

Taku mahere mahere paheke manawa

Kua ora

Aku tohumate



Kua tūwhena te taumaha



Kāore he pupuhi hou.
E pai ana ngā waewae
me te puku



He ngāwari te whakangā



E pai ana te mahi kori
tinana

Mahi



Me kai tonu ō pire
manawa



Mahia ngā tiro tiro o ia



Me kori



Kia kai i ngā kai hauora,
kia iti te tote



Me auau te haere ki tō
tākuta, te nēhi rānei

**Arotakehia tēnei
mahere mahi ia
wā ka kite koe i tō
nēhi, tākuta paheke
manawa rānei.**

Kia mataara

Aku tohumate



Whāinga taumaha, kua piki
2kg+ i ngā rā 1-2



Kua pupuhi ngā
raparapa, waewae, puku
rānei



He uaua te whakangā i
te wā kori, i te pō rānei



Me nui ake ngā pera i
te pō



Kei te maremare,
te ngāngā rānei



Tino nenge

Mahi

**Waea ki taku tākuta, nēhi rānei
ki te pēnei tonu ngā tohumate**

TĒRĀ RĀNEI

Aku tohumate



Whāinga taumaha kua
heke 2kg+ i ngā rā 1-2, ā,
e heke haere ana



Maroke te waha/kiri



Takaānini

Mahi

Waea ki taku tākuta, nēhi rānei

Rapu āwhina ināiane

Aku tohumate



Kua ohore te kino o te
tūngāngā



Kāore i ora te angina
ahakoa i whāia te
mahere mahi angina



He mamea hou ki te
uma, he kitakita, he
taumaha rānei

Mahi



**WAEA KI
111 INĀIANEI**

Mōhiohio whaitake

Nēhi/tākuta manawa

Ingoa: _____

Waea: _____

Ingoa: _____

Waea: _____

Aku pire manawa

Taku whāinga taumaha

Kg: _____

