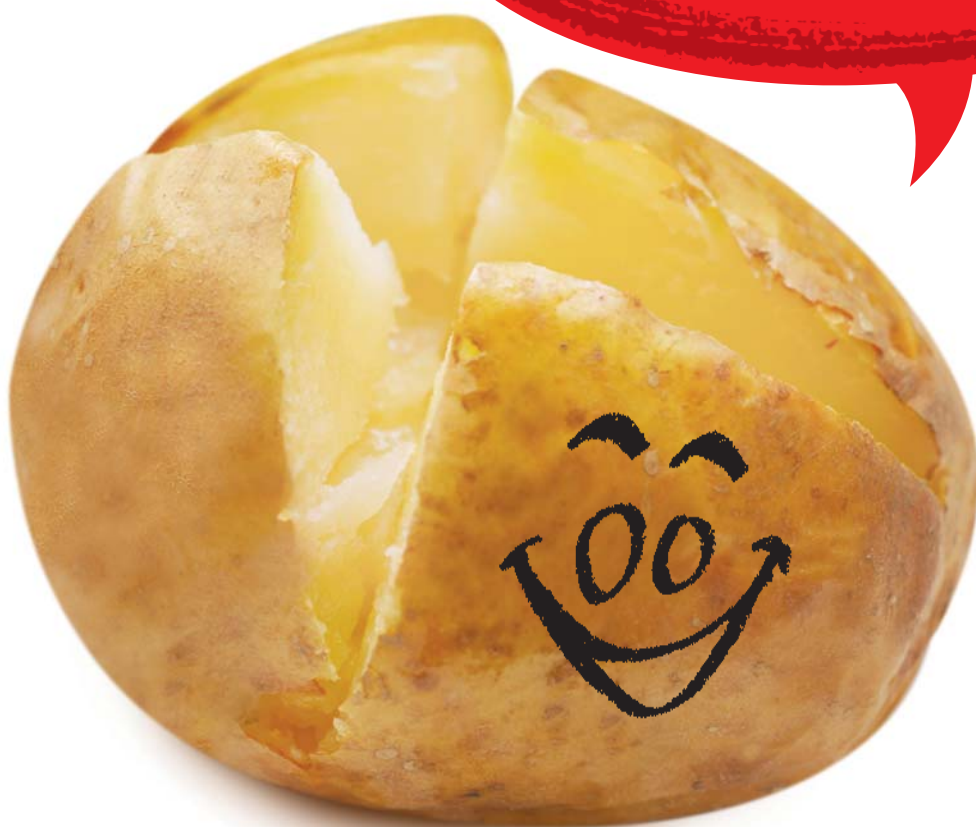


Mena ka taea
e te paka rīwai...

...ka taea e koe
te mahi kai!



**He aratohu whai kiko mō te tunu
rīwai - me pēhea te tuku pūkenga
me te whāngai kawenga whaiaro.**

Tā mātau whāinga...

He whāinga tā te ahumahi rīwai e hiahia ana rātau kia whai pūkenga ia tamaiti ki te tunu i tētahi rīwai. E whakapono ana mātau mēnā e taea e te tamaiti te tunu rīwai - **'ka taea e ia te mahi kai!'**

Ko te tūāpapa mō tēnei kaupapa e ū ana ki te whakaaro 'ki te hoatu e koe he ika ki te tangata, ka whāngai koe i a ia mō te tina. Ki te ākona ia ki te hī ika, ka whāngaitia ia mō te roanga atu o tōna ao.'

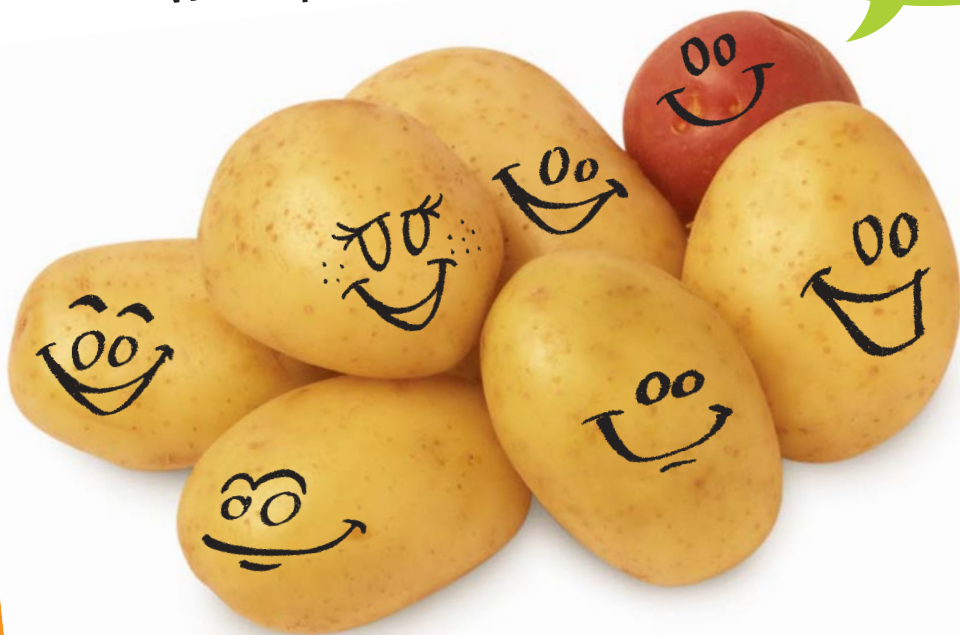
E tonu ana mātau i a koe kia whakauru mai ki te tuku mōhio mō te tunu rīwai. Mā te ako i te tamaiti ki te tunu rīwai, ka whai pūkenga rātau ki te whāngai i a rātau mō te roanga atu o tō rātau ao.

He āhuatanga whai kiko, whakatutuki hoki hei whakatenatena i ngā kōwhiringa kai hauora ngāwari. Kātahi nā te mea pai mēnā i mōhio katoa a tātau tamariki **'mā te rīwai kotahi noa iho e kī ai tō puku.'**

Mā o tautoko ka taea e tātau he rerekētanga.

www.potatoes.co.nz

Mā te rīwai
kotahi noa iho
e kī ai tō puku.



Whakaurua atu ahau



For good health it is essential to eat 5+ A Day (five or more servings of fresh fruit and vegetables each day). Bake, boil, or mash me as a great way to get one serving towards your 5+ A Day target. Remember, a serving is about a handful.

Mō ētahi atu pārongo www.potatoes.co.nz

everything goes with potatoes.co.nz

He toa whakawhiwhi-maha ahau



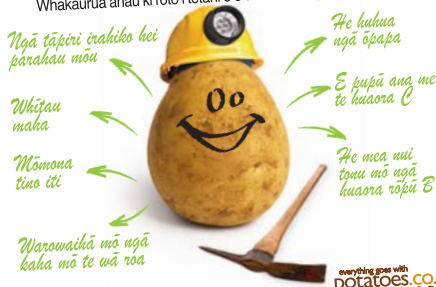
Did you know I am so special that I have been awarded The Heart Foundation tick of approval? Don't you just love the amazingly beautiful tick that I can wear? So please do your best and use me in ways that keep me healthy - be sure to use recipes that don't add too much fat or salt.

Mō ētahi atu pārongo www.potatoes.co.nz

everything goes with potatoes.co.nz

He rua kai whai painga ahau.

He maha ngā whakamōmona hauora e whakaratoa ana e au i tua atu anō i ngā kaha whai kōunga hei whakakaha i tō tinana. Whakaurua ahau ki roto i tētahi o ō whakaratonga 5+1 te Rā.



Ngā tāpini irahiko hei parahau mou

Whātau maha

Māmona tino iti

Wharawarā mā ngā kaha mā te wā roa

He hūhua ngā āpapa

E pūā ana me te huāora C

He mea nui tonu mā ngā huāora rōkū B

Mō ētahi atu pārongo www.potatoes.co.nz

everything goes with potatoes.co.nz

Ētahi atu kōrero mōku!



He maha atu anō aku kupu karere.

Tangohia ake i

www.potatoes.co.nz

Te pai o te rīwai?

He maha ngā āhuatanga whakaineine o te rīwai. He whai wāhitanga pai tēnei rautaki hei whakatakoto tikanga kai pai mā te whakatenatena i tētahi kai...

- māmā ki te takatū
- kai tōtika
- wātea noa
- iti te utu
- reka ai ki te nuinga
- he wāhanga nō tō tātatau ahurea

Mahia kia ngāwari...

Ahakoia ka taea e koe te tunu i ngā momo tunu rīwai whakapaipai rawa, ko te kaupapa o tēnei rautaki ko te tunu i tētahi rīwai hei kai reka rawa atu kī hoki i ngā hua kai tōtika me te mahi anō kia ngāwari noa iho me te iti anō o te utu.

Ko te mea nui hoki ko te tuku wheako pai mō te rīwai e whakahīkaka me te whakaaweawe anō kia auau ai te mahi e ū ai mō te wā roa ki te poipoi me te whāngai tika i te tamaiti me tō rātau whānau.

He karanga ki ngā kuia/ koroua katoa!

E tono ana mātau ki ngā kuia/koroua katoa kia whai wā rātau ki te ako i a rātau mokopuna ki te tunu rīwai... e hiahia ana mātau ki te whakaora haere i te tikanga kai rīwai a te iwi o Aotearoa nā te mea e whiwhi hua ai te katoa. **Toro atu ki tā mātau paetukutuku mō ētahi atu pārongo.**

Ākona tō mokopuna ki te tunu rīwai!



Te wheako whai kiko...

Tunua he rīwai, mahia he kai!

I roto i te umu
Weroa te kiri. He rīwai tauwaenga te rahi ka tino pai rawa atu ka tunua mō te 60 mineti i te 200°C te pāmahana.

I roto i te ngaruīti
E 3-4 mineti te roa o tētahi rīwai tauwaenga te rahi e tunua ana ki te kaha teitei. Nō reira e 6-8 mineti mō ngā rīwai e rua, e 9-12 mō ngā mea e toru.

he rīwai tunu



tini pīni
(kānga kirimi rānei)



tētahi kai tino reka, kī ana i te hua



Me whakawera noa iho kātahi ka kai
Raua he tini pīni ki roto, he kānga kirimi rānei ki roto i tētahi hōpane: kōrororitia te wā kei te āhua mahana haere, ā, kia wera rā anō. Ki roto rānei i te ngaruīti: putua ki roto i tētahi kumete me te whakawera ki te kaha teitei mō te 1 mineti, kōrororitia me te whakawera anō mō tētahi atu mineti anō.

takoha

mō ngā hua pai katoa tunua tētahi rīwai e kī ana te tapanga he parake mō te tunu. Ka ngawari me te tāhūngahunga ēnei ina maoa.

Ngā mahi pekanga...

Ngā rīwai tunu whakapuru

Mō tētahi rīwai tunu whakapuru, weheruatia tētahi rīwai tunu, kōkōa mai i te kiko, penupenutia me te rīwai iti nei kātahi ka whakararu ki tētahi tini pīni, kānga kirimi rānei. Ka rahi te kēne kotahi mō ngā rīwai e whā. Ka whaka hoki atu ki roto i ngā rīwai e whā.

takoha

Mēnā e hīhia ana koe ki tētahi tapanga karhi, tāpiria ētahi iti waruwaru me te ngūnu kia rewa.



Rīwai ki runga ahi kōpae

Weroa ia rīwai me te tākai ki te pepa hirwa tōtoru te mātotoru. Me kaha te mura o tō ahi. Raua atu ngā rīwai ki roto i ngā momotu ahi wera. E 45 mineti e maoa ana ngā rīwai tau waenga te rahi. Mā te whakamahi i ngā kuku roa, me huri ētahi wā i te wā e tunu ana. Ka mōhio koe mēnā ka maoa nā te ngāwari.

Mā te whakawera i tētahi kēne i runga ahi, me paku te huaki i te kēne (he mea TINO NUJ tēnei) me te rau atu ki te pārua o ngā momotu - ka kite koe e korohū ana i roto i ngā mineti e 3-5.

Whakaratoa tō rīwai me ngā paparanga pīni wera, kānga rānei. Te reka kē!

Kia haumaruru

Tūhia kōkōaru he ēhū ahi tōroho ki runga i ngā rīwai. Ka rewa te reka me te tunu rānei ki oho hangī, umu rānei. Whakaratoa me ngā kai tūturu, me rau atu rānei he paparanga pīni wera, kānga rānei.



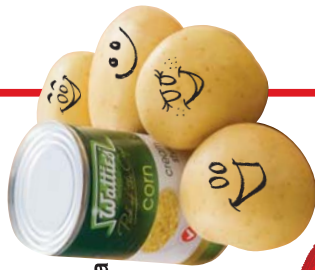
te rīwai ki roto hāngi, umu rānei

He tino pai te maoa o te rīwai mā te korohū me te tunu rānei ki oho hangī, umu rānei. Whakaratoa me ngā kai tūturu, me rau atu rānei he paparanga pīni wera, kānga rānei.

Paparanga

Mō tētahi paparanga tino reka me putu noa i tētahi tini pīni, kānga kirimi rānei ki runga i tō rīwai tunu.

Ka nui te kēne kotahi hei paparanga mō ētahi rīwai e whā.



I te mōhio anō koe?

Ko te rīwai tunu me te tini pīni, kānga kirimi rānei tētahi puna whātau pai rawa atu ka mutu, he 98% mōmoma kore. Ko te mea pai, he reka kia kainga tahtia!

kupu whakamāhiri ako

Mēnā kei te ako koe i tētahi rōpū nui ki te tunu rīwai, ā, kāore he umu i roto i te akomanga ka taea e koe te tunu tōmua me te waiho kia maharaa mō te tua haora te iti rawa.

Raua kia 60 ngā rīwai ki roto i tētahi umu. Whakaratoa te wā tunu ki te 1 haora 15 mineti nā te mea he roa te wā kia eke ki te pāwera tika. Tangohia mai i te umu, me te tākai i te papanga ki te pepa hirwa. Tākaia tēnei ki tētahi taora nui. He whai hua ki ngā kalako maha te tunu rīwai i te kānga i mua i te kura, ka āta tākai ki roto pepa hirwa me ētahi taora, ā, ka noho pai me te mahana mō te akoranga o te waenganui ata. (Mēnā ka taea e koe te rau i ngā rīwai kua tākaia ki roto i tētahi pae hirikaka ka noho wera ake).

Kia maumahara kei te whakamātautau tālao kia noho te nui o ngā hua kai tohika ki roto i te rīwai, ā, mēnā e hīhia ana koe ki te rau paparanga pēnei i te tīhi waruwaru, kirimi reka rānei - kia iti noa iho. E whakataunaki ana mātaua kia tukuna te wheako rīwai me te kore paparanga tāpiri i te wā tuatahi.

