

Ngā mea ka taea e koe hei ārai i te mate huka momo 2

He aha te mate huka momo 2?

He nui rawa te huka i roto i ngā toto o te hunga mate huka momo 2. Ka pupū ake ngā mate nui i tēnei.

I te mōhio anō koe?

Ko te nuinga o ngā tāngata kāore i te mōhio kei te mate huka momo 2 rātau.



E noho mōrearea ana koe ki te mate huka momo 2?

Tohua mai tētahi o ngā āhuatanga mōrearea e whakaaro ana pea koe kei a koe:

- He mōmona rawa au, he nui rawa rānei te mōmona kei tōku puku
- He Māori ahau, nō Te Moananui a Kiwa, Āhia, Ārepa, Awherika rānei
- He mate huka tētahi o taku whānau
- Iti ake i te 30 mineti aku mahi korikori tinana i te nuinga o ngā rā
- Kai ai au i ngā kai mōmona, rare, maukai, ngā waireka rānei ia rā

E hia ngā āhuatanga mōrearea kei a koe?

Mōrearea Teitei

Rua, neke atu rānei ngā āhuatanga mōrearea

Mōrearea Ngāwari

Te rā pea me whakarerekē e koe o kai me te korikori tinana

Mōrearea Iti Noa

Kāore he āhuatanga mōrearea

Ngā mea ka taea e koe hei whakaīti i te pānga mai o te mate huka momo 2

Mahi 1.

Kai i ngā kai tōtika



- Te kai kia toru ngā kaitanga i te rā, me tīmata i te parakuihi.
- Kia haurua o tō pereti me huawhenua karakara.
- Me inu wai, kaua ngā inu waikino.
- Me kai huarākau, kaua ngā keke, pihikete me ngā tōtō paramanawa.
- Kaua e nui atu ngā maukai i te kotahi i te wiki.
- Me iti ake te kai mā te whakaīti i ō rahinga kai.

Mahi 2.

Kia nui ake, kia auau ake te korikori tinana



- Me tīmata mā te whakamātau i tetahi mea kotahi, ngā mea e rua rānei.
- Ko ngā mea ka pā mai ki a koe:
 - ka tino ora koe
 - ka tino pai tō āhua
 - ka nui ake ō kaha
 - ka iti ake te pānga mai o te mate manawa me te mate huka.
- Me mahi mō te 30 mineti, neke atu rānei, mō te nuinga o ngā rā me te whakaīti i ō wā noho.



Mahi 3.

Me ngana ki te whaheke i tō taumaha ki tētahi taumaha hauora



- Mēnā e tino mōmona koe ka nui atu te mōrearea o te pānga o te mate huka momo 2. Me kōrero koe ki tō tākuta, nēhi rānei mō te āhuatanga pai hei whakaheke i tō taumaha.

Ā, ko te mea nui me ngahau!