

# Te tukanga hoahoa pūkaha

He hātepe māmā hei whakatika raru i runga i te wairua auaha.



## Pātai

He aha oti te raru?



## Huritao

He aha pea te rongoā?



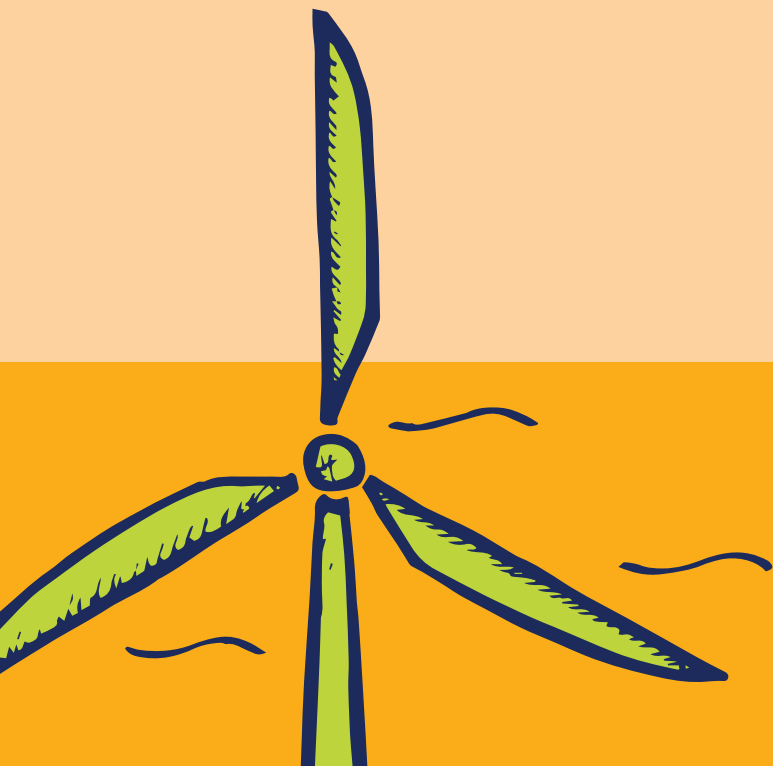
## Whakamahere

Ko tēhea rongoā te rongoā pai katoa?



## Hanga

Me pēhea taku whakatinana i te rongoā?



## Whakamātau

Ka mahi tika rānei te rongoā?



## Whakapai ake

Me pēhea e pai ake ai te rongoā?



Kaupapa  
Mīharo

Wero  
Hiko