

# Whakamaru Kai



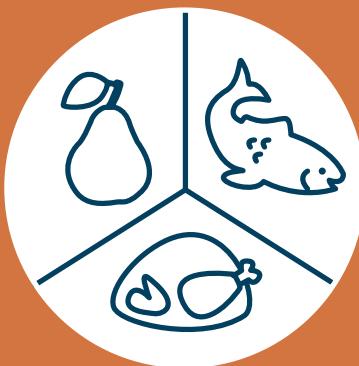
Horoia ou ringa



Whakangūngūtia o kaimahi



Kaua e whāwhā i te kai  
mēnā kei te mauiui koe



Wehewehetia



Whakawāteahia ngā para rāpihi



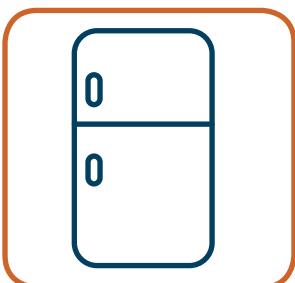
Horoia



Tunua



Taupokiitia



Whakamātaohia



New Zealand Food Safety  
Ministry for Primary Industries  
Manatū Ahu Matua



## Horoia

### He aha ai?

Ma te horoi i ngā mea katoa, ka pā ki te kai, e aukati te urutā o ngā ngārara moroiti

### Me pēhea?

Āta horoia ōu ringa, ka whakamaroke i mua i to whāwhātanga i te kai. Horoia ngā taputapu me ngā papa mahi. Horoia ngā hua rākau me ngā hua whenua i mua i te kainga.



## Tunua

### He aha ai?

Ma te whakawera i te mīti me te heihei ki ngā pāmahana teitei hei āwhina ki te whakamate i ngā ngārara moroiti.

### Me pēhea?

Āta tunua ngā mīti me ngā heihei kia maoa. Ka whakawera i te kai, tirohia kua wera mamaoa te katoa o te kai.



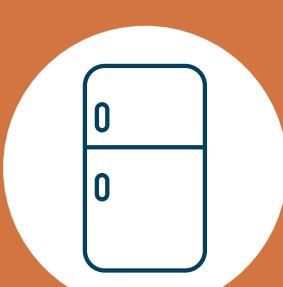
## Taupokihia

### He aha ai?

Ma te taupoki i te kai e aukati te urutā o ngā ngārara moroiti.

### Me pēhea?

Waiho ngā mīti me ngā heihei i roto i ngā ipu mau katī. Wehea ēnei mai i ngā kai maoa me ngā kai kua-reri-noa-hei-kai. Taupokihia te katoa o ngā ipupara hei haukoti atu i ngā kīrearea.



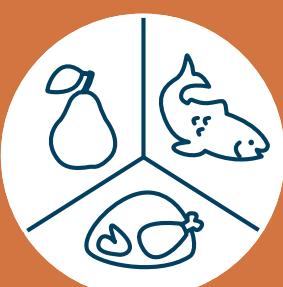
## Whakamātaohia

### He aha ai?

Ma te whakamātao i ngā kai i te 5°C, i raro iho rānei, e aukati te tipu o ngā ngārara moroiti.

### Me pēhea?

Raua ngā kai ki roto i te pouaka whakamātao i muri tonu i te tunutanga.



## Wehewehe

### He aha ai?

Wehea ngā kai mata me ngā kai maoa hei aukati i te whakawhitit i ngā ngārara moroiti.

### Me pēhea?

Me rerekē ngā taputapu mo te taka me te whakaputu i ngā kai mata me ngā kai kua-reri-noa-hei-kai. Me horoi ngā mea katoa i muri i te pātanga ki ngā heihei me ngā miti mata

