Ngohe Aromatawai: Taiohi hī! Taiohi hā!

Paerewa Paetae Hauora 91814: Te tūhura i ngā rongoā taiao hei whakaora i te tangata

Aronga: Hauora 3.4B v1

Whiwhinga: 3

Te Horopaki

Ko tāu mahi he tuhi pūrongo hei kawe ki tētahi hui o te ao, e pā ana ki ngā mea e kī nei te rangatahi o ēnei rā, huri i te ao, he ‘rongoā taiao’.

Me whakaatu anō te pānga o ngā rongoā taiao nei ki te oranga o te rangatahi, he aha ngā pānga o aua rongoā taiao ki tō rātou oranga, me pēhea hoki te tiaki, te whakapūmau i aua wāhi ā ngā ra e heke mai nei.

Ka aromatawaingia te pūrongo ka takoto i a koe i runga anō i te hōhonu o tō matapaki i ngā rongoā taiao me ngā pānga o aua rongoā ki te noho ora o te taiohi. Ka aromatawaingia hoki te kounga me te hāngai o ngā taunakitanga ka takoto hei tautoko i ō whakaaro mō te toitūtanga o aua wāhi puiaki.

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

Hei Mahi

Me tuhi tō pūrongo e pā ana ki ngā mea e kī nei ngā taiohi o te ao he rongoā taiao ki a rātou. Me whakaatu anō he pēhea te pānga o ngā rongoā taiao nei ki tō rātou noho ora, ā, me pēhea te whakapūmau i aua wāhi mō ngā rā e tū mai nei.

Hei āwhina i a koe ki te rangahau i te kaupapa, whakaarohia ēnei āhuatanga:

* Ka tautohu pea koe i ō ake tino wāhi i te taiao, me te whiriwhiri anō hoki he aha i puiaki ai ki a koe aua wāhi, he aha i tautoko ai aua wāhi i tō oranga.
* Te rangahau i ngā ‘wāhi puiaki’, e ai anō ki ngā taiohi iwi taketake, me te pānga o aua wāhi ki tō rātou oranga.
* Te whakaatu i ngā āhuatanga e rite ana, e rerekē ana i tēnā, i tēnā rōpū taiohi.
* Te tautohu i ngā kaupapa e tohua ana e te maha atu o ngā rōpū taiohi iwi taketake, me te tautohu anō he pēhea te pānga o te taiao ki a rātou.
* Te matapaki i te hononga ahurei o ngā taiohi iwi taketake ki te ao tūroa.
* Te tautohu i ngā tikanga me ngā ritenga ka kawea i te taiao hei tautoko i ngā taiohi iwi taketake, me te pānga o ēnei ki tō rātou oranga.
* Te whakaputa whakaaro mō te whakapūmau i te taiao mō ngā rā kei tua.

Tīkina ngā rauemi me ngā kōrero e tika ana hei tautoko i te tuhinga i te wā ka mahia te ngohe. Kāore e aromatawaingia te rangahau, engari he mahi whakahirahira tērā hei whakaoti pai i te tuhinga ka aromatawaingia.

Mā kōrua ko tō kaiako hei whakatau te āhua o te whakaatu. Hei tauira: i mua noa i te aroaro o te kaiako, o ētahi atu rānei, ka hopukina rānei hei pūrongo ataata, he huarahi atu anō rānei.

Taunakitanga: Hauora 91814 Taiohi hī! Taiohi hā!

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| Taunakitanga mō te Paetae | Taunakitanga mō te Kaiaka | Taunakitanga mō te Kairangi |
| Ka whakatakoto whakaaro mō ngā momo rongoā whakaora o te taiao.  Ka whakaahua i ngā hononga ki te taha wairua, taha hinengaro, taha tinana, taha whānau anō hoki o te tangata.  Ka taunaki i ngā whakaaro.  *Hei tauira:*  *Kua rangahaua e te ākonga ngā kōrero a ngā taiohi iwi taketake mō ngā momo taiao e whakaora ai i a rātou.*  *Kua whakaahuahia ngā pānga o aua momo taiao ki te taha wairua, taha hinengaro, taha tinana, taha whānau hoki o te taiohi iwi taketake.*  *Kua taunakihia ngā whakaaro mō te toitūtanga o ngā rongoā taiao.* | Ka whakamārama i ngā hononga o ngā momo rongoā whakaora o te taiao ki te taha wairua, taha hinengaro, taha tinana, taha whānau anō hoki o te tangata.  Ka whakamahi i ngā taunakitanga e hāngai ana ki te kaupapa.  *Hei tauira:*  *Kua āta rangahaua e te ākonga ngā kōrero a ngā taiohi iwi taketake mō ngā momo taiao e whakaora ai i a rātou.*  *Kua whakamāramahia ngā pānga o aua momo taiao ki te taha wairua, taha hinengaro, taha tinana, taha whānau hoki o te taiohi iwi taketake.*  *Kua āta taunakihia ngā whakaaro mō te toitūtanga o ngā rongoā taiao.* | Ka tātari i te āhua o ngā momo rongoā taiao ka whai wāhi mai ki te noho ora o te tangata.  Ka āta tirotiro ki ngā hononga o ngā momo rongoā taiao ki te taha wairua, taha hinengaro, taha tinana, taha whānau anō hoki o te tangata.  He nanakia te whakamahi i ngā taunakitanga hei tautoko i ngā whakaaro.  *Hei tauira:*  *Kua tātarihia e te ākonga ngā kōrero a ngā taiohi iwi taketake mō ngā momo taiao e whakaora ai i a rātou.*  *Kua matapakia ngā pānga o aua momo taiao ki te taha wairua, taha hinengaro, taha tinana, taha whānau hoki o te taiohi iwi taketake.*  *He māia, he nanakia te whakamahi i ngā taunakitanga hei tautoko i ngā whakaaro.* |