to manage these, e.g. *pressure from peers, students' own feelings or physical limits, others' attitudes and behaviours, whānau, media ...*).

Level 4

Students will: describe and demonstrate a range of assertive communication skills and processes to interact appropriately with others.

(Health and Physical Education in the New Zealand Curriculum, p.49)

Te Whakahoki ki te Ākinga ā Reanga

Ko ēnei mahi e whai ake nei he tiroiro i ētahi karo, i ētahi kupu kōrero, hei āwhina i ngā tamariki ina tonotono mai ngā hoa kia whakamātau rātou i te kai hikareti.

Wehea ngā taurira kia whā rawa ngā rōpū. Hoatu ki ia rōpū kia rua kāri whakataua mai i te whārangi 21.

Whakamahia ngā taurira:

- Kia whakawhitiwhiti kōrero mō aua kāri e rua;
- Kia whakatauria ētahi o aua araputa.
- Kia whiriwhirihia tētahi o aua whakataua hei whakaatu mai ki te karaihe katoa.

Kia mutu katoa, me whakawhitiwhiti korero mō aua whakataua. Whakautua ngā pātai e whai ake nei:

- He aha ētahi o ngā āhuetanga papai mehemea he pēnei ō whakautu tonono?
 - He aha ētahi o ngā hua kikino o te mahi pēnei?
 - He aha ētahi o ngā wāhi e tahuri ai koe ki te mahi pēnei? He aha ai?
 - Ko ēhea ngā wā e nohopuku ai koe, e tahuri noa atu ai koe kāore he whakautu? He aha ai?
- Hei aha te tīmata? Hei aha te kaipaipa?
- He aha i uaua rawa ai te whakarere i te kai hikareti?
- Me pēhea tātou e kaha ai ki te huri i ngā whakaaro o ō tātou hoa, o ō tātou whānau, o tō tātou iwi?

Ngā Kāri Whakatau

1 E hīkoi atu ana koe ki te kāinga, ā, ka tono tētehi hoa nō tō tuakana kia kai paipa koe.



2 E haere tahi ana kōrua ko tō kuia mā runga motokā, kua whakapairuaki koe, ka tīmata tō kuia ki te kai paipa.

3 Ka kī mōkai mai ō hoa ki a koe, he koretake, he rorirori koe, nā te mea kāore koe e kai paipa ana.



4 Kei te kāinga tō pāpā e mātakitaki ana i te whutupōro, ā, ka tonoa koe kia haere ki te toa ki te hoko hikareti.

5 E kai paipa ana ō mātua, te whānau rānei, i a rātou i te kāinga. Ka tīmata koe ki te tīmohu.



6 Kei runga koutou ko ō koutou hoa i te tereina. Ka tīmata ētahi atu ki te tahu hikareti i raro tonu iho i te pānui Auahi Kore.

7 E hiahia ana tō whānau ki te whakapūmau i te kaupapa auahi kore - ka tae mai a Koro Watson, ka tahu hikareti i roto i te whare.



8 Kei tō marae auahi kore koe, i te taha o tētehi o ō koroua nō wāhi kē, ka tīmata ia ki te kai paipa.

Ko Wai te Kaitono i Ahau?

Whiriwhiria ko wai te kaitono i a koe, ka tohu i te pouaka e tika ana. Neke atu i te kotahi pea ngā tohu i te pouaka kotahi.

Mā koutou e tito he āhuetanga mō te pouaka whakamutunga.



Wāhi	Kore kau	Māmā	Pāpā	Tuakana Teina	Ngā hoa	Tuahine/Tungāne	Kura	Pouaka Whakaata
He kōwhiri ko tēhea te pikitia pai rawa								
He kōwhiri tarau tāngari hou								
He whakarite me pēhea te whakapau i tō \$10.00								
He whakatau ko tēhea te tākaro māku								
He whakatau āhea mahia ai taku mahi kāinga								
He whakatau ko ēhea ngā mea papai o te pouaka whakaata								
He kōwhiri i te āhuetanga makawe mōku								
He whakatau he aha te mahi i muri i te kura								
He whakarite ko tēhea kōpae pūoru te mea rawe								

He Kōrero mō te Ngohe nei

Ko te mahi nei he wānanga i ētahi wā e huri haere ai te tamaiti, i te kāinga, i te ao whānui rānei, ā, kua tae ki tētehi mahi hou. Ko wai tōna rangatira, i a ia anake te mana whakahaere i a ia? He tāngata anō pea kei tōna taha ki te whāngai whakaaro mai. Ko wai aua tāngata?

He aha te Whāinga?

Kia mōhio ai te ākongā, ehara i te mea ko au anake te kaiārahi i a au i roto i āku mahi katoa. Mā konei ka tūpato, ka mōhio te tamaiti ki te kōrero ki a ia anō. Me aha rā ahau, pēhea pēnā he kai kino, he kai whakamate i ahau? Ka pēhea rā ahau? Kua whakarongo tonu au ki ngā kaitonotono i ahau? Kua mōhio ahau ki te whakarongo ki tōku puku anō, ki ōku mōhiotanga anō?

- Hoatu ki ia tauira tētehi kape o te tūtohi nei.
- Kīia atu kia whakapiria ki ā rātou pukapuka. Me whakakī e rātou.
- Tuhia te tūtohi me ngā pātai ki te papa tuhituhi.
 - Ko tēhea te pouaka he maha rawa ngā tohu kei roto?
 - He pouaka o roto kāore nei he tohu?
 - He aha i riro ai kei ētahi tāngata te mana tonotono i a koe?
 - He āhuatanga anō kei te whakahau, kei te āki i ō whakaaro?
- Titiro ki ngā pūtau mō ngā hoa, mō ngā tungāne, mō ngā tuāhine. He wā anō, kāore i te tino pai tō rātou awe i runga i a koe?
- Inoi atu ki ngā tauira kia tuhia ēnei pātai i runga ake nei, ki roto i ā rātou pukapuka, ka whakautu takitahi ai.
- Me whakawhitiwhiti whakaaro te karaihe katoa mō ngā wā i ākina ai ō rātou whakaaro e ō rātou hoa.
- Whakamahia ngā tauira kia tuhia he kōrero paki, he pakiwaituhi rānei, he whiti noa iho rānei, mō tētahi wā i kawea ai ō rātou ngākau kia mahi i tētahi mahi pai e te ākinga a ō rātou hoa. ā, tāpiritia mai he kōrero mō tētahi mahi kāore i tino pai, nā ngā hoa rātou i whakahau.

Te Kī atu “Kāore”

- Whiriwhiria tēnei āhua. He uaua i ētahi wā ki te kī, ‘kāore,’ ki te hiahia ō hoa kia mahi koe i tētahi mahi.
- Uia ngā tauira, he aha te take i uaua ai?
 - Ka matakū pea koe;
 - He maha ngā tāngata e whakahau ana i a koe;
 - Kāore koe e hiahia kia kīia koe he ‘tangiwetō’
- Me kōrerorero ngā karo nei, arā, he pai noa iho te kī atu – ‘Ka riri aku pāpā’, ‘Kei te tiaki moni au mō tētehi paihikara hou’, ‘Kāore au e moumou moni mō te kai paipa!’

Upoko Tuarima

TE TARU MAI I TAWHITI

Te Kaipaipa me te Iwi Māori mai rā anō

Kia maumahara tātou, kāore he tupeka i Aotearoa i mua i te taenga mai o te Pākehā. He taru kē i mauria mai i tawhiti me ōna kino katoa.

Ko te kaupapa o ēnei mahi e whai ake nei, he rangahau i te āhua o te tupeka i te ao tahito, me tōna taenga mai ki waenganui i a tātou, te iwi Māori. Kia mutu ngā mahi rangahau, ka haere ngā mahi e toru.

- He Whakarārangi i ngā Kōrero mō te Kai Paipa mai i mua ki nāiane;
- He Taukumekume
- Te Kēmu Auahi Kore

Wehea te karaihe kia ono ngā rōpū.

- Hoatu tētahi o ngā kāri kei raro nei ki a rātou.
- Mā ia rōpū e rangahau ngā kōrero mō te takiwā ki a ia. Whakaritea tētehi haerenga ki te whare pukapuka, tirohanga kōpae rorohiko rānei.
- Kia mutu ngā mahi rangahau, mā ia tauira e tuhituhi tētahi kōrero poto, (kotahi whiti pea) mō tētahi wāhanga o ngā kōrero kai paipa kua kitea e tana rōpū. Me uru atu hoki ōna ake whakaaro mō aua kōrero.
- Me tuhituhi hoki he pikitia mō aua kōrero.

Ngā Kāri Hītori Te Ao Tawhito 0-1760

Ko te kāinga taketake ake o te tupeka kei ngā whenua o Amerika. Ko te iwi tuatahi ki te momi i taua kai, ko te iwi Maya. Nā rātou i hari atu pea ki ngā iwi o te raki o Amerika i runga i te whakapono he rongoā, he pai mō roto i ngā whakahaere o ā rātou karakia tawhito.

He hauora noa ake te ao i noho ai ō tātou tūpuna i mua. Nā te kore kai paipa, kāore i pāpāria te iwi Māori e ngā mate huhua ko te tupeka te takenga mai. Koia ērā ko ngā tahumaero ka pā ki te hunga kai paipa, tae atu ki te hunga kai i ngā para e tukuna ana e ngāti whakaaauhi mā. Ehara hoki te iwi Māori o ērā wā i te iwi kaha ki te kai taru kino. Arā noa atu ngā umanga whai take ki a rātou, ka mutu, kia toa ai te tangata, te wahine rānei i ērā tū mahi, me pakari anō te tinana, me haratau ngā ringa, me 'taringa pīkari', me 'kanohi hōmiromiro'. Āpiti atu ki tērā, ko te mahea o ngā whakaaro me te tau o te mauri. Nā, e kī ana ngā kōrero o ēnei rā he patu tā te kai tupeka i ēnei āhuetanga katoa.

Me kōrero anō te 'hau' me te 'hā' o te tangata. E rua, e rua, he tohu nō te ora, ā, mai i a rāua ngā kupu pēnei i te hauora me te haumate, i te tūhauora me te tūhauwiri, tae atu ki te korehāhā. Engari e waitohu ana hoki i te iho o te tangata. E kī ana te kōrero, koirā pea te pūtakenga o te kupu 'aroha', ko te aro ki te hā o te tangata, arā, ki te tino o te tangata. Ki te whāia haeretia tēnei whakaaro, ko tā te kai paipa, he patu i te hā, i te tinana, tae atu ki ērā atu āhuetanga tapu o te tangata e kore nei e kitea e te kanohi.

I haria te tupeka ki Peina i te moutere o Santo Domingo i te tau 1556, ki Wīwī hoki, i taua tau anō. I mauria atu ki Ingarangi i te tau 1585, e Tā Francis Drake. Nā te kaitoro whenua rongonui, nā Tā Walter Raleigh, ētahi atu o ngā kaihautū i te taha o Kuini Irihāpeti Tuatahi i whakaako ki te kaipaipa.

Ngā Kāri Hītori 1770-1840

Nō te tau 1769, nō te taenga mai o Kāpene Kuki ki Aotearoa, kātahi anō te tupeka ka kitea mai ki Aotearoa nei. Tērā anō tētahi kōrero mō te taenga o Kāpene Kuki ki Te Waipounamu i te tau 1769. Ka tau ki uta me te momi haere anō i tana paipa.

He hanga rerekē noa iho tērā ki ngā Māori o reira, inā hoki, kātahi anō ka kitea te auahi e puta mai ana i te mähunga o te tangata hīkoikoi haere. Tere tonu te huri a tētahi ki te kimi wai, ka ringia atu ki runga i a Kāpene Kuki hei tinei i te ahi. Ko te whakaaro hoki, ki te kore e weto, he atua kē taua tauhou, ehara i te tangata, ā, me patu kia mate rawa. Waimarie tonu i kotia te kai paipa a te koroua Pākehā; me i kore, ko tana hā kē pea kua kotia atu e aua Māori rā! Heoi anō, e whakaari ana tēnei i te rerekē noa iho o te kai paipa ki te Māori i mua i te rerenga mai o Tauīwi.

I pīrangitia ngā Pākehā tuatahi ki Aotearoa e ngā iwi Māori. He kaipatu kekeno, he kaipatu tohorā, he mihingare, he kaihokohoko ētahi o aua tāngata nei.

He maha tonu ngā taonga me ngā āhuetanga whakamīharo o te iwi hou nei i hiahiatia e te iwi Māori. Ko te tupeka tētehi o aua taonga rā.



Ngā Kāri Hītori 1840-1900

I roto i ēnei tau ka kaha rawa te taetae mai o Tauwi ki Aotearoa. Ka tino kaha rawa atu te kai paipa o te iwi Māori i tēnei wā. Nō te taenga ki te mutunga o te rau tau 1900, me te mea nei, kua kai paipa ngā Māori pakeke katoa. He nui ngā pikitia i tuhia, he Māori kei roto e momi ana i tana paipa.

He kaiwhakahē i te tupeka - Ko Raureti Mokonuiārangi

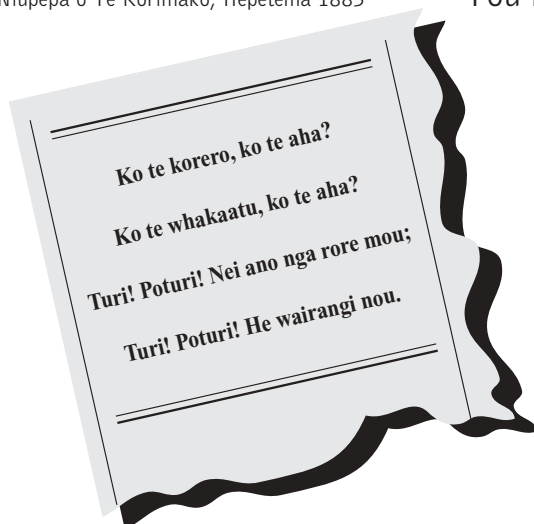
Ko tētehi o ngā kaumātua Māori ruarua i kaha ki te whakahē i te tupeka i tērā rautau, ko Raureti Mokonuiārangi, o Ngati Rangitihī, etita o te niupepa nei, o Te Korimako. He maha āna tuhinga mō te kino o tēnei mea te tupeka. Anei ētahi o ana kōrero e rārangi iho nei:

"Kei pouri te tangata, kei ririhau te tangata mo te hanga e whakahe nei te niupepa ki tenei kai whakaheke tupu, ki tenei kai whakamatemate tangata, ki te tupeka. E kore e pokanoa te whakahe, he take nui i puta ai te whakahe, na nga rata tino tohunga o Oropi, o Ahia, o Awherika, i whakaatu mai, kaore tera taru i tukua mai kia kainga e te tangata; kahore kau he ora i roto, engari ko te mate, anake, anake, anake. E Pakeha ma, e Maori ma, kua taringahitia pea koutou. "

Ko te haka tēnei a Raureti mō te kai paipa:

"Ko te korero, ko te aha?	"I talk to you, what use is it?
Ko te whakaatu, ko te aha?	I explain to you, what use is it?
Turi! poturi! Nei ano nga roro mou;	You are deaf! You are stupid!
Turi! Poturi! He wairangi nou."	The traps lie just ahead of you
	You are deaf! You are stupid!
	You have gone crazy."

Te Niupepa o Te Korimako, Hepetema 1883



Ngā Kāri Hītori 1900-1945

Koia ēnei ngā tau i nui ake ai te kai hikareti. He tini ngā kāri whakaahua i mahia i ēnei tau, he pikitia o te tangata Māori, tāne mai, wāhine mai, tamariki mai, kei runga e kai paipa ana.

Ka mahue atu te paipa, ko ngā mīhini hikareti ki te waihanga hikareti mā te tini o te tangata. Engari he nui kē atu ngā paihana ka ngotea e te tangata i roto i te auahi hikareti, i te auahi o ngā paipa o mua. Nā reira, i kaha ake ai te matemate o te tangata Māori i ēnei momo mate. Hoatu ai he hikareti ki ngā hōia i te pakanga, 1914-18, i te taha o ngā kai. Nō te mutunga atu o Te Pakanga Tuatahi, nui noa atu ngā taitama hōia kua tīmata ki te kaipaipa, tēnā i te tīmatatanga o taua pakanga.

Nō te tīmatatanga o te rautau ka tīmata te kitenga o ngā pūrongorongo e mea ana e kino haere ana te oranga o te iwi Māori i ngā mahi kai paipa. He nui tonu ngā mate o ngā pūkahukahu i waenga i te iwi Māori, nā, ko te kai paipa te pūtake o te tini o aua mate.



Ngā Kāri Hītori 1945-1970

Hoatu ai he hikareti ki ngā hōia i te pakanga, 1939-45, i te taha o ngā kai. Nō te hokinga mai o ēnei hōia ki te kāinga ka whakaaro te nuinga he mahi māori noa iho te kai paipa.

Nō te taenga ki te tau 1950, kātahi anō te tangata ka āta mōhio he taru kino te kai paipa, kāore tēnei i āta mōhiohia i mua. I pipī mai ēnei kōrero i ngā tohunga o Amerika me Ingarangi. I roto i ngā tau 1950, ko Reader's Digest anake te moheni i māia ki te tuhituhi kōrero whakatūpato nunui, mō te mōrikarika o te kai paipa, ki te whakamatemate i te tinana, otirā hei pūtake mō te mate pukupuku.

I tīmata te Tari o Te Ora ki te kōrero mō te kino o te auahi hikareti, engari i whakatūpato noa iho te tari nei me noho anō i te ono, i te waru hikareti i te rā kotahi. I tētehi tirohanga o te tau 1960, ka kitea atu neke atu i te 50% o ngā tamariki kua eke ki te 11 tau, kua whakamātau i te paipa.

Kua uru mai tēnei mea te waranga ki te parawaro.

Ngā Kāri Hītori 1970 ki nāianei

Ka putaputa mai te tini o ngā pūrongo e āta tataku ana i ngā mahi kikino o te kai paipa. E mōhiohia ana e 40, neke atu ngā matū i roto i te hikareti, he pūtake nō te mate pukupuku.

Kua whakakāhoretia te pānui i te hikareti i roto i Te Ture mō Ngā Wāhi Mahi Auahi Kore, o te tau 1990. Nō te tau 1981, 32% o ngā pakeke o Aotearoa he kaipaipa. Nō te tau 1991, kua kaha rawa te iwi Pākehā ki te whakarere i te kaipaipa, 26% o ngā pakeke o Aotearoa he kaipaipa. Ahakoa kua tino kaha rawa atu te iwi Pākehā ki te whakarere i te kaipaipa, i te tīmata haere tonu te rangatahi Māori ki te kai hikareti. Waihoki ngā pakeke, tata tonu ki te hāwhe o ngā pakeke o te iwi Māori, he kai hikareti.

Kei runga rawa atu te matemate o te tāne Māori, o te wahine Māori i te mate pukupuku, i ētahi katoa o ngā rōpū, o ngā iwi. Ko te take, ko te kai paipa o te iwi Māori, mai o te tamarikitanga.

E whakapaetia ana 4500 ngā tāngata o Aotearoa e matemate ana i te auahi, ia tau, ia tau, ka whakaritea tēnei ki te 700 e mate ana i ngā aituā i ngā huarahi o te motu.

He Whakarāangi i ngā Kōrero Kai Paipa

- Mahia he rāangi wā taka i te pakitara o te rūma, ka tīmata i te tau 500, mutu rawa atu i te tau 2000.
- Ko tēnei mahi he whakapiripiri i ngā mea katoa i rangahaua e ngā tauria ki te pakitara. Mehemea i roto i ngā kōrero a te rōpū o te tau 500– 1769, he kōrero mō Kāpene Kuki, me whakapiri atu ki taua wā o te rāangi, 1769.
- Whakaātaahuatia ki ngā pikitia i mahia ai e ngā tauria, me ētahi atu taonga, taputapu rānei hei whakaahua i te kaupapa.
- Kaua e wareware ko ngā mea hei whakaatu mai i ngā mahi mōrearea a te tupeka ki ngā iwi o te ao, otirā, ki te iwi Māori.

Ki te whakatūria e ngā tauria he whakakitenga nui (tirohia te kaupapa “He Whakakitenga Whakatūpatō”) - e tika ana kia whakaaria ēnei mahi i runga ake nei ki reira.

He Taukumekume

He mahi tēnei e kimihia ai e ngā tauria he kōrero mō ngā wā ō mua. Tokowhā ngā tamariki o ia rōpū. Me rangahau rātou i tā rātou kaupapa. Kotahi te rōpū e whakaae ana, kotahi te rōpū e whakakāhore ana. (Ka hui ngā rōpū a te mutunga ki te taukumekume ā kupu i te kaupapa nei.)

He whakaaro mō ngā kaupapa taukumekume

- Nā te tupeka te iwi Māori i mate nui ai.
- Mā te tupeka te iwi Māori e ngaro ai.

Ngā Ture o te Taukumekume

- Kia rua meneti ngā kōrero a ia tamaiti.
- Mehemea nō tētahi pukapuka ōna mōhiotanga, me kōrero te tamaiti nō hea.
- Kotahi te ākonga e kōrero ana. Kaua e aruaru.
- Kāore i te pai te whakaiti i tētahi atu ākonga. Kei te pai te karo i te kōrero, pēnei, “I te hē ngā kōrero a tōku hoa, i kōrero ake nei i mua i ahau.”
 - ā muri atu i te taupatupatu, me hoatu ngā ākonga i ā rātou pepa rangahau ki te kaiako, kia kōrero ia i ana whakaaro.

Te Aro Matawai

Mā te kaiako, mā ngā ākonga rānei e aro matawai i te kōrero, i te mahi hoki.

I te tīmatatanga o te mahi, me kōrero te kaiako ki ngā ākonga mō ngā pūtake matua pēnei i:

- te mārama o te kōrero, te māia o te tū a te tamaiti ki te whakaputa kōrero;
- te whakaraupapa whakaaro;
- te āta tīpako i ngā kupu kia huatau ai ngā kōrero;

Ngā Wāhi Papai ki te Rapu Mōhiotanga mō te Taukumekume

- Te whare pukapuka
- Ngā tāngata i tō rohe
- Te rorohiko
- Ngā rōpū hauora Māori.

Ka taea e koe te titiro ki ngā tuhinga katoa a Raureti Mokonuiārangi, me te niupepa o Te Korimako, i te ipurangi, i <http://www.nzdl.org/niupepa/Rapua> te kupu ‘tupeka’, te kupu ‘paipa’ rānei.

Pātai atu ki ngā ākonga:

“He aha a Raureti i mōhio ai he kino te kai paipa i te tau 1883?”

“He aha te nuinga o te iwi i kore ai e whakarongo atu ki a ia?”

“He pēhea ki a koutou tana haka? He haka tā koutou?”

Te Kēmu Auahi Kore

Te Whāinga

I te mutunga o tēnei mahi, kua oti tētahi kēmu auahi kore te waihanga mai e ngā mokopuna. Ko te tikanga o tēnei kēmu, he whakaatu mai i te neke haere o te iwi Māori, mai i te ao kōhatu (te wā auahi kore) ki ēnei rā, otirā ki ngā wā e heke mai nei.

Te Ngohe

Mā ngā tauira e tuhituhi ētahi papa tākaro ki runga kāri, ki runga pepa mārō rānei. Kia āhua rite anō ki ngā kēmu pangapanga tapaono e mōhiotia ana e rātou, He nākahi, he arawhata, arā kia ono tekau mā whā ngā tapawhā o runga.

Kua mōhio kē ngā ākonga ki ētahi hītori, ki ētahi karo kaipaipa, ki ētahi atu kaupapa e pa ana ki te kaipaipa. Me whakatakoto rātou i ēnei mea i runga i tētahi papa kēmu, hei whāinga mā ngā kaitākaro. Mā te whiuwhiu o tētehi tapaono, ka haere whakamua ai.

Ia rima tapawhā, me tito tētehi raruraru, tētehi āwhina rānei. Mā ngā tauira tonu ēnei hei whiriwhiri. Ki te tau te perepere o tētehi o ngā kaitākaro ki tētehi āhuatanga kino, pēnei i te taenga mai o te tupeka ki Aotearoa, i te tau 1769, me ngā tau o muri mai, ka hoki whakamuri. Hei tauira anō:

- te tīmatatanga o te iwi Māori ki te hokohoko whenua mō te tupeka;
- te whakatupu tupeka i waenganui i te iwi Māori, arā atu, arā atu.

Mehemea he mea pai, pēnei i te whakaputanga a Mokonuiārangi i tāna niupepa, e whakahau nei i te tangata ki te whakamutu i te kaipaipa, me haere whakamua. Ko ētahi atu o ngā mea papai ko:

- te noho auahi kore o te Māori mō te hia mano tau;
- te ako a ngā tūpuna Māori i ngā tamariki kia pai te tiaki i te tinana kia hauora ai;
- te kitenga o ngā tākuta he mea kino te kaipaipa;
- ngā ture Auahi Kore o ēnei rā;
- te tīmatatanga o te iwi whānui ki te whakamutu i te kai paipa;
- te tāketanga o te Kāwanatanga i te kaipaipa;
- te whakakāhoretanga o te tautoko a ngā kamupene hikareti i ngā momo tākaro nunui, me ērā atu mea katoa;
- te mōhiotanga o ngā mokopuna o tēnei whakatupuranga kia kua rawa e kai paipa.

Mā ngā ākongā e whiriwhiri ngā āhuatanga katoa i runga i te poari. Wehea kotahi haora mō te mahi whiriwhiri i ngā ture me te tuhituhi whakaahua i runga i ngā tapawhā.

Ngā Taputapu

He kutikuti, he peita, he paraihe, he pene rākau, he kāri tae, he kāri kaha hei papa mō te kēmu.

He Whakaaro hei Āwhina

- Me tuhituhi ngā ākongā i ētahi whakataukī, i ētahi karo kai paipa kei runga i ngā kāri, i te papa kēmu rānei, hei tauira, ‘he mate huangō tōku.’
- Ko te whakaaro mō ngā tikanga o te tākaro, kei ngā tauira tonu.
- Mā ngā tauira tonu e whakaraupapa te haere o te kēmu. Mā rātou hoki e homai te nuinga o ngā karo.
- Me mahi e ngā ākongā ngā perepere ki te kōhatu, ki ngā kākano rānei, ki ētahi atu taonga o Papatuanuku rānei.

He Whakataukī

Ka whakamahia pea ētahi whakataukī e ngā tauira, i runga i te poari o te kēmu, i ngā kāri rānei

He whakataukī mō te mate moata, arā, mō te moumou o te oranga tangata

He matua waka e taea te raupine mai e te ringa, he matua tangata e kore e taea te raupine mai.

Moumou koe kia mate!

He whakataukī mō te tiaki i te ātaahua o te tinana

Me he rangi pāruhiruhi.

Me he Ōturu e whiti ana!

He pai kanohi!

He whakataukī mō te moumou moni

Tāu whakaṗau huhuakore i te moni!

(Nā Raureti Mokonuiārangi anō tēnei whakataukī mō te hikareti)

He whakataukī mō te kino o te auahi

E piro e!

Tēnei kai whakaheke tupu, tēnei kai whakamatemate tangata!

Kāore kau he ora o roto, engari ko te mate, anake, anake, anake!

(Nā Raureti Mokonuiārangi ēnei e toru)

Upoko Tuaono

TE KAI PAIPA I ĒNEI RĀ

Kōrero ki tō karaihe mō ngā pikitia kei roto nei tētehi tangata rongonui e kai paipa ana. Ko tētehi mea pai ko Leonardo de Caprio, i te pikitia *Titanic*.

Te Hononga Marautanga

Creating Healthy Communities and Environments

Level 3

Students will: identify how health care and physical activity practices are influenced by community and sporting environmental factors, e.g. *in relation to ... culture, factors such as consumer interests, media music, recreation and sporting opportunities and facilities.*

Level 4

Students will: investigate and describe lifestyle factors and media influences that contribute to common health problems across the lifespan in New Zealand. e.g. smoking

(Health and Physical Education in the New Zealand Curriculum, p.54)

- Whiriwhiria ēnei pātai ki te karaihe, tuhia he pātai i te papa tuhituhi rānei, ka whakahau ai i ngā tauira kia noho rātou ki te kōrerorero tahi, ka whakahoki kōrero ai ki te katoa.
- He aha te take i kai paipa ai a Leonardo de Caprio i roto i te whakaahua?
- Ki ō whakaaro, kai paipa ai a Leonardo de Caprio i waho i ngā pikitia?
- He aha ētahi atu pikitia, ka kai paipa ngā tāngata o roto?
- He moni tāpiri anō mō te kai paipa i roto i ngā pikitia. He aha ngā kamupene kai papa e utu ai i ngā kaiwhakaari kia kai paipa ai rātou i roto i ngā pikitia, i ngā pānui pouaka whakaata rānei?

He Akoranga mō te Kai Paipa

- Hoatu ki ia tauira he kape o te whārangi whakapuaki i raro iho nei.
- Me tīpoka e rātou ia whakapuaki, ā, me whiriwhiri rātou mehemea he pono, he parau rānei.
- Whakamahia ngā tauira kia utaina atu ā rātou whakapuaki ki ētahi pūranga. Kia rua ngā pūranga nei, kotahi mō ngā kōrero pono, kotahi mō ngā kōrero parau.

He Whakapuaki Kai Paipa

Kei te hiahia ngā kamupene tupeka kia kai paipa te rangatahi.



E whakaaetia ana te kai paipa i runga i ngā rererangi i Aotearoa.

I utua a Sylvester Stallone kia kai paipa ia i roto i ngā pikitia e rima.



Ka āhei tō tīma tākaro te kimi moni tautoko i tētehi kamupene hikareti.

Ka āhei ngā moheni ki te pānui i ngā hikareti ki te katoa.



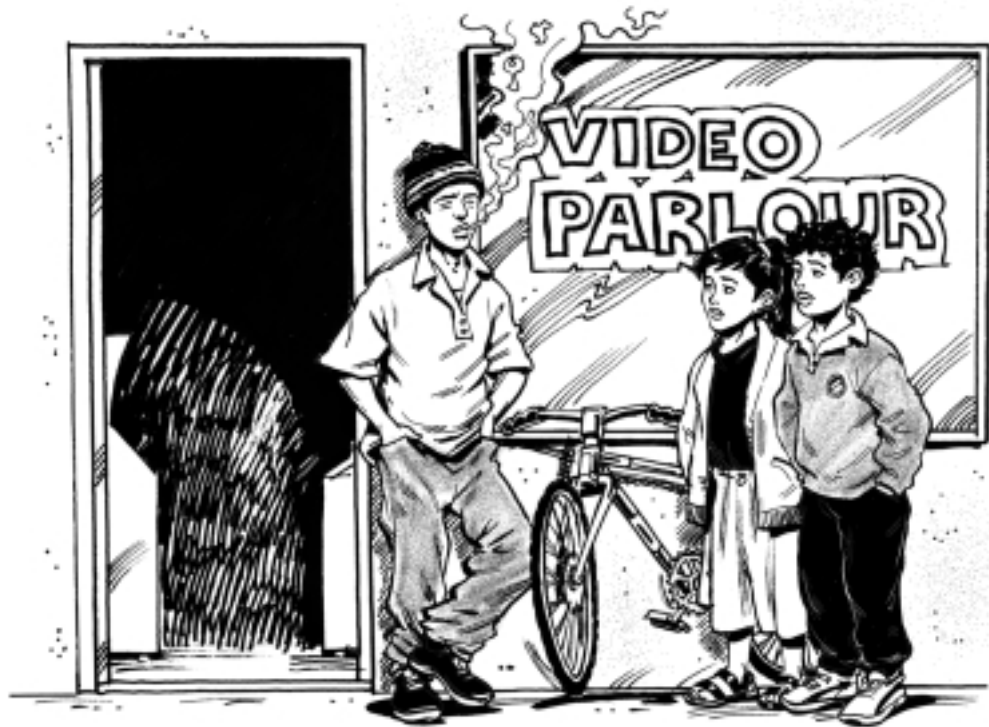
He Rā Auahi Kore o Te Ao tō ngā whenua o te ao.

Kāri Mahi

Wheweheha te karaihe kia ono ngā rōpū.

Hoatu ki ia rōpū tētehi o ngā kāri e whai ake nei. Kei ia kāri, kei ia kāri tētehi kōrero, ētehi atu mōhiohio, me tētehi mahi rangahau.

Whakamahia ia rōpū kia pānui rātou i ngā kōrero i runga i taua kāri, ka whakaoti ai i te mahi rangahau hei whakaata mai ki te katoa. Ko ētahi o ngā kōrero e tika ana kia whakamahia he rauata, he pakiwaituhi, he kauhau ki te karaihe katoa, he rīpene ataata, he rīpene whakatangitangi rānei.



Kāri Mahi

K Ő R E R O T U A T A H I

E whakaaetia ana te kai paipa i runga i ngā rererangi i Aotearoa.

HE KŌRERO PARAU

He ture i Aotearoa e kīia ana ko Te Ture mō Ngā Wāhi Auahi Kore, e whakahau ana i ngā wāhi e āhei ai te tangata ki te kai paipa, e aukati ana i te auahi hikareti i ētahi atu wāhi. Kāore koe e whakaaetia ana kia kai paipa i runga i te rererangi, i runga i te pahi rānei.

HE MAHI RANGAHAU

- Kimihia ko ēhea ngā wāhi e āhei ai te tangata ki te kai paipa, ko ēhea ngā wāhi e aukatihia ana te auahi hikareti.
- Rangahaua he aha ētahi atu mea kei raro i te maru o Te Ture mō Ngā Wāhi Auahi Kore



K Ő R E R O T U A R U A

Kei te hiahia ngā kamupene tupeka kia kai paipa te rangatahi.

HE KŌRERO PONO

Āe, he tino mahi tēnei nā ngā kaupene tupeka, ki te whaiwhai i te rangatahi kia tīmata ai rātou. Nā ētahi pukapuka, i kitea ai i Amerika, i whakaatu mai kei te akiaki rātou i te rangatahi kia tīmata ki te kai paipa. Kei te mōhio rātou, ki te uru atu te waranga ina tamariki tonu rātou, ka kaha tonu te rangatahi ki te hoko i ā rātou hikareti, ka noho rātou hei pononga mō ake tonu atu.

HE MAHI RANGAHAU

- Rapua ētahi atu kōrero i roto i te ipurangi, i te rauemi Ao Māori Ao Auahi Kore rānei, ka whakaatu mai ai i ngā tikanga kawē whakaaro e ono o aua kamupene, arā, e kawea ai te rangatahi kia kai paipa rātou.
- Whakaaturia mai ō kōrero kia mārāma ai te rangatahi, āe, e whāia ana rātou e te hunga mahi kai paipa.

Kāri Mahi

K Ő R E R O T U A T O R U

I utua a Sylvester Stallone kia kai paipa ia i roto i ngā pikitia e rima.

HE KŌRERO PONO

I āta whakaae ia ki te kai i ētahi momo hikareti i roto i ngā pikitia, kia rima neke atu rānei.

Tokomaha ngā tino toa o te ao pikitia e utua ana kia kai paipa rātou. Ko te nuinga pea kāore e kai paipa ana, i te mea, e mōhio ana rātou he mea mōrearea te kaipaipa.

HE MAHI RANGAHAU

- Rangahaua ngā pikitia, ngā pānui pouaka whakaata rānei e tino pai ana ki a koe, kia mōhiotia ai mehemea he tangata kai paipa i roto i aua pikitia.
- Ki te mea e kai paipa ana aua tāngata, tohua:
- He aha te take e kai hikareti ana rātou;
- Whiriwhiri whakaaro mehemea he weriweri te āhua o te tangata i a ia e kai paipa ana, he ātaahua rānei.
- Whakaaria ō kitenga ki te karaihe katoa. Mahia he rīpene ataata ki te hiahia koe.

K Ő R E R O T U A W H Ā

Ka āhei tō tīma tākaro te kimi moni tautoko i tētehi kamupene hikareti.

HE KŌRERO PARAU

Mai i te tau 1992 kāore he kamupene hikareti i āhei te āwhina i tētehi rōpū tākaro, i tētehi aha rānei.

I whakatūria Te Ropu Whakatairanga Hauora hei tautoko i ngā āhuatanga me ngā rōpū tākaro.

HE MAHI RANGAHAU**Whiringa Tuatahi**

- Kimihia ko ēhea o ngā tīma tākaro i tō rohe, he mea tautoko nā Te Rōpū Whakatairanga Hauora.
- Me whakapā atu ki ēnei tīma, ka patapatai ki ētahi mema, he aha te painga o ēnei moni tautoko, (tērā pea rātou e haere mai ki te kōrero ki te karaihe.)

Whiringa Tuarua

- Mahia he whakaaturanga e whakaatu ana pēhea rawa te tokomaha o ngā whakakitenga, o ngā rōpū tākaro rānei, he mea āwhina ā pūtea nā ngā whakahaere Auahi Kore. Me āta tāpiri atu he whakaahua o ngā tohu o ngā kākahu, e whakaatu mai ana i ahu mai aua moni i hea.

Kāri Mahi

K Ő R E R O T U A R I M A

Ka āhei ngā moheni ki te pānui i ngā hikareti ki te katoa.

HE PONO, HE KŌRERO HĒ ANŌ HOKI

Kāore ngā moheni e mahia ana i Aotearoa e whakaaetia ana ki te whakaata pānui mō tēnei mea te hikareti, heoi anō, tērā anō ētahi moheni nō tāwāhi mai e whakaaetia ana kia pānui i te kai paipa.

HE MAHI RANGAHAU

- Hahautia anō ēnei kōrero kia tino mōhiotia ai mehemea kei te tika.
- Kimihia ētahi moheni tekau e mahi ana i Aotearoa, āta tirohia mehemea he hikareti e pānuitia ana i roto. Tohua ētahi wāhi e kaininga ana he hikareti i roto, ka tīpoka ai aua pikitia.
- Rapua ētahi moheni nō te ao whānui e pānui ana i te hikareti. Tīpokaina ētahi o ēnei pānui hei tauira.
- Mauria mai ō tauira ki te kura, ki reira kōrerorerotia ai.



K O R E R O T U A O N O

He rā auahi kore tō ngā whenua o te ao

HE PONO

He rā tō te ao, e whakamomori ai ngā tāngata o te ao ki te whakarere i te kai paipa mō taua rā. Whakanui ai Te Rā Auahi Kore o Te Ao i ngā painga o te noho Auahi Kore.

HE MAHI RANGAHAU

- Kimihia te rā e tū ai taua Rā Auahi Kore o Te Ao, me ētahi o ngā huarahi e whakanuia ai.
- Rapua he tikanga e mahi ai tō karaihe i ētahi o ngā mahi o taua rā.
- Waihangatia he kara, he pānui whakaata rānei, hei whakanui i Te Rā Auahi Kore o Te Ao

Kai Paipa me Te Ture

Te Hoko Hikareti i ngā Toa

- Kāore te hunga i raro iho i te 18 tau, i te whakaaetia kia hoko paipa, kia hoko i ngā tupeka rānei.
- Haere ki ngā toa e hokohoko ana i te hikareti, tirohia ngā pānui e pā ana ki te tupeka.
- Whiriwhiria e hia ngā pānui hikareti i roto i te toa.
- Kōrero atu ki te tangata nōna te toa kia mōhio ai koe:
 - mehemea he nui ōna raruraru ki te rangatahi i raro i te 18 tau e hiahia ana ki te hoko hikareti;
 - ki te tae mai he rangatahi e mea nei taua tangata, i raro iho i te 18 tau, ka aha ia;
 - mehemea he nui rawa ngā hikareti e tāhaetia ana;
 - nā te aha i whakarite ai ia kia pēnei rawa te maha o ngā pānui hoko hikareti i roto i te toa;
 - pēhea ōna whakaaro mō ngā whakahau o te ture mō te hoko hikareti.

Ko ngā Wāhi Auahi Kore

Nā te mea he kino tonu te kai paipa mō ngā tāngata katoa, hāunga anō te tangata ake e kai paipa ana, kua oti tētehi ture te whakamana i ēnei rā hei whakakāhore i te kai paipa i ētehi wāhi huihuinga tāngata. I raro i te ture nei, he auahi kore ngā wāhi pēnei i te pahi, i te tereina, i te waka rererangi, tae atu ki ngā pēke, ki ngā tari rānei e haerea ana e te marea. Ko tētehi wāhiruatanga o ngā whare kai tūmatanui, me auahi kore.

E whakaaetia ana te kai paipa i ētehi wāhi tūtakitakinga pēnei i ngā hōtēra.

Ngā Ture mō te Kai Paipa i tō Kura

- Rapua ngā whakaaro o te hunga o te kura mō te kai paipa me te kaupapa here auahi kore.
- Rangahaua ngā kaupapa here mō ētahi o ngā rūma me ngā wāhanga o waho o tō kura. E whakaaetia ana te kaipaipa? Nōnahea i mahia ai? He aha ngā kōrero i roto i aua ture? Pēhea ōna whakahaere?
- Rapua ngā whakaaro o te hunga o te kura mō te kai paipa me te kaupapa here auahi kore.

Te Hononga Marautanga

Creating Healthy Communities and Environments

Level 3

Students will: research, evaluate and take action to enhance the effectiveness of current health and safety guidelines and practices in their school.

Level 4

Students will: specify individual responsibility and take collective action for the care and safety of others in their school and in the wider community.

(Health and Physical Education in the New Zealand Curriculum, p.54)

He Whakakitenga Whakatūpato

He kaupapa tēnei hei mahinga mā ngā tauira i muri i ngā mahi o tēnei pukapuka.

- Ākina ngā tauira kia mahi takiono rātou, ka waihangatia ai tētehi whakaari nui, arā, tētahi whakakitenga.
- Whakamāramatia atu ko te kaupapa kia tino kaha rawa rātou ki te whakarite pānui, whakaahua, kara, aha atu, aha atu, hei whakaako i te rangatahi Māori kia kaua e kai hikareti.
- Rapua he wā, he rā rānei, e whakatūria ai ēnei whakakitenga, hei mātakitaki mā te iwi whānui. Hei ngā rā nunui o te kura, hei ngā hākinakina, hei ngā huihuinga nunui i ngā marae o te rohe pea.
- Ko te mea nui kia kitea e te tangata.



Te Pānga o te Kai Paipa ki te Tinana

Whakamahia ngā kāri tinana mai i te whārangi 11, hei mahi mō tā koutou whakaari.

Kei ēnei kāri me ēnei pikitia ētahi kōrero me ētahi whakaahua mō ngā wāhanga tinana e pāngia nuitia ana e te kai paipa.

He Pānui Kai Paipa

He ngohe tēnei e mahia ai tētahi poupou ātaahua ki te pepa mārō, e whakaari ana i ngā mate o tēnei mea te kaipaipa. I te mutunga o tēnei mahi, kua oti tētehi pānui kai paipa te waihanga e ngā tauira hei whakapiri atu ki te pakitara. Whakaata ai tēnei pānui i ētahi wāhanga o ngā kōrero kai paipa.

Ngā Taputapu

- He kutikuti
- He pepa mārō (30cm x 90 henimita pea)
- He peita, he penehinu, he pene rākau, he wai rākau
- He rākau, he rau, he kākano

Ngā Tohutohu

- Ka whiriwhiri ngā ākonga i ētahi kōrero kai paipa e toru, ā, ka tuhia e te taurira tokotoru ngā tāngata, e toru ngā āhua rānei.
- Pania ki ngā tae ātaahua, whakapiria atu ngā mea katoa ki runga.

Haka/Pātere/Rap

Mā ngā ākonga e tito tētehi waiata, mō te huri auahi kore o te iwi, o ngā mātua, o te rangatahi.



HE PUKAPUKA TOHUTORO

Hauora, Māori Standards of Health III, A Study of the Years 1970-1991, Te Rōpū Rangahau a Eru Pomare, Wellington School of Medicine, Box 7343, Wellington South.

Health and Physical Education in the New Zealand Curriculum - Draft Te Tāhuhu o te Mātauranga 1997. Te Pou Taki Kōrero, Box 3293 Wellington.

Puffing up a Storm! Ka pai te Tōrori! (He mahi rangahau hauora Māori)
The Department of Preventative and Social Medicine, University of Otago,
Box 913, Dunedin.

Smokefree Suits Me, (resource for Intermediate level children), Wellington 1998,
Cancer Society, Zeta Resources;

Te Taonga Mai Tawhiti, The Gift From a Distant Place, 1991, Waiora Publications
Auckland ISBN 0-473-01241-3. (Kāore tēnei e taea te hoko ināianei, engari kei roto i
ngā whare pukapuka.)

Te Tautoko 32 1997, Te Pou Taki Kōrero, Box 3293 Wellington.

Tēnā Kōwhiria 1996, Te Pou Taki Kōrero, Box 3293 Wellington.

Tihei Mauri Ora, (Te Hotu Manawa Māori language resource kit, Auckland 1998)

Kāinga Ipurangi

He tīwhiri, he āwhina i ēnei wāhi:

<http://www.healthsponsorship.co.nz/smokefree.html>

<http://www.cancersoc.org.nz/schools/smokefree/index.html>

<http://www.wce.ac.nz/sun/smokefree.html>

<http://www.smokefreekids.com>

Tērā anō hoki ētahi tino kōrero i roto i ngā niupepa Māori tawhito, kua oti te whakaputu mai ki tētahi pātengi rorohiko i Te Whare Wānanga o Waikato. He maha ngā korero ātaahua mō ēnei kaupapa i taua wāhi ipurangi. Me rapurapu nga kupu pēnei i te tupeka, me ērā atu. Ko te URL kei <http://www.nzdl.org/npepa/>

Kaua e wareware ki Toi te Kupu, te pātengi o ngā pukapuka katoa i roto i te reo Māori. E tika ana kia tirohia a konei: <http://www.toitekupu.org.nz/msearch.html>

Me whakapā atu hoki ki ngā tāngata o Te Hotu Manawa Māori; Te Rōpū Mate Pukupuku o Aotearoa (Cancer Society of New Zealand)

Rīpene Ataata

Tērā tētehi rīpene ataata tino whai take mā tātou te iwi Māori, e kīia ana ko *July's Legacy*. Kei roto āna kōrero i te reo Pākehā. Ki te hiahia koe ki tēnei taonga, me whakapā atu ki te Schools Library Service o tōu rohe. Kotahi anō te kape, nō reira kia manawanui mehemea he maha te hunga whaiwhai atu.

KUPU ĀWHINA

a

ākinga ā reanga	peer pressure
āmaimai	nervous, nervousness
araputa	escape, way out
arotahi	lens
auahi urutomo	passive smoking
awe	influence

e

erangi, engari	but
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h

harangotengote	occasionally
hāora	oxygen
hātea	pale
hauhā	carbon dioxide

i

ihiihi	shuddering
iho	strength
ioio kawē toto	artery

k

kakapa	flutter
karo	defence, stratagem
kauhau	talk, lecture
kauri tawhiti	tar in tobacco smoke
kawē	influence
keha	ulcer
kēkerewai	numb
kikohunga	gangrene
kī mōkai	to call someone names
kuku	constrict
kūwhewhewhewhe	wrinkled, puckered

m

māhinahina	opaque
mahu, mahunga	heal, healing of a wound
makiha, mākihakiha	tasteless, insipid
manawa-hē	heart attack
mataaho	clear, of a view, or of the vision

mate arotahi	cataracts
mate miru pupuhi	emphysema
mate pukupuku	cancer
mate pukupuku o ngā pūkahukahu	lung cancer
materoto	miscarriage
matū	chemical
minamina	to want something
mōrearea	dangerous
motu	cut
munamuna auahi, minamina auahi	to taste or smell of smoke, be discoloured by smoke

ng

ngāhoahoa	headache
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p

pae	gums
pahore	grazed
paipa	pipe
pakiwaituhi	cartoon
panapana	beat, of the heart
pānga ohore	immediate effects
parawaro	nicotine
pārongo	information
perepere	counter in board games
pire	pills
poka	to cut out
pokerehū	unintentionally,
pokorua kōrero	voice-box
pōraru o te whakahā	breathing difficulty
pūkahukahu	lungs
pūkawe kakā	bronchitis
pūputu, putuputu(hia)	do (anything) often

r

rehurehu	cloudy, indistinctly seen
repe taiaki huka	pancreas
rīpene ataata	videotape
rīpene whakatangitangi	sound recording
ririhaui	angry, violent disagreement
riwhiriwhi	shuffle cards
roro ikura	stroke
rūpahu	deceptive

t

tae	dye
tapaono	dice
taringahī(tia)	go deaf
taringa hoi	glue ear
taru	thing, plant
tataku	threaten
tauānga	statistics
Te Rōpū Whakatairanga	
i Te Hauora	Health Sponsorship Council
tīmohu	wheeze
tukunga iho	outcome, result

w

waranga	addiction
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wh

whakaari	play, scenario, to present
whakaheke tupu	destructive, dangerous
whakahē	to object, protest
whakatau	role-play
whānau pī	premature birth
whānau kahu	stillbirth
whiringa	options
whiti	paragraph, verse

Cancerous Lungs

**Ko te Mate
Pukupuku**



Healthy Lungs

He Pükahukahu Hauora



Photo Card One

