Ngohe Aromatawai: Taiohi tū, taiohi oho

Paerewa Paetae Hauora 91684: Te whakamārama i te whakatau kōwhiringa hei oranga mō te tangata

Aronga: Hauora 1.1B v1

Whiwhinga: 4

Te Horopaki

Ko te whakapūmau i te oranga tinana te aronga o tēnei ngohe. Ko tāu mahi he whakamārama i te āhua o tōu ake koiringa tinana, hei oranga mōu.

Ka whakaritea tētahi mahere koiringa tinana kia whakapakari ake ai i tō tinana, arā, whakaarohia te wā ki te moe, ki te kai, ki te kori tinana, ki te āhua hoki o te whakatā.

Ka aromatawaingia tō āhei ki te parahau i ngā kōwhiringa e taea ana e koe te whakatau hei whakapūmau i tō oranga tinana ā haere ake nei.

Kei wareware, me āta whakarite te roanga o te wā e tutuki pai ai ngā mahi katoa mō tēnei aromatawai.

Hei Mahi

Rangahaua ngā kōwhiringa e taea ana e koe te whakatau e pakari ake ai tāu whakapūmau i tōu oranga tinana ā haere ake nei.

Tautohua ētahi o ngā pānga papai, kikino rānei, o ia kōwhiringa.

Whakamāramahia ō whakatau kōwhiringa i hanga ai i te mahere koiringa tinana. Parahautia ō kōwhiringa.

Mā kōrua ko tō kaiako e whakatau te āhua tuku i te aromatawai. Hei tauira: he whakaaturanga, he matapaki, he tuhinga poto rānei.

**Taunakitanga: Hauora 91684 Taiohi tū, taiohi oho**

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| Taunakitanga mō te Paetae | Taunakitanga mō te Kaiaka | Taunakitanga mō te Kairangi |
| Ka tautohu i:   * ngā pānga ki te tangata i runga i ngā whakataunga kua whāia * ētahi pānga papai, kikino rānei ki te oranga o te tangata * tētahi kōwhiringa e hāpai ana i te oranga o te tangata.   *Hei tauira:*  *Kua tautohua ētahi kōwhiringa e taea ana e te ākonga te whakatau kia pakari ake ai i tōna oranga tinana.* | Ka whakamārama i:   * ētahi pānga papai, kikino rānei ki te oranga o te tangata * tētahi kōwhiringa e hāpai ana i te oranga o te tangata.   *Hei tauira:*  *Kua whakamāramahia ētahi kōwhiringa e taea ana e te ākonga te whakatau kia pakari ake ai i tōna oranga tinana.* | Ka parahau i tētahi kōwhiringa e hāpai ana i te oranga o te tangata.  *Hei tauira:*  *Kua parahautia ētahi kōwhiringa e taea ana e te ākonga te whakatau kia pakari ake ai tana hāpai i tōna oranga tinana.* |