

Mate huka momo 2

He aha te mate huka momo 2?

He nui rawa te huka i roto i ngā toto o te hunga mate huka momo 2. Ka pupū ake ngā mate nui i tēnei.

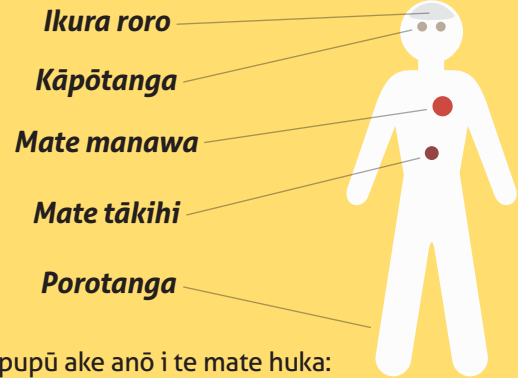
I te mōhio anō koe?

Ko te nuinga o ngā tāngata kāore i te mōhio kei te mate huka momo 2 rātau.



Ka pā mai ki a koe ētahi mate nā te mate huka

Ka tūkinu te mate huka i ngā iaia toto – tērā pea ka pupū ake te:



Ka pupū ake anō i te mate huka:

- Te tūkinu i te tamaiti i te kōpū o te whaea
- Ngā raruraru taihemahema

Engari ko te kōrero pai mā te whakataki i te huka toto ka taea te ārai i ēnei raruraru!

Ka taea e tō Tākuta, Nēhi rānei te:



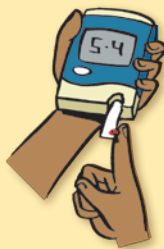
- Kitekite auau i a koe.

- Tono i a koe ki tētahi mātanga kai me te tiki tohutohu mō ngā kai pai.



- Tohutohu i a koe mō ngā rongoā.

- Ako i a koe ki te tiroiro haere i ō rahinga waiti toto.



- Tono i a koe ki tētahi akoranga mate huka.

Ngā mea ka taea e koe:

- Te kai kia toru ngā kaitanga i te rā, me tīmata i te parakuihi.
- Kia haurua o tō pereti me huawhenua karakara.
- Me inu wai, kaua ngā inu waikino.
- Me kai huarākau, kaua ngā keke, pihikete me ngā tōtō paramanawa.
- Kaua e nui atu ngā maukai i te kotahi i te wiki.
- Me iti ake te kai mā te whakaiti i ō rahinga kai.



- Mēnā he mōmona rawa koe – me ngana koe ki te whakaheke i tō taumaha.

- Mēnā he inu waipiro koe, me whakaiti e koe te rahinga o ō inu, kei pā ki te rahinga o ō toto waiti me tō taumaha.



- Me korikori tinana haere tonu koe – 30 mineti ia rā i te itinga rawa mō te nuinga o ngā rā.

- Me mutu te kai hikareti – ka kaha kē atu te hē ō tō hauora i te kai hikareti. Waea atu ki a Quitline i 0800 778 778.



Taku Mahere: Ngā rerekētanga ka tutuki i a au i roto i ngā marama e 3 e whai ake