



He karanga ki ngā kuia/koroua katoa!

Ākona tō mokopuna ki te tunu rīwai!



Mēnā ka taea e tō tamaiti te tunu i tētahi rīwai, ka taea e ia te mahi i tētahi kai. He tino iti nei ngā tamariki e ako ana ki te tunu kai - engari, ka taea e koe te āwhina. Ka taea e koe te tuku wawe, ngāwari hoki i tētahi pūkenga pai rawa atu ka noho ki roto i a rātau mō ake tonu. **Whakaputaina te kupu rīwai - ka taea e tāua te waihanga kia pai ake tēnei ao.**

Kotahi noa iho te rīwai mā tō mokopuna, ā, kua kī tōna puku. Ahakoa kei hea, he aha te mahi, mēnā ka taea e ia te tunu rīwai, ka taea e ia te mahi kai.

- He pai te rīwai mōna i te mea he nui te whītau, huaora me te ōpapa i roto - ā, ka tuku kaha me te kore mōmona. 50% te whakawhiwhinga mō te rā kotahi a tō mokopuna i te Huaora C mai i te rīwai kotahi!
- Pēnā i a koe, me tiaki anō tō mokopuna te taiao mō ngā whakatipuranga kei te heke mai. Ka tipu te rīwai i roto i ngā tū āhuatanga katoa ka mutu he hua māia - e 85% e kainga e tātau tēnā i ētahi atu huanga kai ki te 50%. Ka mutu he iti ake te wai tēnā i ētahi atu huanga kai - 1 kirokaramu raihi mā te 3000 rita wai mō te whakatipu, 1 kirokaramu witi e 500 rita wai mō te whakatipu, ā, mō te 1 kirokaramu rīwai, 75 rita noa iho mō tēnei. I te pupūtanga o ngā take whenua me te wai, he pai te rīwai hei kōwhiringa kai pai.
- Ka pai ki tō mokopuna, te reka o te rīwai - he pai ki te 97% o ngā tāngata o Aotearoa! Ka pai ngā rīwai tunu ki ngā tāwara o te katoa - he reka te rīwai i tōna kotahi, me tētahi paparanga māmā noa iho, me ētahi kai rerekē rānei. He tino kakama - te kai tino pai rawa atu.

