



TOI TANGATA®

Mahere Ako

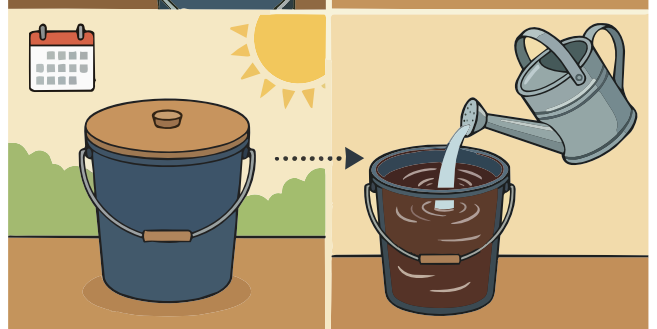
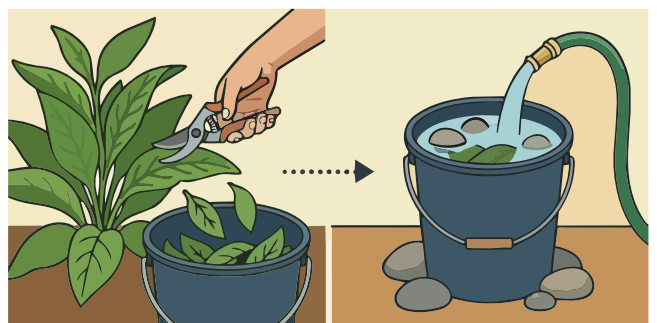
Kaupapa 4

Whakatipu Kai



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Ngohe 1: Whakatipu kai

Whāinga:

- Kia whai mōhiotanga ki ngā āhuatanga e matomato ai te tipu o ngā kai.
- Kia whai mōhiotanga ki te whakatipu kai ki ngā wāhi rerekē.

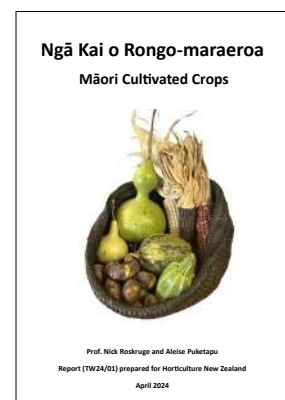
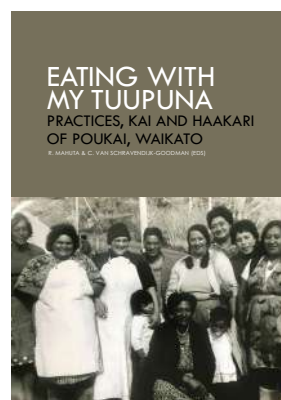


He rauemi atu anō:

Eating with my Tuupuna – Practices, Kai and Haakari of Poukai, Waikato.

He Kōhi ā ipurangi hei āwhina – nā Te Papawhakaritorito.

Ngā kai o Rongo-maraeroa – Māori cultivated crops – tirohia i konei.



Ngohe 1: Whakatipu kai

Hei mahi:

Kupu whakataki:

Mā te wheako e rongō ai, e kite ai hoki te tangata i ngā hua nui o te whakatipu kai. Mēnā e tauhou ana te mahi māra ki a koe, he nui ngā huarahi me ngā rauemi hei tautoko mai i a koe. Kia kaha te tono āwhina i tētahi atu.

Anei hoki ētahi kōhi ā ipurangi hei āwhina, nā Te Papawhakaritorito, mō te hunga tauhou ki te mahi māra.



Ngā rauemi:

- He oneone māra, he oneone wairākau
- He ipu (me 15 henemita, neke atu rānei, te hōhonu)
- He tipu huawhenua
- He kōhatu iti
- He whakahaumako māori

Hei mahi:

1. Whakapuakina ngā kai pai ki a koutou te hunga mahi māra, kātahi ka whakatau ko ēhea ngā kai pai hei whakatō ki te māra.
2. Mēnā kāore ō māra/whenua hei whakarite māra ki te kōhanga/kura/kāinga rānei, ko te whakamahi ipu tētahi huarahi anō e taea ana hei whakatipu huawhenua.
3. Tāpirihia he kōhatu ki te ipu i te tuatahi e pai ai te rere o te wai.
4. Whakakāia te ipu ki te oneone māra me te oneone wairākau. Whakatōkia ngā huawhenua e pīrangitia ana.
5. Kia kaha te whāngai i ngā tipu ki te whakahaumako māori.



Ngohe 2: Ngā taewa

Hei mahi:

Kupu whakataki:

He ingoa whānui te taewa mō ngā momo rīwai taketake/māori. He kupu mino te kupu rīwai, i ahu mai i ngā Levi sacks, arā, i ngā pēke rīwai o mua. He aha kē atu ngā ingoa kei tēnā iwi, kei tēnā iwi, mō ā tātou kai? Mā te mōhio ki ngā ingoa mō ngā momo kai, e whanake ake ai ō tātou mōhioranga ki ngā kai a ngā tīpuna, ā-āhua nei, ā-whakapapa nei hoki. Hei tauira, ko ngā momo taewa e hāngai ana tōna āhua ki te karupārera, arā ki ngā kanohi o te rakiraki pārera, ko te taewa tūtaekurī - he rite tonu ki tōna ingoa. Arā tonu ētahi wai, ētahi awa, ētahi maunga, ētahi wāhi whenua hoki kua tapaina ki ngā ingoa o ā tātou kai - kimihia, rangahau ēnei kōrero hei whakakī i te kete mātauranga.



Hei mahi:

1. Wānangahia tētahi momo kai Māori. Ko te painga atu mēnā he whakataukī mō tēnei kai, he whenua kua tapaina ki te ingoa o taua kai, he kōrero tuku iho rānei mō tēnei momo.

 **Hei tauira:** He tūtaekurī tēnei momo, ki ētahi he karupārera. He mea koha tēnei e tōku whanaunga. Anei ētahi kōrero mō ngā taewa

2. He aha ngā momo huarere e pai ai te tipu o ngā kai?

 **Hei tauira:** E ai ki ngā kōrero, me whakatō te tūtaekurī i te kōanga.

3. Nō hea taua kai? I heria mai i hea?

Mēnā he kōrero ā-iwi mō te kai, he wheako rānei ōu, tukuna ēnei kōrero. Mēnā he kai taketake i kawea mai i Hawaiki, mēnā rānei he kai i tētahi whenua i te ao, ko ētahi pātai hei whakaarotanga e pēnei ana:

- E mōhioia ana rānei te tipuna i kawea mai ai tēnei kai?
- He mea tipu noa mai rānei tēnei kai i Aotearoa?



Ngohe 2: Ngā taewa

Hei mahi:

Whakatinaku taewa/rīwai:

Ko te painga atu kia whakatinakuhia ngā rīwai e whā wiki i mua i ngā mahi whakatō.

1. Kōwhirihia te momo taewa e pai ana ki a koe/koutou. Ka noho ēnei momo hei mea whakatinaku.
2. Makaia ngā taewa ki tētahi kātene hēki. Waihotia te kātene ki tētahi wāhi mahana, ki tētahi wāhi wheuri hoki mō ngā wiki e rua. Ka mutu ana tērā, waihotia ki tētahi wāhi ka whitikina e te rā.
3. Ka rite ana ngā rīwai kia whakatōngia, ka 5 henemita te roa o ngā wana (potato shoot).

Whakatipu taewa/rīwai:

Ngā rauemi:

- He pēke
 - He oneone wairākau
 - He taewa kua tinakuhia
1. Whētuihia ngā tahataha o te pēke (sack).
 2. Tāpirihia kia 10 henemita o te oneone ki te pēke. Whakatōkia kia 3 ngā rīwai kua tinakuhia kētia. Ūhia ngā rīwai ki te oneone wairākau (kia 10 henemita te hōhonu).
 3. Ka tupu ana ngā taewa/rīwai, tāpirihia he wairākau anō. Ka 90 rā te roa o te tupu o ngā rīwai. Ka kōwhai ana ngā tipu, ka kautaka rānei ngā tipu, hauhaketia ngā taewa/rīwai.



Ngohe 3: Whakahaumako māori

Hei mahi

Kupu whakataki:

He nui ngā momo taiora hei āwhina i te māra kei ngā para kai, kei ngā mea o te taiao. Whakamahia ngā mea e pātata ana ki a koe, i tō rohe tonu. hei hiki i te mauri me te hauora o tō mahinga kai. Ehara i te mea me hoko i ngā whakahaumako i te toa, he nui tonu ngā huarahi e whakaritea ai te wai whakahaumako nei ki te kāinga tonu.

Ngā rauemi:

- He pākete
- He wai māori
- He kutikuti
- He kēna wai

He mea kahi ki tai:

Whakahaumako rimurimu

1. Kohia te rimurimu kei te ākau.
2. Tapahia ngā rimurimu e ō ai ki tētahi pākete.
3. Whakakāia te pākete ki te rimurimu, kia $\frac{3}{4}$ te rahi, ka ūhia ai te rimurimu ki te wai māori.
4. Kōroritia i ia wiki, tāria te 3 wiki kia rite rā anō.
5. Whakawaimehatia te whakahaumako ki te wai māori. Kia rite te tae ki te kaputī.
6. Ringihia ki ngā take o ngā tipu.

He huarahi anō: I mua i tō whakatō wana huawhenua ki te māra, tāpirihia he kohinga rimurimu ki te rua o te wana.

Whakahaumako panana:

1. Kohia ngā kiri panana i ngā pouaka kai o ngā ākonga. Horoia ngā kiri ki te wai māori.
2. Tapahia ngā kiri panana, ka makaia ai ki tētahi pātara. Tāpirihia te wai māori, ka taupokina ai te pātara.
3. Tutua ngā kiri mō te kotahi wiki.
4. Tangohia ngā kiri panana i te pātara.
5. Titia ētahi kōwhao ki te taupoki o tō pātara e rere ai te whakahaumako.
6. Ringihia ki ngā take o ngā tipu.



Ngohe 3: Whakahaumako māori

Hei mahi:

Whakahaumako kina:

Mēnā he toenga kina, he anga kina rānei kei tō kāinga, whakamahia ēnei hei whakahaumako.

1. Tutua ngā anga me ngā toenga kina ki te wai māori mō ngā wiki e rua, neke atu rānei.
2. Tangohia ngā para kina i te wai.
3. Whakawaimehatia te whakahaumako nei ki te wai. Nā te kaha o te whakahaumako, kia iti noa te whakahaumako kina ki tētahi kēna wai (9L).



Whakahaumako comfrey:

Mēnā he tipu comfrey ki tō māra, whakamahia mai hei whakahaumako.

1. Tapahia ngā rau o te tipu kōhure (mature comfrey plant), ka makaia atu ai ki te pākete.
2. Āpitihia ētahi kōhatu ki ngā rau, e kore ai e rewā ki te wai.
3. Whakakāia te pākete ki te wai māori.
4. Tutua ngā rau mō ngā wiki e toru, neke atu rānei.
5. Whakawaimehatia te whakahaumako nei ki te wai. Kia rite te tae ki te kaputī.



Ngohe 4: Ngā māra kai o te haponi

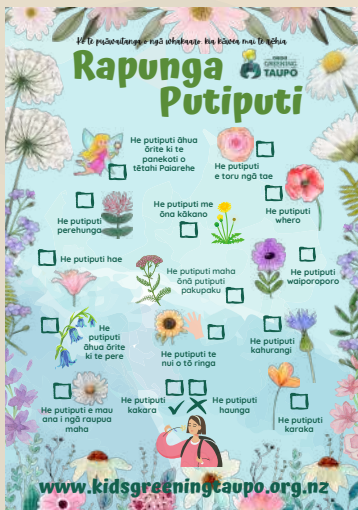
Hei mahi:

Kupu whakataki:

He kaupapa whakahirahira te mahi māra hei haponi. Kāore e kore he māra haponi kei tō takiwā. He wāhi pai tēnei e kuhu ai te katoa ki te hāpai ake i ngā mahi, kia kitea hoki ngā hua o te mahi ngātahi.

Ngā rauemi:

– Rapunga Putiputi nā Kids Greening Taupō



– Rapunga Pukoko nā Kids Greening Taupō



Hei mahi:

1. Mēnā kāore koe i te mōhio ki ngā haponi māra kei tō takiwā, tirohia ngā rōpū kei Pukamata, ngā whārangi ipurangi Meetup rānei. Mehemea karekau ō māra ki te kāinga, ki te kōhanga, ki te puna reo rānei, he huarahi anō ngā māra haponi e whai wheako ai te tangata ki te mahi māra, e haere ngātahi ai hoki ngā tamariki ki te tiroiro.

2. **Anei ētahi pātai hei ārahi i ngā ākonga i a rātou e tiroiro ana:**

*He aha te wāhanga o te tau?
He aha ngā momo e kitea ana?*

He aha ngā tipu e matomato ana ki te māra i tēnei wā?

3. Whāia ngā pikitia – Rapunga Putiputi/Rapunga Pukoko.



Ngohe 5: Mahi tiro tiro

Hei mahi:

Kupu whakataki:

Arā noa atu ngā mea i te taiao hei tautoko i ngā kai kia matomato ai te tipu. Ko ētahi ka āwhina i te tipu o ngā huawhenua, ko ētahi atu ka whakararu i te tipu o ngā huawhenua. He nui ngā akoranga kei roto i te whakarite māra kai! Mā te tiro tiro e ako ai, e mōhio ai hoki ki ngā mea pai, ki ngā mea kāore i te pai ki te māra.

Ngā rauemi:

– Rapunga ngārara nā Kids Greening Taupō



– Rapurapu tīwhiri i roto i te taiao nā Kids Greening Taupō



Hei mahi:

1. Me puta ki tētahi māra.
2. Kimihia, rangahaua ngā momo mea kei tō māra, kei waho rānei.
3. Tirohia tētahi tipu e matomato ana te tipu- ki ō whakaaro, he aha i pērā ai? **Hei tauira:** Ko te oneone rānei? Ko tētahi whakahaumako rānei i te oneone? Ko te mahana rānei? Ko te aha atu rānei?
4. Tirohia tētahi mea ngoikore, kua āhua pōturi te tipu, he aha rānei. He aha i pērā ai ki ō whakaaro. He tipu e kainga ana rānei e ngā ngata, e ngā anuhe rānei? He kōwhao rānei kei ngā rau? Kei te tipu tahi rānei ki tētahi anō tipu e whakararu ana i a ia?
4. Whakamahia ngā rauemi kei runga ake nei hei tautoko i ngā mahi tiro tiro.
5. Ka tika rā te hoki atu anō ki tēnei mahi e kitea ai ngā rerekētanga me ngā whanaketanga o te māra.



Ngohe 6: Whakarākeitia te māra

Hei mahi:

Kupu whakataki:

Whakarākeitia tō māra ki ngā mea nō te taiao. Ko te whāinga kia auaha, kia muramura hoki ngā momo mea ka kitea ki te māra.

Ngā rauemi:

- He toka
- He anga
- He porotāwhao
- He peita (water-based acrylic)
- He pairaihe peita

Hei mahi:

1. Mēnā he awa, he moana rānei e pātata ana ki a koe, whakaritehia ngā taputapu me ngā tikanga e noho haumaruru ai koutou ka puta ana ki te kōhi toka, anga, porotāwhao rānei. E tika ana kia whai tikanga ka kohia ana ēnei taputapu.
2. Āta kōwhiria ngā toka māeneene e pai ai te peita ā muri atu.
3. Kohia he taputapu i te taiao hei whakarākei i te māra. Whakaarohia ētahi mea hei whakatakoto ki ngā paenga o te māra.
4. Ka hoki ana ki te kōhanga/puna/kāinga- peitahia ngā toka!
5. Whakatakotohia ngā anga me ngā porotāwhao ki ngā paenga o te māra, ki ētahi atu wāhi rānei.





TOI TANGATA®

*Ka rere te tai o mihi ki te
hunga i hāpai ake i ngā mahi
nei. Ki te putea tautoko, ki
Te Mātāwai, i taunaki mai i
ēnei mahi, ka rere ngā mihi.*

*Nō mātou te whiwhi te
mahi tahi ki a Ngāti Pāoa
Iwi Trust, ki a Para Kore
hoki. Tēnā rā koutou, e ngā
kaihāpai i whakaaro nui mai
ki tēnei o ngā kaupapa.*

