

He rauemi matauranga mō te iwi Māori

**Ao Māori, Ao Auahi Kore**



**Marautanga:** Tikanga ā Iwi me Hauora

**TAU**  
1 – 3

**TAUMATA**  
1 & 2

**ROA**  
2 - 3 wk



## Acknowledgements

**Ao Māori, Ao Auahi Kore** is produced by Te Hotu Manawa Māori for kaiako working with 5 -7 year olds in Māori medium kura and classrooms.

You can contact us at

Te Hotu Manawa Māori  
2-2, D72 Building  
72 Dominion Road  
Mt Eden  
TAMAKI MAKAUURAU  
Phone: (09) 638 5800 Fax: (09) 638 5340  
Website: [www.tehotumanawa.org.nz](http://www.tehotumanawa.org.nz)

**Ao Māori, Ao Auahi Kore** was developed from concepts and ideas generated in a working group consisting of Stephanie Pohe (Kaiako and television reporter) and Erina Henare-Aperahama (National Auahi Kore Advisor and Kaiako). Te Reo Māori advice and editing by Hareruia Aperahama.

Assistance was provided during the development process by members of NARTAM (National Association of Resource Teachers and Advisors Māori) Auckland Cluster Gwendoleine Taare (RTM Auckland), Clara Turuwhenua (RTM Auckland), Chris Lowman (RTM Auckland), Ngarangi Naden (RTM Auckland), Mariu Wetere (RTM Auckland), Rira Jones (RTM Auckland), Josephine Kalan (RTM Auckland), Rita Powick (Resource Teacher of Māori for Waitaha and Chairperson for NARTAM), Maia Wakefield (Advisor to Schools, Literacy in Te Reo, Pangarau, Te Poutama Tau, Ruāwharo, Massey University), Ani Rauhihi (Deputy Principal and Kaiako, Foxton Primary School) and Ruia Aperahama (Kaiako).

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## SAMPLE LETTER TO PARENTS

MŌ: Tētahi Kaupapa Hou

Kia

Hei ēnei kaupeka(wiki) 2-3 e tū mai nei tērā e tīmata tētahi kaupapa tikanga ā iwi, hauora hoki mō roto i tō mātou akomanga e kīa nei ko 'Ao Māori, Ao Auahi Kore'. Mā tēnei kaupapa e whakatūtaki i ngā tamariki ki te Ao Māori inā rā, he ao auahi kore tonu o mua mai, o naianei hoki, hei mea e ako ai ki ngā whakatūpatotanga me ngā tikanga mōrearea o te auahi e pēhi nei i te hauora o tētahi.

Tērā mātou e ako i ngā kaupapa pēnei me te; Taiao Auahi Kore, He Tapu ō Tātou Tinana, Hei Aha Kē Nei Kei Roto i te Hikareti?, Kainga Auahi Kore me Te Taenga Mai o te Tūpeka ki Aotearoa Nei.

Me he pātai āu, he āwangawanga rānei e pā ana ki tēnei kaupapa, tēnā, kei hopohopo, whakapā mai koa ki au.

Nāku noa

## SAMPLE LETTER TO PARENTS

RE: New classroom topic

Dear

Over the next 2 – 3 weeks we will be beginning a new health and social studies topic in our classroom called 'Ao Māori, Ao Auahi Kore'. This topic will introduce the children to the Māori world as a smoke-free world both past and present, and will educate them about the dangers smoking can have on someone's health.

We will be covering themes like; Māori Smoke-free Environments, Our Bodies Are Special, What's in a Cigarette?, Smoke-free Homes and How Tobacco Came to Aotearoa.

If you have any questions or concerns about this topic please do not hesitate to contact me.

Nāku noa

**TIKANGA A IWI:  
MAHERE WHAKAAKO**

**HE**

**Ngā Whenu me ngā Whaingā Paetae**

**Te Ahurea me te Tukuihotanga**

1. Ka taea e te ākongā te whakaatu i ōna mōhiotanga me ōna māramatanga o ngā āhuatanga o te ahurea me te tukuihotanga o ō rātou ake rōpū, o ētahi atu rōpū mā:

- a. Te whakaahua i ētahi āhuatanga o tōna ake ahurea, o tōna ake tukuihotanga (hei tauira: te reo, te tikanga, te kawa).

**Te Wāhi me te Taiao**

1. Ka taea e te ākongā te whakaatu i ōna mōhiotanga me ōna māramatanga o te take e noho hiranga ai ētahi tino wāhi ki te tangata mā:

- a. Te tāutu i tētahi wāhi hiranga me te whakamārama i te take e hiranga ai.
- b. Te whakaahua i ngā āhuatanga Māori me ngā ahuatanga ahurea o tētahi wāhi e hiranga ana ki te tangata.

**Ngā Tukanga**

- Tūhuratanga Uara (values exploration)

**Ngā Tūwāhi**

- Aotearoa

**Ngā Tirohanga**

- Māori

**Ngā Otinga hei Aromatawai**

**Whaingā whāiti**

*Ka taea e te ākongā te:*

- whakamārama atu i roto i āna ake kupu he ao auahi kore te ao Māori o whakapata.
- whakaatu atu i tōna māramatanga ki ngā kōrero mō te pūtakenga o te kaipaipa ki Aotearoa.

**Whaingā whāiti**

*Ka taea e te ākongā te:*

- Te whakaahua i te hirangatanga o ngā wāhi auahi kore a te Māori
- Te whakamārama atu i te take e noho hiranga ana ēnei wāhi.

*Ka taea e te ākongā te:*

- tāutu me te whakamārama kia 3 ngā tikanga a te Māori e noho auahi kore ai te wharenui

**Ngā Tino Akoranga o Aotearoa**

- te nohoanga whenua a te Pākehā me te manene mai i te tau 1769 me ngā āhuatanga o te whakamarumarutanga .

## HAUORA: HE MAHERE WHAKAAKO

### UNDERLYING CONCEPTS

- Hauora
- Attitudes and Values
- Health Promotion
- Socio Ecological

### TRANDS

- A. Developing and maintaining personal health & physical development
- B. Developing movement concepts & motor skills
- C. Enhancing interactions & relationships with others
- D. Creating healthy environments & communities

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### KEY AREAS OF LEARNING

- Mental health
- Food & nutrition
- Sexuality Education
- Physical activity
- Sport studies
- Outdoor education
- Body care & personal safety

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### ESSENTIAL SKILLS

- Physical skills
- Self management
- Competitive skills
- Communication skills
- Problem solving skills
- Social & co-operation skills

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CONTEXT: **Ao Māori, Ao Auahi Kore**

LEVEL: **1 & 2**

YEAR: **1 - 4**

STRAND / LEVEL	ACHIEVEMENT OBJECTIVES	LEARNING OUTCOMES	ASSESSMENT PROCEDURES	UNDERLYING CONCEPTS
<p><b>Level 1</b> <b>Strand D</b> Healthy Communities and Environments</p> <p><b>Level 2</b> <b>Strand A</b> Personal Health and Physical Development</p> <p><b>Strand D</b> Healthy Communities and Environments</p>	<p><b>4. People and Environment</b> Students will identify and discuss obvious hazards in their home, school and local environment (marae) and adopt simple safety practices (recognise tikanga)</p> <p><b>4. Personal Identity and Self-worth</b> Students will identify personal strengths that contribute to a sense of self-worth ie strengths relating to their culture.</p> <p><b>1. Societal Attitudes and Beliefs</b> Students will examine how peoples attitudes, values and actions contribute to healthy physical and social environments, for example by considering the effects of such values as responsibility, manaakitanga, aroha, tikanga.</p>	<p><b>Students will:</b></p> <ul style="list-style-type: none"> <li>• Be able to identify 3 places that are smokefree (i.e. marae, kura, kōhanga, wharenuī)</li> </ul> <p><b>Students will:</b></p> <ul style="list-style-type: none"> <li>• Name 3 effects smoking has on the body.</li> <li>• Name 3 reasons their body is precious.</li> </ul> <p><b>Students will:</b></p> <ul style="list-style-type: none"> <li>• Name 3 reasons the wharenuī is smokefree.</li> </ul>	<p>Individual observation and monitoring sheet.</p> <p>Teacher – chosen activities from unit.</p>	<p>Ao Māori, Ao Auahi Kore</p> <p>Cigarette smoking damages our health</p>

# Ngā Tūmahi Whakaako

Kei raro e whai ake nei ko ngā tūmahi hei huarahi atu ki ngā whakaaro matua o te kaupapa nei arā:

- **He ao auahi kore te ao Māori.**
- **Ka haumate haere te tinana o te tangata i te mahi kaipaipa.**

Mā te kaiako anō e whiriwhiri i tētahi/ētahi rānei o ēnei tūmahi hei tūmahi aromatawai i ngā whaingā matua e arotakengia e rātou. Hei taurira noa te pepa aromatawai e tāpiri atu nei.

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## **1. Te Noho Haumarua a te Tangata**

Tikanga ā Iwi: Te Wāhi me te Taiao – Level 1+2, 1a + b.

Hauora: Strand D - Level 1, Obj 4

***Me pēhea te tiaki i a tātou anō i roto i ngā tūwāhi rerekē?***

### ***Tūmahi ā Rōpū***

Whakaatuhia ngā momo pikitia o ngā tūwāhi rerekē ki ngā tamariki – te onepū/te kainga/te kura/te wharenuī. Tirohia ēnei pikitia, tukua te pātai nei:

***Me pēhea e noho haumarua ai te tangata i roto i tēnei tūwāhi?***

Tātāhia ā hinengaro ngā tūmomo tohutohu, ture rānei hei ārahi i te tangata kia noho haumarua ia.

Mātua tirohia te wharenuī:

Whakamāramahia atu ki ngā tamariki he ***tikanga*** tō te wharenuī kia matua noho haumarua ai te tangata, me tēnei whare-tupuna.

### ***Tūmahi Tamariki***

Tuhia ngā tikanga e mōhio ana ngā tamariki ki roto i tētahi āhua o te hanga o te wharenuī. Tukua ngā tamariki ki te tā pikitia, ki te tuhi rānei i tētahi tikanga e mōhio ana rātou e pā ana ki te wharenuī.

## **2. Ao Māori, Ao Auahi Kore**

Tikanga ā Iwi: Te Ahurea me te Tukuihotanga – Level 1+2, Obj 1a

Haria ngā tamariki ki tētahi marae kia kōrerohia anōtia ngā tikanga o te wharenuī.

Āta tirohia te wharenuī, tōna hanga, me ngā taonga kei roto. Tērā pea he ingoa tupuna tō tēnei wharenuī. Whakatauritea ētahi o ōna wāhanga ki ngā wāhanga o te tinana o te tangata:

*(Hei tauira noa iho tēnei whakamārama i tētahi huarahi e taea ai e te kaiwhakaako te whakamārama atu ki te tamaiti i te hirangatanga o tēnei wāhi.)*

**Tangata**

Kaokao (ribs)  
Tuaiwi (backbone)  
Tupuna  
Ringaringa  
Koruru  
Amo

**Wharenui**

Heke  
Tāhūhū  
Poupou  
Maihi  
Kanohi  
Waewae

***Tūmahi ā Rōpū***

Matapakihia anōtia ngā tikanga o te wharenui me te take o ēnei tikanga arā hei tiaki i ēnei taonga. Mātua tirohia te tikanga mō te kaipaipa ki te marae. Tērā pea he tohu auahi kore kei te marae – rapua ēnei tohu. Matapakihia te take mō ēnei tohu kia puta mai ngā whakaaro matua nei:

- Ko te take o ngā tikanga he tiaki i ngā taonga (tukutuku, whakairo, whakaahua, kōwhaiwhai) o roto i te wharenui, he tiaki hoki i ngā tāngata kei roto i te wharenui.

***Tūmahi Tamariki***

Mā ngā tamariki e hanga i a rātou ake ‘taonga’ hei whakairi ki roto i tō rātou ‘wharenui’ – arā te akomanga. Tērā pea ka taea e rātou te hanga i te tukutuku, whakairo, kōwhaiwhai i te tangata anō rā hoki!

**3. He Taonga Tōku Tinana**

Hauora: Strand A – Level 2, Obj 4

Kōrerohia mō te haerenga ki te marae. Whakatauritehia anōtia te wharenui ki te tinana. Matapakihia anōtia ngā momo mahi kia noho haumaruru ai te tinana. Āta tīpakohia te kaipaipa.

***Tūmahi Tamariki***

Hangaia kia 2 ngā tinana rahi nei (mā te tuhi pea ki waho atu o tētahi tamaiti) – kotahi te tinana hauora, a, kotahi te tinana haumate. Mā ngā tamariki e tāpiri atu i ngā pikitia o ngā mea pai mō te tinana ki runga i te tinana hauora – me ngā mea kino mō te tinana ki te tinana mate. Āta tīpakohia te mahi kaipaipa ki roto i ēnei kōrero.

## 4. Ngā Matū Kino i roto i te Tūpeka

Hauora: Strand A – Level 2, Obj 4

***He aha ngā tūmomo matū kino kei roto i te hikareti?***

### ***Tūmahi ā Rōpū***

Tirohia te hikareti – ā pikitia, ā kikokiko rānei.

Matapakihia te take e kino ana tēnei kai mō te tinana.

### *Hei tauira whakautu:*

Ka haunga te hā, ngā kākahu, te makawe, te aha atu.

Ka tino mau te rewharewha.

Ka kōwhai ngā niho me ngā matimati.

Ka tere pau te hā o te tangata i a ia e mahi hākinakina ana.

### **Ngā Matū Kei Roto i te Hikareti**

E hia manomano nei ngā matū kei roto i te hikareti kotahi! Hāunga ia ngā matū kino kei roto i te hikareti, nui atu i te 4000 ngā matū ka puta mai i te auahi o te hikareti kotahi – ā ka pā ēnei matū ki ngā tāngata tū kātata ki te hunga kaipaipa! Tirohia ngā tūmomo matū kei roto i te hikareti.

### **Matū:**

#### Parawaro (nicotine)

Koiane te matū e here ana i te tangata ki te mahi kaipaipa. Ka tere rata te roro o te tangata ki tēnei matū, ā ka taka te wā he uua te whakamutu i te mahi kaipaipa i te mea kua waia te roro ki tēnei matū.

#### (Acetone)

Koiane te matū ka kitea ki roto i te wai-tangotango ka whakamahia hei tango i te whakapaipai karakara mai i ngā matikara.

#### Haukini (Ammonia)

Koiane te matū kei roto i ngā momo wai-horoi whare – pērā i te Janola.

#### Tahewaro (Tar)

Koiane te matū pango ka kitea ki runga i ngā rori.

#### Pēnehīni (Benzene)

He momo matū tēnei ka kitea ki roto i ngā pēnehīni motokā me ngā wai-whakakarakara kākahu.

#### Cadium

Ka kitea tēnei matū ki roto i ngā pūhiko.

### Haukino (Carbon Monoxide)

Koianeī te paihana kei roto i te auahi e puta mai ana mai i ngā motokā.

### Cyanide

Ka kitea tēnei ki roto i ngā paihana patu kiore!

### Lead

Kei roto tēnei matū i te peita.

### ***Tūmahi Tamariki***

Hangaia tētahi kaui o ngā mea kei roto i te hikareti. Ko te hikareti te tāhūhū o te kaui nei – ko ngā taputapu e iriiri ana ko ngā momo matū kei roto i te paipa!

## **Ngā Tohutohu mō te Hanga Kauī**

### Taputapu

- He waea whakairi kākahu
- He ngongo kāri
- He kutikuti
- Ngā pikitia matū hikareti
- Ngā pene hinu
- He hāpiapia
- Ngā puka māheni
- He kāpia
- He aho

### Ngā Tohutohu

- a. Whakapaipaihia te ngongo kāri kia rite te āhua ki te hikareti.
- e. Tapahia te taha roa o te ngongo kāri, ā kuhuna ki runga i te taha roa o te waea whakairi kākahu.
- i. Tohaina ngā pikitia o ngā tūmomo matū ki ngā tamariki. Mā ngā tamariki rānei ngā matū e rapu mai i ngā puka māheni kē. Mā rātou hei tapahi, hei whakakarakara hoki.
- o. Tāpirihia ngā pikitia matū ki runga i tētahi kāri māro.
- u. Whakairihia ngā matū nei ki raro iho i te paipa kāri.

## **5. Te Tūkinotanga o te Paipa ki Tōku Tinana**

Hauora: Strand A – Level 2, Obj 4

### ***He aha ngā momo mate tūpeka ka pā ki te tangata?***

Kōrerohia anōtia ngā momo matū kino kei roto i te hikareti. Matapakihia ngā momo mate ka pā ki ngā momo wāhanga o te tinana o te tangata kai paipa.

**Wāhanga****Mate**

Roro	Ka mau te wairua o te tangata i te parawaro (nicotine addiction) Kaha ake te pānga mai o te roro ikura (brain haemorrhage) Kitea ai te ihiihi me te āmāimai.
Whatu	Ka kaha ake te pānga o te kāpō. Mate arotahi (focus problems)
Taringa	Taringa hoi – (tō ngā tamariki he kaipaipa te mahi ā ngā mātua)
Waha	Ka piro te hā. He niho maunu (tooth-loss) Ka poapatia ngā niho (stained) Ka matemate te tāwara o te waha (tastebuds) He korokoro mamae He mate pukupuku o te waha
Kiri	Ka kūwhewhewhewhe te kiri o te kanohi (wrinkled) Ka poapatia ngā matikara. Ka heke te mahana o te kiri
Pūkahukahu	Ka pā te pūkawa kakā (bronchitis) Mate miru pupuhi (emphysema) Ka kino ake te huangō. Ka tere pau te hā o te tangata Mate pukupuku kaipaipa
Manawa	Ka kukua nga iaia tuku (constricted arteries) Ka kaha ake te pā o te mate manawa (heart attack) Ka ngoikore nga uaua o te manawa
Puku	Ka kaha ake te pānga o te keha o te puku (stomach ulcers)
Ringa me ngā wae	Ka mātao pea ngā wae i te kūititanga o ngā iaia tuku ( Ka ngāwari haere ngā wheua (ka tere whati) He ngāwari te pānga o te kikohunga

***Tūmahi Tamariki***

Tāngia anōtia tētahi tinana rahi. Mā ngā tamariki e whiriwhiri tētahi wāhanga o te tinana hei tauira māna, ā tuhia tōna whakamārama mō te mate ka pā ki tērā wāhanga o te tinana nā te kaipaipa.

## 6. Te Mina-Auahi (Passive smoking)

Tikanga ā Iwi: Te Wāhi me te Taiao – Level 1+2, Obj 1b

Hauora: Strand D – Level 1, Obj 4

***He aha te take ka pā hoki ngā mate tūpeka ki ngā tāngata kore kaipaipa?***

### ***Tūmahi ā Rōpū***

Mauria mai tētahi mihini tunu-tōhi ki te kura. Whakapapakakahia tētahi paraoa kia rangona rānō tōna kakara ki roto i te akomanga. Matapakahia te whakaaro ahakoa kua tunua kētia te parāoa ka rongu tonu tātou i tōna kakara – whakatauritehia tēnei matapae ki te mahi a te paipa. Ahakoa kāore tātou i te *kai* i te paipa ka pā tonu ōna āhuratanga ki ngā tāngata e noho kātata ana ki a ia.

Tāutuhia ngā wāhi ka kite ngā tamariki i ngā tāngata e kai paipa ana.

Matapakahia te pai/te kino rānei o ērā wāhi– arā ka pā tonu/ kāore rānei te kino o te paipa ki ngā tāngata kore kaipaipa.

Hei tauira;

Te whare-noho o te kainga

Te kihini

Te kihini

Te rūma moe

Te motokā

Te tūnga pahi

Te papa tākarō

Te kōhanga reo

### ***Tūmahi Tamariki***

Mēnā e taea ai e te tamaiti te huri i tētahi wāhi ki te wāhi auahi kore – kei hea kē tērā wāhi? Māna hei hanga i tētahi tohu auahi kore mō te wāhi kua whiriwhirihia e ia.

## 7. Ao Māori, Ao Auahi Kore

Tikanga ā Iwi: Te Ahurea me te Tukuihotanga – Level 1+2, Obj 1a

Hauora: Strand D – Level 2, Obj 1

***I ahu mai te kaipaipa mai i hea?***

### ***Tūmahi ā Rōpū***

Pānuihia te kōrero nei mō te taenga mai o te tūpeka ki Aotearoa. Mā ngā tamariki e tā ētahi pikitia mō ia whārangi hei hanga pukapuka nui mō te akomanga. Kua wehea ēnei kōrero ki ngā wāhanga e tika ana mō ia whārangi.

### **Wh 1**

I te wā o ō tātou tūpuna he ao auahi kore te ao Māori.

### **Wh 2**

I te taenga mai o Kāpene Kuki ki Aotearoa i kite a Te Ihutakarau i te auahi e puta mai ana mai i tōna upoko. Ohorere rawa ia ki tēnei āhuratanga! I whakahaua e ia tētahi o āna kaimahi ki te whakaweto i te ahi nei – kia kitea mēnā he tipua, he tangata rānei a Kāpene Kuki!

**Wh 3**

Mai i taua wā ka whakamahia te tūpeka hei hokohoko kai, hei hokohoko taonga hoki. I whakatipuhia te tūpeka ki Aotearoa nei – ka whakaingoahia e te Māori ko te tōrori.

**Wh 4**

Tokomaha ngā Māori i tīmata ki te kaipaipa pērā i a Kāpene Kuki me ngā kaihokohoko. Kāore rātou i mōhio mō te kino o te kaipaipa me ngā tūmomo mate ka puta mai i tēnei mahi.

**Wh 5**

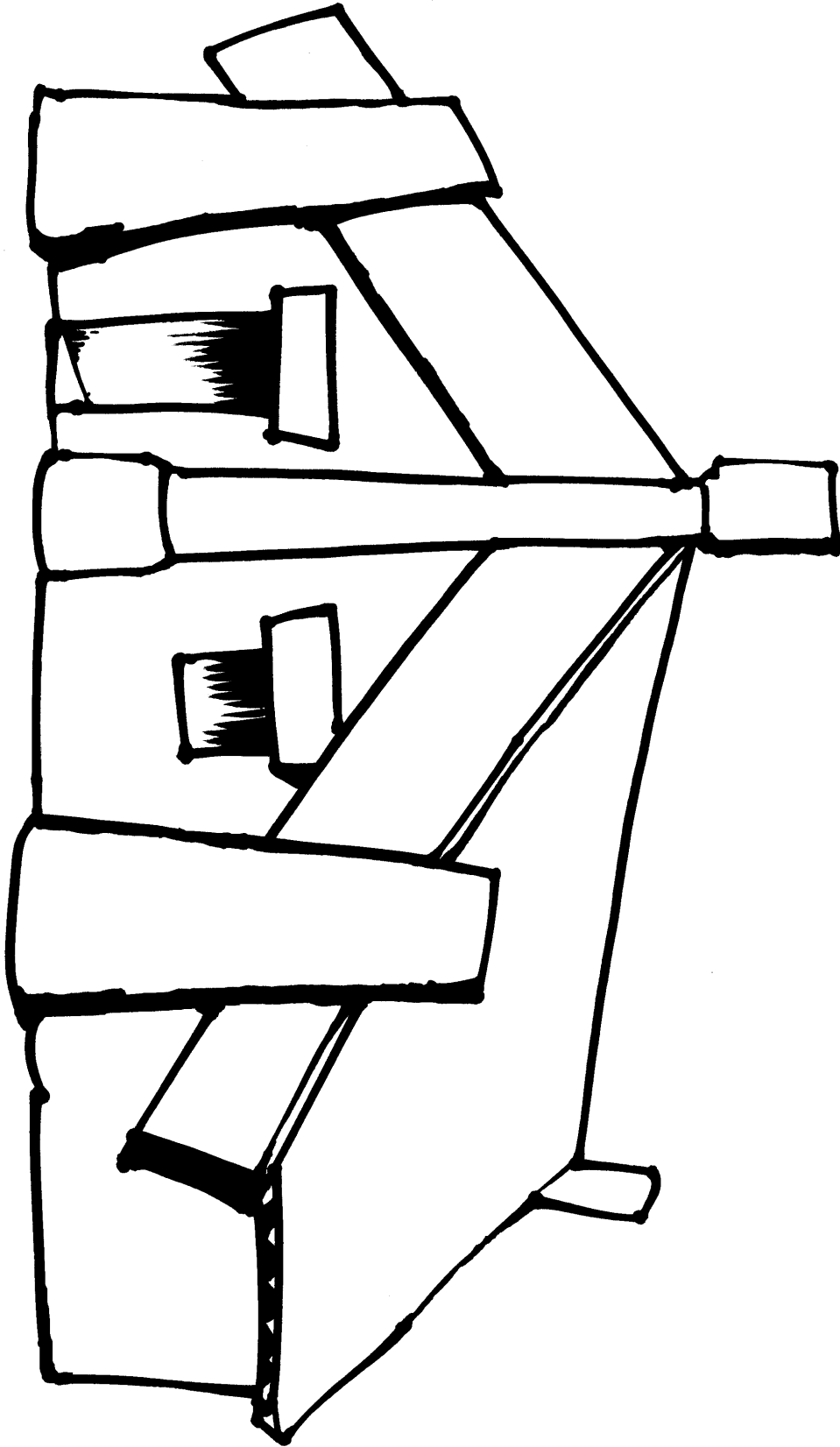
Mai i tērā wā tokomaha ngā tāngata kua pāngia e ngā momo mate tūpeka. Ahakoa tērā tokomaha tonu ngā tāngata kua mau i tēnei mate kino.

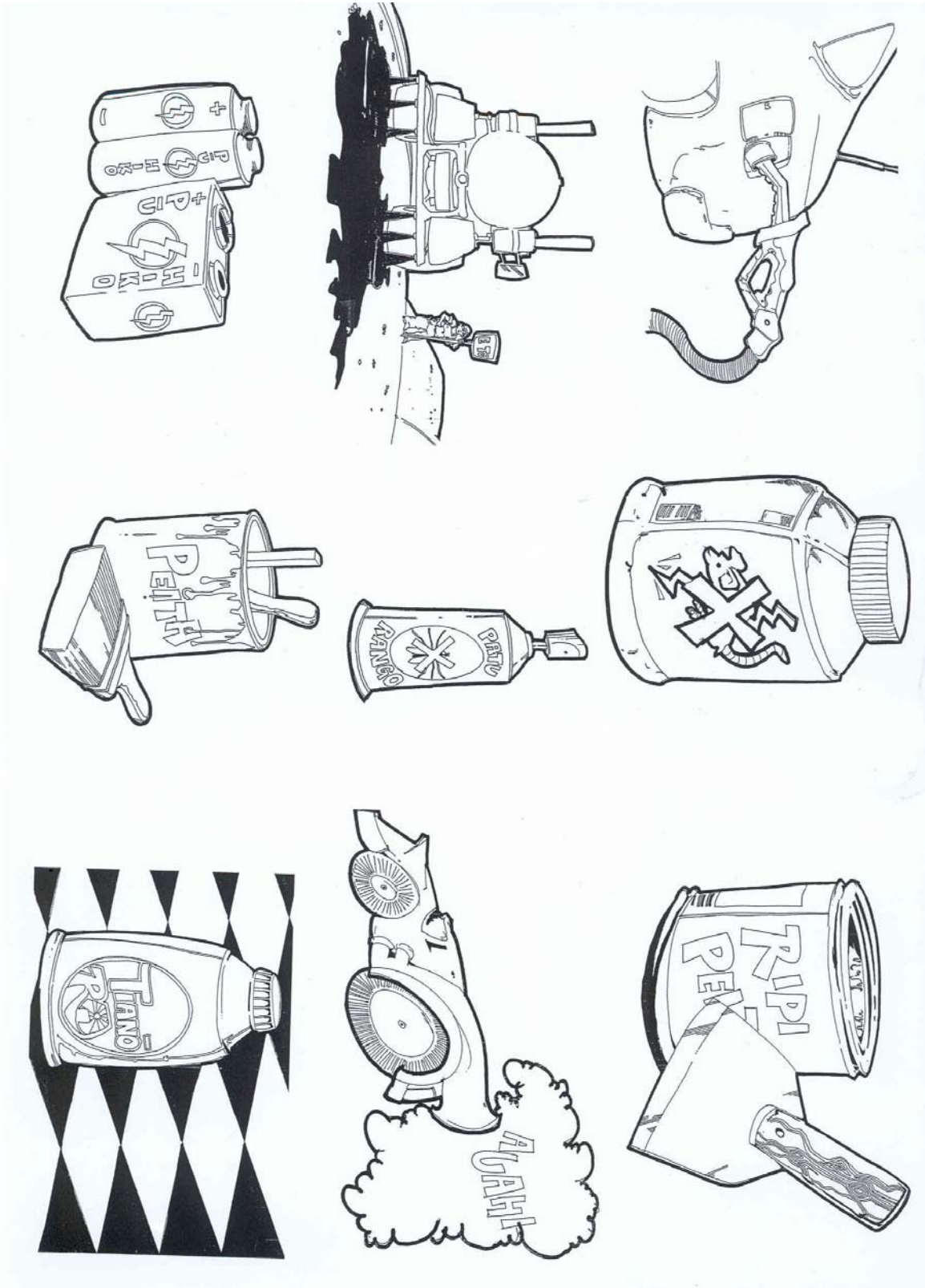
**Wh 6**

Engari he wāhi tonu i roto i te ao Māori he auahi kore te tikanga. Kei te nui haere tonu ēnei wāhi – tirohia!









## Ngā Tohutohu mō te Hanga Kai

### Taputapu

He waea whakairi kākahu



He ngongo kāri



Ngā puka māheni



He kāpia



He kutikuti



Ngā pene hinu



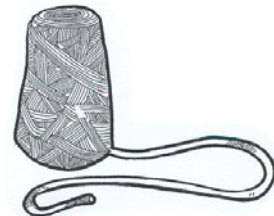
He hāpiapia



Ngā pikitia matū hikareti



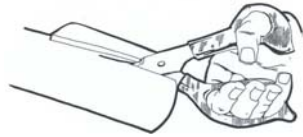
He aho



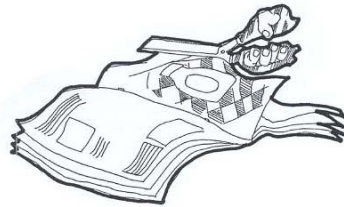
## Ngā Tohutohu mō te Hanga Kauhi

### Ngā Tohutohu

- a. Whakapaipaihia te ngongo kāri kia rite te āhua ki te hikareti.
- e. Tapahia te taha roa o te ngongo kāri, ā kuhuna ki runga i te taha roa o te waea whakairi kākahu.



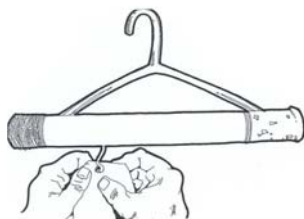
- i. Tohaina ngā pikitia o ngā tūmomo matū ki ngā tamariki. Mā ngā tamnariki rānei ngā matū e rapu mai i ngā puka māheni kē. Mā rātou hei tapahi, hei whakakarakara hoki.



- o. Tāpirihia ngā pikitia matū ki runga i tētahi kāri māro.



- u. Whakairihia ngā matū nei ki raro iho i te paipa kāri.



Tūmahi 5

Whakarahingia ngā rerenga kōrero nei hei hono atu ki te taura tinana.

<b>Roro</b>	<b>Ka mau te wairua o te tangata i te parawaro.</b>
<b>Roro</b>	<b>Kaha ake te pānga mai o te roro ikura.</b>
<b>Roro</b>	<b>Kitea ai te ihiihi me te āmāimai.</b>
<b>Whatu</b>	<b>Ka kaha ake te pānga o te kāpō.</b>
<b>Whatu</b>	<b>Mate arotahi.</b>
<b>Taringa</b>	<b>Taringa hoi (tō ngā tamariki he kaipaipa te mahi a ngā mātua)</b>
<b>Waha</b>	<b>Ka piro te hā.</b>
<b>Waha</b>	<b>He niho maunu.</b>
<b>Waha</b>	<b>Ka poapoatia ngā niho.</b>
<b>Waha</b>	<b>Ka matemate te tāwara o te waha.</b>

<b>Waha</b>	<b>He korokoro mamae.</b>
<b>Waha</b>	<b>He mate pukupuku o te waha.</b>
<b>Kiri</b>	<b>Ka kūwhewhewhewhe te kiri o te kanohi.</b>
<b>Kiri</b>	<b>Ka poapoatia ngā matikara.</b>
<b>Kiri</b>	<b>Ka heke te mahana o te kiri.</b>
<b>Pūkahukahu</b>	<b>Ka pā te pūkawa kakā.</b>
<b>Pūkahukahu</b>	<b>Mate miru pupuhi.</b>
<b>Pūkahukahu</b>	<b>Ka kino ake te huangō.</b>
<b>Pūkahukahu</b>	<b>Ka tere pau te hā o te tangata.</b>
<b>Pūkahukahu</b>	<b>Mate pukupuku kaipaipa.</b>
<b>Manawa</b>	<b>Ka kukua nga iaia tuku.</b>

<b>Manawa</b>	<b>Ka kaha ake te pā o te mate manawa.</b>
<b>Manawa</b>	<b>Ka ngoikore nga uaua o te manawa.</b>
<b>Puku</b>	<b>Ka kaha ake te pānga o te keha o te puku.</b>
<b>Ringa me ngā wae</b>	<b>Ka mātao pea ngā wae i te kūititanga o ngā iaia tuku.</b>
<b>Ringa me ngā wae</b>	<b>Ka ngāwari haere ngā wheua (ka tere whati).</b>
<b>Ringa me ngā wae</b>	<b>He ngāwari te pānga o te kikohunga.</b>

## RĀRANGI KUPU

### **A**

**āmaimai**

- He momo wiriwiri, māuiui hoki nō te tinana

### **H**

**haumarū**

- Ka tino tiakina, ka āraia atu ngā hau kino, ka noho āhuru

**haumate**

- Ka māuiui, ka ngoikore

**hirangatanga**

- Ko te mea tino nui rawa, tino rangatira rawa

**huangō**

- He momo mate, he momo māuiui nō te pūkahukahu, he mate kume ki ētahi, arā, kua whāiti ngā pūkahukahu

### **I**

**iaia tuku**

- Ngā ara rerenga toto

**ihiihi**

- He momo wiriwiri, māuiui hoki nō te tinana

### **K**

**kauī**

- He taonga whakairi, tāwēwē, tare rānei

**keha**

- He tupunga pirau nō te puku, te kōpu rānei

**kikohunga**

- He wāhanga o te tinana kua pirautia

**kukua**

- He whakawhāiti

**kūwhewhewhe**

- Kua maroke rawa te kiri, kua āhua pāpapa, tapatapa, pūrokuroku nei te āhua

### **M**

**matapakihia**

- Kia tino kōrerorerotia, kia tino wānangatia

**mate arotahi**

- Kaore e taea e te hinengaro te whakaaro hāngai pū

**mate miru pupuhi** - He momo mate ,he momo māuiui nō te pūkahukahu

**mate pukupuku kaipaipa** - He pirau nō te tinana, nā te auahi kaipaipa

**mātua tirohia** - Arā, me āta titiro i te tuatahi

**matū** - He momo wai ranu

**mina-auahi** - He auahi e rongu tonu ana te ihu me te waha o te tangata kore kaipaipa

## **P**

**poapoatia** - Kua pirau ngā niho me te pango haere

**pūkawa kakā** - He momo mate, he momo māuiui nō te ia pūkahukahu

## **R**

**roro ikura** - He māuiui, he mate nō te roro, arā, kua pū tototia

## **T**

**taringa hoi** - He māuiui nō te taringa, arā, kua kī te taringa i te waipīpipi i te hupe tērā pea nā te auahi paipa, ka kore e āhei te rongu

**tātāhia ā hinengaro** - Mā ūpoko pakaru e oti ai, arā, mā te tino wero i te hinengaro e puta ai he māramatanga.

**tāutuhia** - Kia kite mārama atu ko tēhea tēhea

**tāwara o te waha** - Ko ngā pītau o te arero e rongu ana i te hā

**tīpakohia** - He momo timo, he momo tango

**tū kātata** - E tū tata mai ana

## **WH**

**whakamarumarutanga** - Colonisation

## **Ngā wāhi ipurangi hei tautoko**

Anei ētahi hononga ipurangi hei awahina i tō whakaako i te mahi nei.

- Māori Smoking and Tobacco Use Fact Sheet  
<http://www.moh.govt.nz/moh.nsf/pages/MH4606>
- Tobacco Facts – Māori language version  
<http://www.auahikore.org.nz/research/pdfs.htm>
- Māori Tobacco Control News  
<http://www.auahikore.org.nz/initiatives/rsi.htm>
- Research  
<http://www.auahikore.org.nz/research/index.htm>
- Want to know the truth?  
<http://www.auahikore.org.nz/archive/thetruth.htm>
- Tobacco Control Facts at a Glance  
<http://www.sfc.org.nz/pdfs/TobaccoFactsataGlance.pdf>
- The health effects of smoking, Second Hand Smoke, What's in tobacco?  
<http://www.sfc.org.nz/infoegativeeffects.html#wit>
- Smoking in New Zealand – Tobacco Facts and Figures  
[http://www.smokefree.co.nz/facts\\_tobacco.htm](http://www.smokefree.co.nz/facts_tobacco.htm)

**Did you know that Māori smokers contribute \$260 million a year towards cigarette tax!**