



# Me whakamahere i tō toronga haumanu hauora

Te whakamahere i tō toronga haumanu hauora me te ui pātai hei āwhina i a koe kia mārama ki tō hauora me te haumanu mō tētahi māuiuitanga, wharanga rānei. Kei te hiahia tō tākuta, tō nēhi me ētahi atu kia ui pātai koe hei āwhina i a koe ki te whakatau tahi.

## 1 Whakarite toronga

- Tuhia ōu āwangawanga matua, pātai.
- Rārangihiā ōu rongoa me ngā āpiti.
- Mōhio ana rānei koe ka taea te hari kaitautoko, whānau, te tono kaiwhakamāori rānei?

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## 2 Te kōrero tahi me te whakarongo

- Whāki ki tō tākuta, nēhi rānei ōu kare ā-roto.
- Kōrero ina kore koe e mārama kia tuhi pikitia hei āwhina.
- Kōrero ina raru koe i ngā rongoa, maimoa rānei tē taea te whakautu rānei.



- He kōrero atu anō tāu mā te tākuta, te nēhi rānei mō tō hauora?
- Pātaihia mō tō rongoa ina hiahia kia mōhio mō te aha te rongoa, me pēhea e kai me ngā pānga atu anō.

Hurhia te whārangi

### 3 Pātai noatia

- He aha taku mate?
- Ka aha i āianeī?
- He e mātuatua ai?
- He whiringa atu anō?
- Me aha e au hei āwhina i taku hauora?



### 4 Tuhia ngā mahi mō muri

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### 5 Kohia ana tō rongoā i te toa rongoā

**Ka hiahia pea koe ki te ui pātai:**

- Hei aha te rongoā?
- He aha te ingoa o te rongoā
- Me pēhea au e kai ai, mō āhea kai ai?
- Pēhea te roa e kai ai au?
- Ka aha ina mutu i a au te kai?
- He aha ngā pānga āpiti?
- Me aha ahau ina pāngia mai au?

