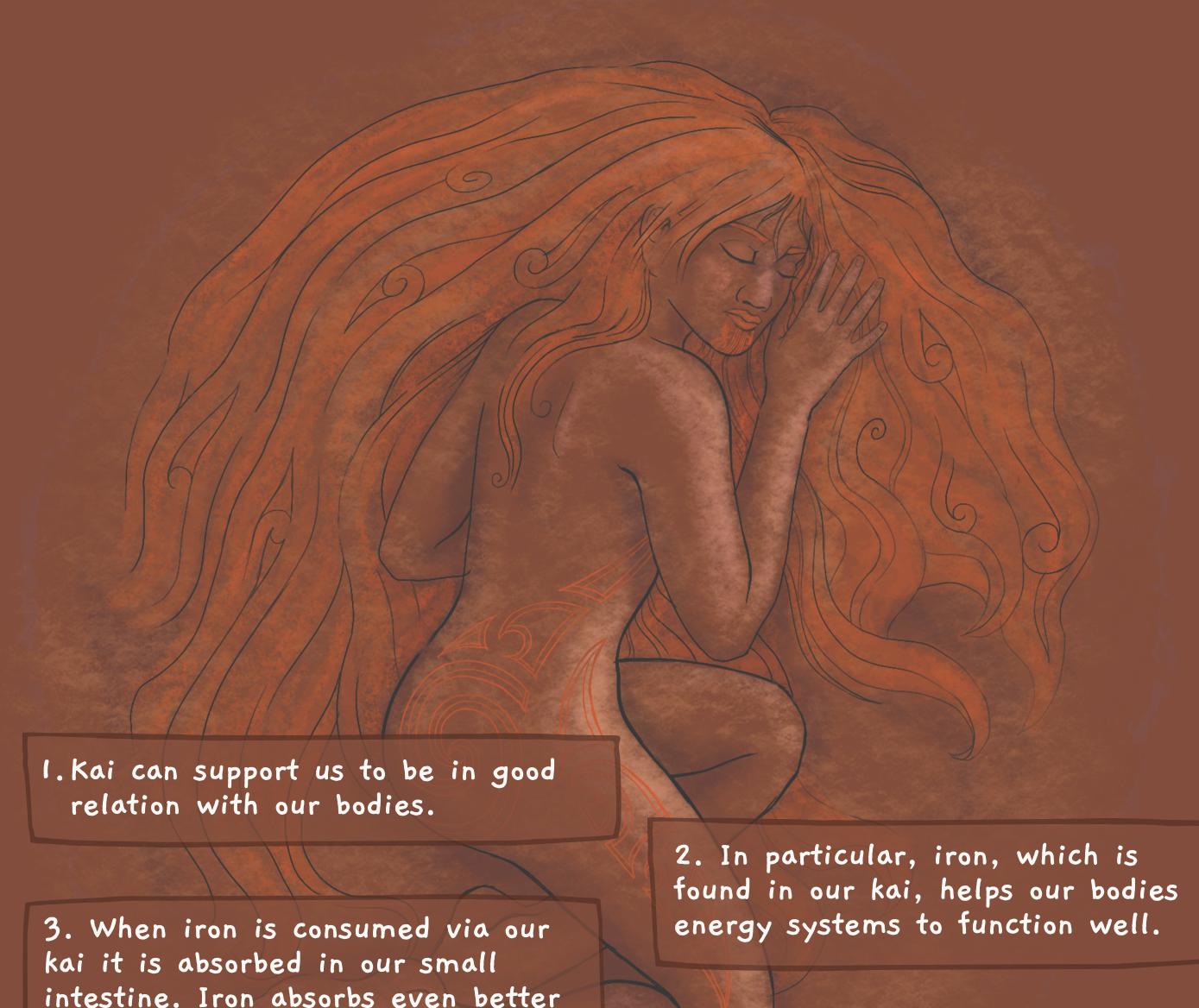
KAI. IRON & TANGATA

#WORLDIRONWEEK



5. Oxygen supports the body to release the energy contained in the kai we consume. This gives us the kaha to play, to do our mahi, to rest and to spend time with our whanau and friends.

when we also add kai that is high

in vitamin c.

4. Iron helps the body to create red blood cells which transport oxygen to the lungs and then out to

the body.

6. To ensure that we are in good relation with our bodies, to give mana to our tinana, we need to eat a variety of iron rich kai every day!