



Kaupapa ā-Motu 2 Ārahitanga

Me whakamahi e koe te Kaupapa ā-Motu 2 mēnā koe kei te:

Kaiwhakanao

- Parāoa, rōhi huawhenua, pēkara, parāoa pita, aha atu, aha atu.
- Ngā hua patakai, pihikete me ngā pākete pihikete
- Ngā tītipi, kānga pahū me ētahi atu paramanawa
- Pīnati pata, tiamu, pīkara me te pīkara reka
- Ngā rare, tiakarete me te huka waihonga
- Tio, rare tio me ngā purini tio
- Ngā huarakāu me ngā huawhenua pātio tio, maroke, tauraki hoki

Hoko atu

- Ngā kai mātao, pātio tio rānei

Tukanga

- Ngā nati me ngā kākano

Whakarato

- Ngā kai i tētahi kura kōhungahunga (ECE)/ Kōhanga Reo

Ngā kaupapa

Kōrero Whakataki

5

Whakatūnga

- Te whai kawenga 11
- Te tiroiro kei te mahi pai te kaupapa 17
- Ngā wāhi me ngā utauta 21
- Wai tōtika 25
- Matatau me te whakangungu 30

Ngā mahi o ia rā

- Te horoi me te patuero 33
- Te kimi kīrearea 37
- Te tautiaki utauta me ngā whakaurunga 39
- Tikanga akuaku ake 43

Te whakanao, tukatuka, te whāwhā rānei

- Te whakanao, tukatuka, te whāwhā kai rānei 48
- Te rapu, te whiwhi me te whaiwhai kai 51
- Te rokiroki me te whakaatu kia haumarū 55
- Te mōhio he aha kei roto i ō kai 59
- Te wehewehe kai 63

◦ Te tunu mārire, te rerehū kai rānei	66
◦ Te whakaiti i te rahinga wai i rō kai	71
◦ Te whakawaikawa i ngā kai	74
◦ Te ārai i ngā mea kē mai i ngā kai	76
◦ Te tākai me te whakamau tapanga	79
◦ Te kawē kai	84

Te raparongoā

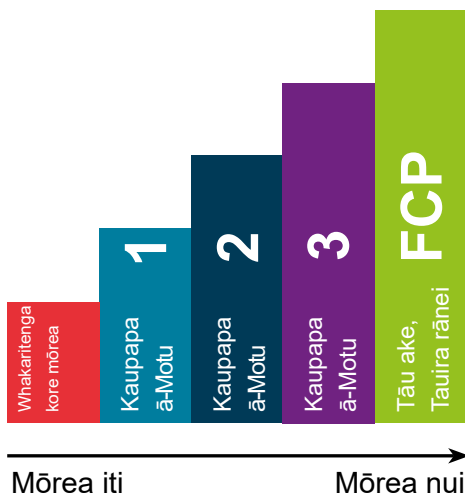
◦ Ina hē tētahi mea	86
◦ Te tono kia whakahokia mai ngā kai	88

He aha te Kaupapa ā-Motu?

Ko te Kaupapa ā-Motu (NP) he ture ērā hei whai mā ngā pakihi kai mōrea tauwaenga, iti ake hoki kia ū ai ki te Food Act 2014. He ture ēnei hei āwhina i a koe ki te whakahaere i ngā mōrea haumarū kai me te aukati i te pāngia e te mate o te tangata. E toru ngā taumata o ngā NP e ai ki te mōrea haumarū kai e pā ana ki ngā momo pakihi kai. Ko te Taumata 2 he iti ki te tauwaenga te mōrea.

I raro i tētahi NP, kāore koe e mate ki te whai hātepe ā-tuhi, he mahere whakahaere ā-kai rānei (e hiahiatia anake ēnei mō ngā pakihi kai mōrea nui), engari me pupuri koe i ngā pūkete mō ētahi o ō mahi.

Mō tētahi NP me rēhita anō koe me tō kaunihera, Te Manatū Ahumahi Matua rānei, ā, kia tirotirohia (whakaūtia).



Ka taea e koe āu ake ture te tuhi

Ehara i te mea whai koe i tēnei kaupapa – kei a koe te tikanga ki te tuhi i āu ake ture haumarua kai, tōtikatanga hoki mā te tuhi i tētahi Mahere Whakahaere Kai hāngai tonu (tauwhāiti rānei). Me tirotiro āu ake ture (arotakehia) hei whakarite ka tika te whakahaere i te haumarua me te tōtikatanga o ngā kai.

Ahakoia ka tuhia e koe āu ake ture ka hāngai ngā auautanga whakaūnga NP 2 ki tō pakihi.

He aratohu kei konei hei tuhi i āu ake ture:

<http://mpi.govt.nz/document-vault/12843>

He aha te take me pānui ahau i tēnei pukaiti?

E whakamārama ana tēnei i ngā ture e hāngai ana ki te NP 2. Kei roto i tēnei ko tētahi tirohanga whānui o ngā mea e hiahiatia ana e tētahi pakihi kai hei tīmata, ngā mea e hiahiatia ana e te ture, he aha ngā pūkete hei pupuri, ā, me ngā mea ka tirohia e tētahi kaiwhakaū.

Ki hea ahau tiki mōhiohio atu anō?

Ka taea e koe Ngā Whakaritenga Kai 2015 te tiro i konei:
www.legislation.govt.nz

Mēnā he pātai āu me whakapā atu ki MPI, tō kaunihera rānei.

Haere ki www.mpi.govt.nz/foodact

MPI: info@mpi.govt.nz 0800 00 83 33

Kimihia tō kaunihera: www.lgnz.co.nz

Ngā tohutohu

Me pēhea te whakamahi i tēnei aratohu

Ka whakamōhio atu tēnei aratohu i a koe he aha ngā mea ka tiro tirohia e tō kaiwhakaū me te whakarārangi me putu ō pūkete ki hea. Hei āwhina i a koe ki te whakarite kei te pupuri koe i ngā pūkete tika mō ngā mea tika kua raua e mātau ngā ata puta noa i tēnei tuhinga:



Me whai pūkete



Whakaaro: Ētahi mea hira kia kite, kia maumahara

E toru ngā wāhanga o ia kaupapa: Mōhio, Mahi me te Whakaatu.



Me
mōhio

Kei roto i **Me mōhio** ko ngā mōhiohia noa he aha i hira ai tēnei kaupapa ki te haumarua kai me te tuku whakaaro me pēhea tō ū ki te ture kai.



Me mahi

E whakarārangi ana i **Me mahi** ko ngā mea me mātua ū koe me ngā ture haumarua kai.



Me
whakaatu

E whakarārangi i **Me whakaatu** ko ngā mea ka uia e tō kaiwhakaū ki a koe hei whakaatu, ngā pūkete rānei me kite ia.

I ētahi wā ka hapa, ā, kua kore e haumarua, e tōtika rānei ō kai. Me mōhio koe ki te tautohu ina hapa ana, ā, me pēhea te whakatika. Me whai hātepe koe me te whai pūkete. E rārangi ana ēnei pūkete puta noa i te tuhinga. Me whai i te kāri '**Ina hē tētahi mea**'.

E whakarārangi ana ngā whārangi **kākāriki** i ngā mōhiohio mō te whakatū i tō pakihi me te whakangungu kaimahi.

E whakarārangi ana ngā whārangi **kikorangi** i ngā mōhiohio mō te horoi me te patuero parukore, te tautiaki utauta me ngā whakaurunga me te tikanga akuaku ake.

E whakarārangi ana ngā whārangi **karaka** i ngā whārangi mō ngā upane whakahaere e whakamahia noatia ana i roto i ngā pakihi NP 2. Kua kitea kē te whaikiko o ēnei hātepe mō te whakaiti, te whakakore rānei i ngā pūmate kia haumarui ai, tōtika ai rānei ngā kai. Me whakamahi anake e koe ko ngā whārangi karaka e hāngai ana ki tō pakihi.

E whakarārangi ana ngā whārangi **whero** me aha mēnā ka hē tētahi mea.

Ngā ata mō ngā momo pakihi kai rerekē

He ata ēnei mō ngā momo pakihi kai tauwhāiti. Ina kite koe i tētahi ata e hāngai anake ngā ture ki taua momo pakihi kai. Ki te kore he ata, ka hāngai ngā ture ki ngā pakihi NP 2 katoa.



Parāoa



Ngā hua patakai, pihikete me ngā pākete pihikete



Ngā tītupi me ngā paramanawa



Pīnati pata, tiamu, pīkara me te pīkara reka



Rare



Tio me ngā rare pātio



Ngā huarakāu me ngā huawhenua pātio, maroke, tauraki hoki



Kaihoko-hoko i ngā kai mātao me ngā kai pātio



Ngā nati me ngā kākano



Kura Kōhanga-hunga (ECE)/ Kōhanga Reo

Tirohanga whānui o te tīmata



Whakatūnga

- Pānuitia tēnei aratohu.
- Me whakarite ka pēhea tō whakatinana i te haumarū kai.
- Whakapā atu me te tiki reta mai i tētahi kaiwhakaū e kī ana ka whakaūhia koe e ia.



Rēhita

- Whakaotihia te puka rēhita me ngā puka tāpiri e hiahiatia ana e tō kaunihera, MPI rānei.
- Tukuna te tono, me te utu.



Whakahaere

- Me whai i ngā hātepe haumarū.
- Me whakatakoto atu ō pūkete.
- Me noho hou haere tonu ō pūkete.
- Me whakapā atu ki tō kaiwhakaū ka whakarite i tētahi wā hei whakaū.
- Me aro ki ngā whakaritenga matua e 5.



Whakaūnga

- Me whakarite ka taea e koe te whakaatu he pēhea tō mahi kia haumarū, kia tōtika ai ngā kai.
- Tukuna ngā pūkete e tika ana.



Ngā whakaritenga mō te Kaupapa ā-Motu 2

Ngā pūkete e hiahiatia ana

Ngā Pūkete NP 2	E hiahiatia ana	Ina hē tētahi mea
Matatau me te whakangungu	✓	
Māuiui	✓	
Ngā otinga aromatawai wai (tāu ake wai anake)	✓	
Ngā kīrearea		✓
Tautiaki		✓
Te rapu, te whiwhi me te whaiwhai	✓	
Rokiroki me te whakaatu		✓
Te wehewehe i ngā kai haumarū mai i ngā kai kino		✓
Te tunu mārire, te rerehū kai rānei	✓*	✓
Te whakaiti i te rahinga wai		✓
Te whakawaikawa i ngā kai		✓
Ngā mea kē		✓
Te tākai me te whakamau tapanga		✓
Te kawē kai (pāmahana)	✓	
Te tiroiro kei te mahi pai te kaupapa		✓
Te tono kia whakahokia mai ngā kai		✓

* ECE/Kohanga Reo anake. Ko ētahi katoa e herea ana ki te whai pūkete ina hē tētahi mea.

Tirohanga whānui o ngā whakaritenga Matua e 5

Koinei ngā mea hira rawa e 5 me tika i ia wā. Ka tirohia ēnei e tō kaiwhakaū i ia wā.



Te matatau me te whakangungu

Me mōhio me pēhea te mahi i ngā kai haumarū, tōtika hoki.



Te horoi

Me noho mā me te nahanaha hoki ngā papa.



Tikanga akuaku ake

Me horoi ngā ringaringa, ā, kaua e tāhawahawatia ngā kai.



Te rapu, te whiwhi me te whaiwhai

Te tiroiro me te tuhi he aha ngā mea e kuhu mai, e puta ana i tō pakihi.



Ngā whakahaere tukatuka

Me whakarite ka whakahaerehia e koe ngā wāhanga o te mekameka kai, tō tukanga rānei, te wāhi pai, whakamutunga rānei hei whakahaere i ngā mōrea haumarū kai tauwhāiti.



Te whai kawenga



Me
mōhio

He aha ngā mea me mōhio koe?

- Kei runga i a koe ki te whakarite ko ngā kai e puta ana, e whāwhātia ana, e hokona ana hoki/rānei i tō pakihi he haumarū me te tōtika.
- Ehara i te mea me tohunga haumarū kai koe engari me whai mōhio koe ki te tuku whakatau pai mō te kai haumarū, tōtika hoki mō tō pakihi. Ko te kaupapa o tēnei aratohu he āwhina i a koe kia tutuki tērā.
- Ko te mea kē i te mea ko koe te rangatira kei a koe te kawenga, ahakoa ka tiki kaimahi koe hei āwhina ki te whakahaere i te haumarū kai me te tōtikatanga.



Ehara i te mea e hāngai ana ngā wāhanga katoa o tēnei aratohu ki a koe – kāore koe e mate ki te whai i ngā ture kāore i te hāngai ki a koe (hei tauira, mēnā kāore koe i te tākaikai kai kāore koe e mate ki te whai i ngā ture mō te tākai). Mēnā kei te māharahara koe mēnā e hāngai ana tētahi wāhanga ki tō pakihi me rapu tohutohu mai i tētahi mātanga, tō kaiwhakaū, tō mana rēhitatanga rānei (kaunihera, MPI rānei).

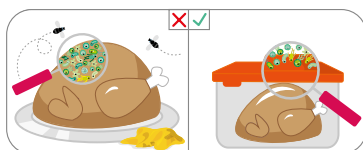
Haumarū kai ki te tōtikatanga kai

- Ko te **Haumarū kai** mō te ārai i ngā pūtake māuiui, tūkinō rānei mai i ngā kai. Kāore pea e haumarū ngā kai mēnā kei roto i ētahi 'pūmate'. Ka taka mai ngā pūmate ki roto i ngā wāhanga e 3:

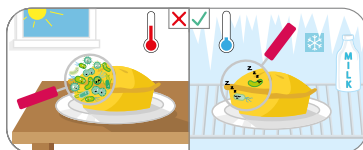


Me
mōhio

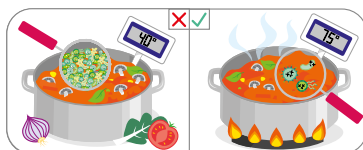
- 1 **Koiora (ngā ngāngara):** Ka māuiui te tangata i ētahi ngāngara. Kāore pea e haumarū ngā kai mēnā he nui rawa ēnei ngāngara kei roto.
 - 2 **Matū:** He maha ngā matū e māuiui ai pea te tangata mēnā kei roto, kei runga kai.
 - 3 **Ōkiko (mea kē):** Ka uru pea he karāhe, maitai, ētahi atu mea koi rānei i ētahi wā ki ngā kai me te tūkino.
- Ko te tōtikatanga o te kai ko te whakarite ka eke ngā kai ki ngā tūmanako o te kiritaki, ā, kāore he mea rerekē i roto, kāore i te matakawa rānei.
 - Mā te whai kawenga mō te haumarū kai me mārama ki ngā pūmate ka taea e kino ai ngā kai me te whai upane ki te:
 - ārai atu i ngā ngāngara,



- whakaiti i ngā ngāngara ki te rahinga haumarū,



- whakakore, whakawātea rānei i ngā ngāngara.





Me
mōhio

- Ko te whai kawenga mō te tōtikatanga o te kai ko te:
 - whakamahi anake i ngā kai, kai whakauru rānei e hāngai pū ana ki te kaupapa,
 - tika o te whakamau tapanga ki ngā kai, me te
 - whakarite kei te tika ngā kōrero mō ō kai.

Te whakarite kei te haumarū ngā kai

Ko te whakaaro mō ngā pakihi NP 2 he mōrea iti ki te tauwaenga – ka taea e koe te tangata te whakamāuiui mā ō kai. He mea nui te kia mōhio, kia mārama me te whai i ngā ture.

- Mā te whai i ngā ture ka āwhina i tō pakihi i te mea:
 - tata ki te 86% o ngā tāngata ka māuiui i te kai kāore e pūrongo atu – engari ka kimi tangata tonu hei whakapae hē,
 - tata ki te 75% o ngā tāngata ka kī kāore rātau i māuiui i ngā kai nā rātau ake i mahi, ka whakapae nā ngā kai a tētahi kē i hokona mai e rātau,
 - ko te nuinga ka pōhēhē i māuiui rātau i tētahi o ngā kai whakamutunga i kainga – engari pea nā tētahi kai i kainga i roto i ngā rā, wiki rānei ki mua,
 - tata ki te 40% o ngā tāngata ka māuiui kāore e hokona mai e rātau ngā kai e whakapae ana rātau i māuiui ai (me te kōrero atu ki ō rātau hoa kia kaua e hokona mai),
 - ki te pūrongo māuiui tētahi tangata, ka tūhuratia tana amuamu e te āpiha haumarū kai – ko te tikanga o tēnei ka haere pea ki te kite i a koe ahakoa kāore ō pānga ki te take i māuiui ai te tangata.



Me
mōhio

Me pupuri ngā pūkete

- Mā te pupuri i ngā pūkete pai ka āwhina ki te whakaatu kāore i māuiui i a koe te tangata.
- Kei reira ētahi pūkete me pupuri e koe, me ētahi me pupuri i te mea he tikanga pai. I ngā wā kāore koe e herea ki te pupuri pūkete kei a koe te tikanga mēnā me pupuri ngā pūkete, ētahi atu whakaaturanga rānei hei whaiwhai haere he pēhea te pai o tō whakahaere i te haumaruru me te tōtikatanga o ngā kai.
- Ki te kore he pūkete ka uaua rawa atu te whakaatu kei te haumaruru me te tōtika o kai, ā, ko te mutunga atu:
 - ka tono kia whakahokia mai ngā kai,
 - ka aukatia te hoko kai,
 - me oti ētahi whakapaitanga ki ō tukanga, tikanga rānei,
 - he whaina, he hāmene rānei.

Ko te utu pea o ngā mea katoa i runga ki tō pakihi ko te wā, moni, ingoa pai rānei.

- E wātea ana ētahi tohutohu me ngā utauta whaitake kei te **‘Ngā Pūkete Pātea’** i www.mpi.govt.nz/dmsdocument/16717-food-service-and-food-retail-food-business-record-blanks.

Ngā tohutohu me ngā ārahitanga

- Ka taea te tiki tohutohu me ngā ārahitanga mai i ētahi atu, hei tauira, ngā mātanga me ngā kaiwhakaū.
 - Ka taea e ngā **mātanga** ngā pūnaha, tukanga me ngā hātepe te hoahoa māu – engari kāore e taea ō kawenga te tango mai. He wāhanga tēnei o tā rātau mahi kia mōhio ai koe me pēhea te tuku whakatau pai mō te haumaruru me te tōtikatanga o te kai – otirā ina kāore e mahi tika.



Me
mōhio



Me
mahi

- Ka taea e ngā **kaiwhakaū** te tuku tohutohu me ngā akoranga (ngā kōwhiringa me ngā tauira) me pēhea te mahi a tō pakihi i ngā kai haumaruru me te tōtika engari tē taea ō whakatauranga te tuku māu.

He aha te mahi māu?

- Me whai i ngā ture haumaruru kai, tōtikatanga hoki.
- Me whakarite kei te rawaka ō kaimahi mōhio, matatau hoki (me ngā kaiwhakahaere mēnā e hiahia ana) hei whakatutuki i te haumaruru me te tōtikatanga o ngā kai.
- Me whakaū.
- Me whai i tētahi tārua o ngā tuhinga katoa, pūkete hoki e hiahia ana mō te 4 tau i te iti rawa.
 - Me mātua tika ngā pūkete katoa, me mārama ki te pānui me te tautohu he aha ngā mahi i oti, inahea, ā, nā wai.
- Me whakarite ka taea māmātia ngā pūkete.
- Me tuku pānui ā-tuhi ki tō mana rēhitatanga mō tētahi whakarerekētanga hira ki tō pakihi – mēnā ka taea i mua i te whakarerekētanga, i roto rānei i te 10 rā mahi i muri i te whakarerekētanga.

S

Me whakaatu

He aha ngā mea hei whakaatu?

- Ka uia pea e tō kaiwhakaū:
 - mēnā i tukuna e koe ētahi kawenga haumarū kai ki ētahi atu tāngata, ā, mēnā āe, he pēhea tō mōhio kei te pai tana mahi mō te whakarite kei te haumarū, tōtika rānei ngā kai,
 - mēnā he rerekētanga ki ō mahi, ngā mea e mahia ana, e hokona atu rānei mai rā anō i te wā whakamutunga i reira rātau,
 - mēnā he taumahatanga, pēhitanga rānei ki te pakihi i oti he poronga, rerekētanga hei penapena moni – ka mutu he pēhea tō whai whakaaro ki te haumarū me te tōtika o ngā kai ina tuku ana i ēnei whakatau.



Te tiro tiro kei te mahi pai te kaupapa



Me
mōhio

He aha ngā mea me mōhio koe?

- Kei runga i a koe ki te tiro tiro haere tonu kei te pai te whakahaere i te haumarua kai me te tōtikatanga hoki i roto i tō pakihi.
- Mō ngā mea me tiro tiro me te maha o te wā, kei te āhua kē o tētahi mea ka hē i roto i tō pakihi (hei tauira, mēnā i hē tētahi mea e pā ana ki te haumarua kai ko te tūmanako ka mate pea koe ki te tono kia whakahokia mai ngā kai ki te wāhi whakamutunga i whai whakaaturanga koe i te pai te haere – nō reira he mea nui kia rite tonu te tiro tiro i ēnei mea).
- Ka taea anō tētahi tiro tiro tanga ā-roto te mahi mēnā ka ōtitahia e tētahi pakihi e whakaratoa ana e koe, engari ehara i te mea ko tēnei anake.
- Me tiro tiro e koe:
 - kei te mahia e ngā tāngata ngā mahi me oti,
 - ko ngā hātepe i whakaurua e koe kei te whāia, ā, he whaitake,
 - kei te noho tōtika tonu ō whakaurunga, utauta hoki mō ngā mahinga kai a tō pakihi.
- Me noho koe, tētahi o ō kaimahi rānei hei kaiwhakau ā-roto māu (kaiōtita-whaiaro).



Me
mōhio



Me auau te whakaoti i ngā tirotiro. Ehara i te mea me tirotiro e koe ngā mea katoa i te wā kotahi, hei tauira, ka tirotiro pea e koe kei te tangohia ngā pāmahana o ngā pouaka whakamātao (e tuhia anō hoki) i ia rā, i ia wāhanga rānei, engari ka oti noa iho pea te tirotiro i ētahi marama e whakahaerehia ana ngā whakangungu, he whaitake, ā, kei te hou ngā pūkete.

He aha i hira ai te ōtita whaiaro?

- Kei a koe te kawenga mō tō pakihi me ngā kai ka mahia e koe, ehara ko tō kaiwhakaū, te kāwanatanga rānei. Ki te waiho e koe mā tētahi kē koe e kōrero he aha kei te hē, tērā pea ka nui rawa te utu, ā, ka māuiui pea i a koe he tangata.
- Me tirotiro kei te mahi pai te kaupapa mā te (hei tauira):
 - tirotiro mēnā kei te mahia e ngā kaimahi ngā ritenga haumarua kai matua (hei tauira, te horoi ringaringa, aha atu, aha atu),
 - tirotiro kei te whakaotihia ngā pūkete, ā, kei te tiakina,
 - titiro i ngā pūkete ki te tirotiro kei te pai te haere o ngā mahi ki tērā e tūmanakohia ana (hei tauira, kei te whakarite ngā pouaka whakamātao kei raro ngā kai i te 5°C),
 - arotake i ngā mōhiohio **‘Ina hē tētahi mea’** me te tirotiro kei te whāia ngā upane hei ārai i ngā raruraru kia kaua e pupū ake anō,
 - whakahaere kai roro haumarua kai me ngā kaimahi,
 - te whakamahi i ngā wāhanga **‘Whakaatu’** i roto i tēnei ārahitanga hei tuku i aua pātai anō, te tirotiro rānei i aua mea anō ka tonoa, ka tirohia rānei e tō kaiwhakaū,



Me
mōhio

- whakamātautau i te taiao, ngā kai rānei mō ētahi ngāngara, matū rānei hei whakaatu kei te whaitake ngā hātepe (hei tauira, te horoi).

Ētahi kōrero mō te whakamātautau:

- Kei reira ētahi whakaritenga tauwhāiti mō te whakamātautau i ētahi āhuatanga (hei tauira, te rato wai). He ture anō kei reira mō ētahi tepenga mō ngā ngāngara, matū rānei. Ahakoa te tepenga ehara i te mea me whakamātautau te kai mō taua ngāngara, matū rānei i ngā wā katoa. Mēnā kei te whakaaroaro koe mō te whakamahi i te tīpakonga me te whakamātautau hei whakaatu kei te mahi pai tō kaupapa, kaua e waiho ko tēnei anake tō mahi tirotiro. Kāore e taea te whakamātautau atu ki te kai haumaruru.
- He tikanga pai te whakamātautau, engari he whāititanga ōna. Hei tauira, mēnā ka kitea he ngāngara i roto i ngā otinga whakamātautau, kei te whakaatu pea kāore tētahi wāhanga o te tukanga i te mahi pai.
- Ki te kore e kitea he mea ehara i te mea kei te rawe tō mahere (kei te haumaruru rānei ō kai). Otirā, kāore e ōrite te tuari o ngā ngāngara i roto i ngā kai – ka taea ētahi kai te whakamātautau kia kore ai e kitea he ngāngara engari i tētahi wāhanga anō o aua kai anō he kī i ngā ngāngara kino.



Me kī, he rourou āporo 200 tāu kua raua ki ngā pēke 10, ā, e whakaaro ana koe 1, e 2 pea ngā āporo kino i roto i te rourou. Ka huakina e koe tētahi pēke 1 ka tango mai i tētahi āporo 1 – mēnā he āporo pai e whakaatu ana tērā kei te pai ngā āporo katoa?

E hia ngā pēke me huaki e koe, ā, e hia ngā āporo me tango mai (tīpako) e koe kia tino mōhio ai ka kitea e koe ngā āporo kino, e whakaatu ana rānei kāore he āporo kino i roto i te rourou? Ka aha, ina tangohia he āporo mai i te pēke, kāore e whakaaetia te hoko atu?



Me
mōhio

Ka 'whakamātautauhia' e koe ngā āporo i roto i ngā pēke – te whakatakoto tukanga rānei kia mātua mōhio ai koe i kitea, i tangohia rānei ngā āporo kino i mua i tō rau atu ki ngā pēke i te tuatahi?

- Mēnā e hiahia ana koe ki te whakauru mai i te whakamātautau ki ō tirotirotanga ko te mea whaitake ko te whakamātautau i te taiao kua ngā kai kua oti te mahi.
- Ki te whakamahia e koe te tīpakonga me te whakamātautau i roto i tō hātepe tirotiro, e tino tūtohu ana kia mahia mai te mahere whakamātautau e tētahi tohunga. Mēnā kāore he tohunga i roto i tō pakihi, ka taea e tētahi kaitohutohu, tō kaiwhakaū, MPI rānei te tuku mōhiohio mō te whakarite mai i tētahi mahere tīpakonga me te whakamātautau.



Me
mahi

He aha te mahi māu?

- Me whakatū ngā hātepe mō te tirotiro haere kei te mahia e koutou ko ō kaimahi ngā kai haumarū, tōtika hoki me te whakatutuki i ō whakaritenga, kawenga hoki i raro i te Food Act 2014.
- Me whai hātepe mō te **'Ina hē tētahi mea'** mēnā ka kitea he hapa i roto i ō tirotiro whaiaro, mahi rānei i kino pea ai ngā kai, kāore rānei i tika.



Me
whakaatu

He aha ngā mea hei whakaatu?

- Me whakaatu ki tō kaiwhakaū:
 - he pēhea tō tirotiro mēnā kei te mahi pai ō hātepe,
 - ngā otinga o ngā tirotiro tanga i oti i a koe,
 - ngā otinga o ngā whakamātautau i whakahaerehia e koe.



Ngā wāhi me ngā utauta



Me
mōhio

He aha ngā mea me mōhio koe?

- Ina kōwhiri koe i ngā wāhi me ngā utauta mō tō pakihi kei reira ētahi hei whakaaroaro māu, pērā i ēnei:
 - te kaupapa i whakamahia ai te wāhi i mua,
 - he māmā te horoi me te tautiaki i ngā rūma me ngā utauta,
 - he nui ngā rama me te hauhau,
 - i hoahoatia ai ngā utauta mō te kai me ngā whakahaere e hiahia ana e koe te whakamahi.

He aha i hira ai te kōwhiri wāhi pai, utauta hoki?

- Ko ngā wāhi me ngā utauta te tūāpapa o tētahi pakihi kai, ā, ka tohu ō kōwhiringa i te uaua o ā koutou mahi ko ō kaimahi kia noho haumarū, tōtika ai ngā kai.
- I te nuinga o te wā ko ngā mea iti noa kāore e arohia e tātau te pūtake o te tāhawahawa o ngā kai me te māuiui o ngā tāngata. Hei tauira:
 - ka pakaru he rama, ā, ka purere te karāhe ki roto i ngā kai,
 - ngā huanga kai e ngongo ana i ngā maitai, matū rānei kei rō oneone mai i te whakamahinga whenua o mua (hei tauira, wāhi puhupuhi, wheketere pūhiko, aha atu, aha atu) ki roto i ngā pakiaka, rau hoki,



Me
mōhio

- ka uru ngā puehu me ngā paru kawē ngāngara ki ngā kai mai i tētahi iāri paetata e whakarato ana i te wairākau, whakahaumako, aha atu, aha atu ki runga taraka,
- ko ngā whare i hangaia mai i ngā papanga ka noho pea hei pūtake e uru ai ngā ngāngara, matū, mea kē rānei ki roto i ngā kai.
- Ko te mea pai rawa ko te tiki i ngā utauta i tino hoahoatia ai mō te kai me ngā whakahaere e hiahiatia ana e koe te whakamahi.
- Ko te mea pai rawa ko te kōwhiri i ngā wāhi me ngā utauta e ārai ana i ngā mōrea haumarū kai maha rawa ka taea.



Me
mahi

He aha te mahi māu?

- Me whakahaere ngā mōrea haumarū kai/tōtikatanga e pā ana ki ngā wāhi me ngā utauta.
- Tirohia ngā whakamahinga o te whenua me ngā whare o mua, ā, kaua e whakamahia ngā wāhi ka whakakino pea i ngā kai.
- Mēnā ka mahia e ngā kiritata he mahi e kino ai, kāore e tōtika rānei ngā kai, me whiriwhiri me pēhea te whakaiti i te tūponotanga ka pā mai tēnei.
- Me mātua whakarite ka nui ngā whare mō te whakamahi i ō pakihi kai kia uru pai mai ai ngā kaimahi e whakaarohia ana e koe ka mahi i reira me te whakarite ka pai te rere o ngā mahi.
- Me hoahoa tō rerenga mahi kia haumarū ai tō nekeneke haere i tō wāhi (hei tauira, kia kore ai koe e waha i ngā kai kino, kai whakauru kino rānei mā ngā wāhi e whāwhātia ai ngā kai haumarū).



Me
mahi

- Me mātua whakarite kāore i hangaia ngā whare, tautara, whakamaunga, utauta rānei mai i ngā papanga e noho ai ngā ngāngara, matū, mea kē rānei kei kuhu ki ō kai, te whiriwhiri rānei me pēhea te whakaiti, whakakore rānei i te tūponotanga ka tāhawahawatia ai ngā kai mai i ēnei pūtake.
- Me mātua whakarite ka horoia māmātia ngā wāhi e mahia, e rokirokitia ai rānei ngā kai.
- Te whakaiti i te nui o te puehu, au, kīrearea rānei ka uru pea ki ngā whare e whakamahia ana mō te whāwhā, te tukatuka, te rokiroki kai rānei.
- Te whakarato wāhi mō te rokiroki i ngā matū horoi me ngā pūhui tautiaki kia tawhiti i ngā kai.
- Me mātua whakarite he wharepaku me ngā wāhi horoi e pātata ana ki ngā wāhi whāwhā kai (tae atu ki ngā wāhi e hauhakatia ana ngā huanga ahumāra).
- Te whakarato i ngā wāhi rāpihi kia tawhiti i ngā wāhi mahi/whakataka kai.
- Me mātua whakarite kei a koe ngā utauta mō te ine i ngā wāhi whakahaere (hei tauira, ngā ine pāmahana mō te tiroiro i ngā pāmahana pouaka whakamātao/ rūma whakamātao), ā, kei te tika, kei te mahi tika hoki.
- Me mātua noho haumaruru ngā mīhini rato kai.

S

Me whakaatu

He aha ngā mea hei whakaatu?

- Ka uia pea e tō kaiwhakaū:
 - he pēhea tō mōhio kāore i whakamahia te wāhi mō tētahi mea e kino ai pea ngā kai,
 - ka aha koe ki te whakahaere i ngā mōrea mai i ngā mahinga o ō kiritata,
 - he aha koe i kōwhiri ai i ngā utauta e whakamahia ana e koe,
 - he pēhea tō mōhio kāore te whare, ngā tautara, whakamaunga, utauta hoki i te whakararuraru i te haumaru, te tōtikatanga rānei o ō kai.
- Ka mātakitaki te kaiwhakaū i te rerenga mahi, ā, mēnā ka māmā ki ngā kaimahi te mahi me te mau tonu ki ngā tikanga akuaku ake.



Wai tōtika

K

Me
mōhio

He aha ngā mea me mōhio koe?

- Ko te wai tōtika me mātua:
 - pai ki te inu mēnā ka whakamahia mō te whakataka kai, te horoi i ngā papa/utauta ka pā ki te kai, ā, me te horoi i ngā ringaringa o ngā kaimahi,
 - mā me te tika mō te kaupapa ina whakamahia ana mō ētahi atu mahinga o te whakatipu kai, mahi kai rānei.

He aha i hira ai te whakarite kei te tōtika te wai?

- Ka taea e ngā ngāngara me ngā matū kino te nekeneke i rō wai e māuiui ai te tangata. Ko te take pea kei te tāhawahawatia mai i te puna, ka tāhawahawatia pea ngā paipa wa me ngā ipu rokiroki wai.
- He mea nui te whai whakaaro he pēhea tō whakamahi i te wai i roto i tō pakihi, me te whakarite ehara ko te wai te pūtake o te tāhawahawa i ngā kai. Ki te whakamahia e koe tētahi ratonga wai kaunihera, rēhita rānei ko te nuinga o ēnei ka whakaotihia māu.

Mēnā ka whakamahia e koe tāu ake wai

- Me kaha koe ki te whakaatu he pai ki te whakamahi mā te whakamātautau i te wai ki tētahi taiwhanga whaimana (kei te paetukutuku a MPI ngā mōhiohio mō ēnei).



Me
mōhio

- Me mōhio koe kei hea ngā mahinga tūtata me ngā matū ka puta noa mai e tāhawahawa pea i tō ratonga wai.
- Mō ngā taika wai:
 - me noho mā, me pai te hanga kia kore ai e taipū mai te parakiwai, me
 - uhi kia kore ai e tāhawahawatia e te wai e ngā kararehe, manu, paru hoki.
- Ka mate pea koe ki te whakauru, whakahaere me te tautiaki (hei tauira, te whakakapi tātari) i tētahi pūnaha tātari wai, te whai i ngā tohutohu a te kaiwaihanga hei whakarite he pai te whakamahi i te wai me te kai.
- Ka mate pea koe ki te whakatika i te tuanui, te wai o te whenua mā te tātari, whakahaumāotatanga, patu huakita UV kia pai mō te whakamahi.
- Ka taka pea ō putunga wai ki raro anō i ētahi atu ture.

Mō te putunga wai o te whenua anake

- Me hoahoa, me tautiaki ngā pokanga kia kore ai e tāhawahawatia mai i te papa.

Mō te putunga wai tuanui anake

- Ka taea ngā mōrea tāhawahawa tāpiri i tō wai te whakaiti mā te:
 - hopu anake i te wai mai i ngā tuanui me ngā kōrere anake i hangaia mai i ngā papanga haumaru (hei tauira, kaua ngā peita konumatā, korotā, ngā papa rakerake, ngā kōrere konukura),
 - te whakatū ārai kōrere, te tango i ngā peka me ngā otaota taumarumarū, me te whakamau pūhihi me ngā rīhi amiorangi kia tawhiti mai i ngā wāhi hopu wai,

D

Me
mahi

- te whakamau i tētahi pūrere hīrere tuatahi (he pūrere papare atu i te hīrere tuatahi o te wai ina ua).

He aha te mahi māu?

- Mō ngā wai mō te mahi kai, te horoi ringaringa me te horohoroi, mā te:
 - whakamahia tētahi putunga wai kawē (kaunihera/ rēhita), tērā rānei
 - tirotiro ka aromatawaitia tō tuanui, ngā wai o te whenua rānei i te kotahi tau i te iti rawa i roto i tētahi taiwhanga whaimana me te ū ki ngā tepenga e whai ake:

Inenga	Ngā paearu
<i>Escherichia coli</i>	Iti ake i te 1 i roto i tētahi tīpakonga 100 ml*
Rehurehu o te wai	Kia kaua e nui atu i te 5 Nephelometric Turbidity Units
Haumāota (ina haumāotatia)	Kaua e iti ake i te 0.2mg/l (ppm) o te haumāota e wātea ana me te 20 meneti wā whakapā i te iti rawa
pH (ina haumāotatia)	6.5 – 8.0

*Me mātua whakahaere te whakamātautau mō te *Escherichia coli* e tētahi taiwhanga whai tohu.

- Whakamātautautia tētahi putunga wai hou i mua i te whakamahi ki ngā wāhi kai.

D

Me mahi

- Whakamātautautia ngā ratonga wai tuanui, wai o te whenua rānei i roto i te 1 wiki o te mōhio mō tētahi rerekētanga ki te taiao, ngā mahinga rānei e pā pea ki te haumarua me te tōtikatanga o te wai.
- Mō ngā pūaha wai kei te whenua (ehara i te pūmau) me mātua:
 - 10m i te iti rawa mai i ngā kararehe,
 - 50m i te iti rawa mai i ngā pūtaka tāhawahawa pea pērā i ngā putunga karapēpē, rua whēkau, ngā parapara tangata me te kararehe, ngā putunga matū pea me ngā taika.

Ngā putunga wai katoa

- Me whakamahi anake ko ngā taika wai, ipu, paipa, kōrere putanga, pūnaha tātari hoki mō ngā putunga wai kei te wāhi e tika ana mō te inu wai (he "taumata-kai" rānei). Me rite tonu te tiroiro me te tautiaki i ēnei.
- Me mārara tō māka i ngā kōrere putanga, taika me ngā paipa kāore he wai mā i roto. Kaua rawa ēnei e whakamahi mō te mahi kai, te horoi ringaringa me te whakapai haere.
- Ki te kino tō putunga wai (ka kīia rānei e tō kaiwhakarato kei te kino):
 - kaua e whakamahi, tērā rānei
 - me paera mō te 1 meneti i te iti rawa i mua i te whakamahi, tērā rānei
 - me patu huakita mā te haumāota i mua i te whakamahi, tērā rānei
 - me whakamahi he putunga wai kē e tino mōhio ana koe kei te pai (hei tauira, wai pātara).



Me
mahi

- Me whiu i ngā wā katoa ngā kai i tāhawahawatia e te wai paru/kāore i te tōtika.



E tūtohua ana kia tuhia e koe te pūtake wai mō ia wāhi e mahi ana koe.



Me
whakaatu

He aha ngā mea hei whakaatu?

- Ko tā tō kaiwhakaū he:
 - pātai ki a koe he pēhea tō mōhio kei tika tō wai mō te kaupapa,
 - pātai ki a koe he pēhea tō tiroiro me te tautiaki i ngā utauta wai me ngā whakaurunga.

Mō tāu ake putunga wai

- Ko tā tō kaiwhakaū he:
 - pātai ki te kite i ngā otinga o te whakamātautau mō ngā putunga wai o te tuanui, wai o te whenua rānei e whakamahia ana mō te whakataka kai, te horoi i ngā papa/utauta ka pā ki te kai, mō te horoi ringaringa rānei,
 - pātai he aha ngā mahinga tūtata ka whai pānga pea ki te pai o tō wai,
 - pātai ki a koe kia whakaatu ki a ia he pēhea tō mōhio kei te tika te mahi a tētahi pūnaha wai.



Ka puritia e koe ngā pūkete mō tēnei?

Me pupuri e koe ngā **pūkete** o ngā whakamātautau wai whaiaro.



Matatau me te whakangungu

K

Me
mōhio

He aha ngā mea me mōhio koe?

- Ehara i te mea me whakangungu ngā kaimahi me ngā manuhiri katoa ki ngā mea katoa – engari me mōhio me pēhea te whakarite kei te haumarua ngā kai ina mahi ana rātau i ā rātau ake mahi.
- Me whakangungu e koe tō rōpū i mua i tō:
 - tīmata ki te mahi me te hokohoko kai,
 - whakauru, huri rānei i tētahi hātepe,
 - ina whakaaro ana koe kei te hiahiatia e ō kaimahi rānei.
- Me uru ki ngā whakangungu ko ngā tikanga haumarua pai pērā i te:
 - horoi ringaringa me te mau kākahu mā,
 - noho wehe mai i ngā kai ina māuiui ana,
 - whakarite ka wehea ngā kai i roto i te wāhi whakataka kai,
 - te horoi me te patuero,
 - rapu, te whiwhi me te whaiwhai kai,
 - tirotiro ko ngā upane tukanga he whakahaere mōrea,
 - me aha mēnā ka hē tētahi mea.
- Nā runga i ētahi tukanga, utauta hoki e whakamahia ana me uru ngā kaimahi ki ngā whakangungutanga mātanga, hei tauira, ētahi tukanga maimoatanga wai mā te pōkākā pērā i te UHT, te oumu puoto, aha atu, aha atu.



Me
mōhio

- Ka taea e koe te whakangungu kaimahi mā tētahi tikanga e mahi ai mō tō pakihi. Ka taea e koe te whiriwhiri ki:
 - te mahi tahi i raro i te whakahaerenga,
 - te whakangungu aropā,
 - ngā akoranga (i roto, i waho rānei),
 - ngā ataata, kēmu, kairoro, hoki ka taea te whakamahi hei tikanga whakangungu anō.
- Mēnā kei te whakamahi koe i tētahi pakihi tangata takitahi ka taea e koe te whakamahi i ngā utauta whakangungu tuihono, ngā akoranga haumaruru kai, te rapu āwhina mai i tētahi mātanga.

He aha i hira ai te whakangungu?

- He wāhanga tō ia tangata ki te whakarite kei te haumaruru, tōtika hoki ngā kai. Me mōhio ngā kaimahi he pānga ā rātau mahi ki te haumaruru o te kai – otirā mēnā kāore e mahi tētahi mea ki tērā e tika ana.



Ehara i te mea e 'mōhio whānuitia ana' ngā mea katoa e whai pānga ki te haumaruru o te kai nō reira he pai tonu kia tika te whakangungu kia kore ai koe, ō kaimahi rānei e tūpono hapa.



Me
mahī

He aha te mahi māu?

- Me whakangungu ngā kaimahi me ngā manuhiri katoa kia mōhio ai rātau me aha rātau kia haumaruru, kia tōtika ai ngā kai i a rātau i roto i tō pakihi.
- Me kōhari e koe te tangata, ngā tāngata rānei ki te whakarite ka whakangungua ngā kaimahi me ngā manuhiri katoa kia mōhio ai rātau me pēhea te ū ki ngā ture.



Me
mahī

- Me tuhi e koe he aha ngā mea me whakangungu ngā tāngata mō ngā mahi e whakaawe ana i te haumarū kai i roto i tō pakihi kai. Me whakauru ngā whakangungu e hiahiatia ana mō:
 - te (ngā) kaiwhakahaere o ia rā,
 - ngā kaimahi,
 - ngā kaimahi (hei tauira, ngā tāngata karere, kaikirimana, aha atu, aha atu).
- Me pupuri he pūkete o te whakangungu kua oti i a koe, ō kaimahi, ngā manuhiri rānei me te wā i oti i a rātau.



Me
whakaatu

He aha ngā mea hei whakaatu?

- Ka mātakitaki te kaiwhakaū i ngā kaimahi e mahi ana, ka pātai ia:
 - he aha ā rātau mahi,
 - he pēhea tā rātau mahi,
 - he aha e mahia ai e rātau,
 - ka aha ina hē ana (ka rerekē rānei).



Ka puritia e koe ngā pūkete mō tēnei?

- Me mātua pupuri e koe ngā **pūkete** (ka kitea e koe ētahi tauira kōwhiringa, tauira hoki mō ngā tikanga hei pupuri i ngā pūkete whakangungu i roto i ‘**Ngā Pūkete Pātea**’ kei www.mpi.govt.nz/dmsdocument/16717-food-service-and-food-retail-food-business-record-blanks



Te horoi me te patuero

K

Me
mōhio

He aha ngā mea me mōhio koe?

- He rerekē te horoi me te patuero:
 - ka whakakorehia e te horoi ngā paru, hinu me te nuinga o ngā ngāngara mai i ngā papa,
 - ka patua ngā ngāngara kino e toe ana i ngā papa mā te patuero.

Te horoi

- Me horoi ngā papa me ngā utauta pā ki te kai i ia rā e pā ai te kai ki ēnei (ko te mea pai rawa ko te horoi haere i a koe e mahi ana). Ki te kore e whakamahia ngā wāhi pā ki te kai mō ētahi rā me horoi i mua i te whakamahi anō (hei whakakore i ngā puehu me ngā paru i tau ki reira i waenganui).
- He mea nui te horoi i ngā rūma kaimahi, rūma horoi, wharepaku hoki. Ka whakaiti tēnei i te tūponotanga ka kawea mai e ngā kaimahi mai i ēnei wāhi ki ngā wāhi e whāwhātia, e mahia rānei ngā kai.
- He pai tonu kia mā, kia nahanaha ngā rūma rokiroki.
- Ka taea ō utauta horoi (purūma, muku, papanga horoi), te noho hei pūtake tāhawahawa mēnā kāore i horoia, i whakapaki aunoatia rānei.
- E tūtohua ana te whakamahi i ngā papanga whakapaipai ruke noa, papanga horohoroi rānei i muri i te whakamahinga o ia rā.



Me
mōhio

- Mēnā kei te whakamahi koe i ngā pūnaha "horoi i rō wāhi" (CIP), me whai koe i tētahi tohunga hei whakauru i te pūnaha me te whakaū kei te mahi tika. Me whakamōhio atu koe ki tō kaiwhakaū mēnā kei te whakamahi koe i te CIP – ka mate pea ia ki te tiki i tētahi tohunga hangarau hei whakaū kei te mahi pai i roto i te whakaūnga.

He aha e hira ai te horoi me te patuero?

- He pai ki ngā ngāngara te eke ki runga puehu me ngā paru, ā, kua noho tētahi wāhi paru hei wāhi tāhawahawa kai.
- Kāore e kore atu ngā ngāngara katoa i te horoi, nō reira mēnā kei te waihangā hua koe mō te hoko me patuero anō e koe ngā papa hei patu i ngā ngāngara ka mahue mai i muri i te horoi (kāore e mahi tika ngā patuero i runga papa paruparu, nō reira me horoi i ngā wā katoa i mua i te patuero).
- Ka muia ngā wāhi paruparu e ngā kīrearea pērā i ngā kioreiti, kiore, kēkerengū hoki e taea ana te hōrapa tahumaero.
- Ahakoa kei te tākaia katoatia ngā kai i ngā wā katoa he pai tonu te whakarite kei te mā. Ki te paruparu o waho o ngā tākai e tāhawahawatia ai ngā ringaringa o ngā tāngata ka huaki i te tākai, ā, nā tēnei pea ka tāhawahawatia ngā kai.
- Ko ngā rāpihi (me ngā para wē) anō pea tētahi pūtake o te tāhawahawa kai. Ka tipu ngā ngāngara i roto.

D

Me
mahi

He aha te mahi māu?

- Me tahitahi, ngongo, mukumuku papa rānei, ūkui papa me ngā papa mā ka pā ki te kai, ngā utauta, whakaurunga kaimahi me ngā wāhi rokiroki ina hiahia ana.
- Me whakamahi ko ngā wai hopihopi wera, ngā matū horoi haumarua kai e ai ki ngā tohutohu kei te tapanga.
- Me auau te horoi i ngā purūma, mukumuku me ētahi atu utauta horoi.
- Me putu ngā utauta me ngā matū horoi kia tawhiti i ngā kai.
- Me patuero nga papa pā ki te kai me ngā utauta i ngā wā katoa i muri i te horoi.
- Me whakamahi ko ngā matū patuero hei whakamahi i ngā wāhi kai me te whai i ngā tohutohu kei te tapanga.
- Me kōmaka, horoi hoki/rānei i ngā kākahu (mēnā ka hiahia koe ki te tuku kākahu mā ki ō kaimahi) kia tawhiti mai i ngā kai.
- Me putu ngā rāpihi kia tawhiti mai i ngā kai, ā, kia auau te tango mai i te wāhi pakihi.
- Me whakarite kia kaua e pōhēhē ngā tāngata he kai/kai whakauru te rāpihi.
- Me ōrite te horoi i ngā ipu para me ngā wāhi rāpihi.

S

Me
whakaatu

He aha ngā mea hei whakaatu?

- Ko tā tō kaiwhakaū he:
 - titiro haere i tō pakihi me te tiro tiro he mā me te nahanaha te āhua. Ka pātai ia ki a koe, ō kaimahi hoki/rānei mō te wā me te āhua o tō horoi me te patuero.



Me
whakaatu

- Ko tā tō kaiwhakaū pea he:
 - pātai he pēhea tō horoi me te patuero i ngā utauta, ngā wāhi ka pā ki te kai e uaua nei ki te tae atu,
 - pātai he pēhea tō maumahara ki te horoi i ngā utauta, ngā wāhi rānei me horoi anake i ētahi wā (hei tauira, ngā tāhū, ngā whakamaunga rama),
 - pātai e hia ngā wā ka whakawāteahia ngā rāpihi.



Ehara i te mea me whai pūkete engari ka hiahia ētahi pakihi ki te whakamahi i tētahi hōtaka horoi, pūkete horoi hoki/rānei. Ko ngā tauira o ēnei kei roto i **‘Ngā Pūkete Pātea’** kei www.mpi.govt.nz/dmsdocument/16717-food-service-and-food-retail-food-business-record-blanks



Te kimi kīrearea

K

Me
mōhio

He aha ngā mea me mōhio koe?

- Ko ngā kīrearea pērā i te kioreiti, manu, ngārara hoki ka taea te whakahōrapa tahumaero. Ka mahia tēnei mā te kohikohi ngāngara mai i ngā mea paruparu pērā i ngā para me te whakawhiti atu ki ngā kai me ngā utauta kai.
- Me whakarite koe ki te patu kīrearea kia kaua e tāhawahawatia ngā kai.

D

Me
mahi

He aha te mahi māu?

- Me tirotiro me te tango i ngā tohu o ngā kīrearea i ia rā (hei tauira, ngā hamuti, putua ngā kati kī, ngā ngāngara hemo).
- Me horoi me te patuero ngā utauta kua paru me ngā wāhi ka whai pānga ki te kai.
- Me porowhiu ngā kai i whakaawetia/tāhawahawatia.

S

Me
whakaatu

He aha ngā mea hei whakaatu?

- Me whakaatu ki tō kaiwhakaū he pēhea tō tirotiro mō ngā kīrearea.



Ka puritia e koe ngā pūkete mō tēnei?

Me whai pūkete koe mō ngā momo kīrearea me te maha ka kitea – ka taea e koe te pupuri ngā pūkete wehe kē mō tēnei, te whakamahi rānei i te pūnaha pūkete ōrite ka whakamahia e koe mō **'Ina hē tētahi mea'**.



Te tautiaki utauta me ngā whakaurunga

K

Me
mōhio

He aha ngā mea me mōhio koe?

He aha i hira ai te tautiaki?

- Ko tētahi tikanga noa o te uru atu o ngā ngāngara, ētahi atu mea tūkinō rānei (hei tauira, matū, maramara karāhe, maitai, aha atu, aha atu) ki ngā kai ko te pakarutanga, wāwāhitanga, te tūkinotanga rānei. Ka tino hiahia ngā ngāngara ki te huna me te tipu i roto i ngā pārua, matoe, matata, puare rānei, ā, mēnā ka kitea he wāhi huna e noho ai ngā kai, e whakatakahia, e mahia, e whāwhātia ana rānei ka uru ki te kai i te nuinga o te wā, ā, ka kino.
- Ko ngā utauta pērā i ngā pouaka whakamātao, rūma whakamātao kāore e kakama pea te mahi, ka pakaru rānei e piki ai ngā pāmahana me te tipu haere o ngā ngāngara i roto i ngā kai e rokirokitia ana i reira.
- I ētahi wā ko ngā mea kāore koe i te kite (hei tauira, ngā paipa wai), kāore e kitea i ngā wā katoa (hei tauira, i roto i ētahi utauta) ka pakaru, ka paruparu/ tāhawahawatia rānei e kino ai, e kore tika ai rānei ngā kai. He mea nui kia maumahara i ētahi wā ki te tiro tiro i ngā mea kāore i te tino kitea.
- Kāore e tino tika te ine utauta (hei tauira, ine pāmahana) i roto i te wā (me te aha me mōhio koe kei te tika te pāmahana kia mōhio ai kāore e tipu ngā ngāngara).

K

Me
mōhio

- Ki te whakawhānuitia e koe tō pakihi kia mahia anō he kai, ngā momo kai rerekē, kia nui ake rānei ngā kai e mahia ana i te wā kotahi, ka whai pānga pea ki tō rerenga mahi, ā, ka tāhawahawatia pea ngā kai me kai tonu ki te tata rawa koe ki ngā kai mata, kore haumaruru, ka uru rānei ngā matū whakaputa mate pāwera ki ngā kai ko te tikanga kāore e uru atu.
- Kāore ngā matū me ngā pūhui (pērā i te hinuhinu, hinu, aha atu, aha atu) katoa i hangaia kia whakamahia me ngā kai, ka whakamāuiui pea ētahi matū i te tangata mēnā ka uru ki te kai.



Kua kitea i roto i ētahi rangahau i tāwāhi ko ngā pakihi ka ū tonu ki ngā tautiaki auau, aukati ka taea te penapena tata ki te 50% i roto i ngā utu tautiaki, tapitapi e ai ki a rātau ka tatari kia pakaru tētahi mea i mua i te whakahaere i ngā mahi tautiaki, tapitapi rānei. Me te aha, ki te tatari koe kia pakaru tētahi mea ka pā mai pea he utu e pā ana ki te whakahaere i ngā kai kāore i te haumaruru, tōtika rānei.

D

Me
mahi

He aha te mahi māu?

- Me arotake haere tonu kāore i te pakupaku haere rawa tō wāhi, e pā kinotia rānei te rerenga mahi nā ngā tipuranga, huringa rānei ki ngā rahinga, momo rānei o ngā kai e whakatipuria, e mahia, e hokona ana rānei.
- Me auau te tiroiro i tō wāhi mō ngā tohu tupuheke (hei tauira, he puare kei ngā papa, pātū hoki).
- Me whakamahi anake ko ngā utauta me ngā whakaurunga he pai te āhua, ā, kei te mahi tika.
- Me auau te tautiaki i ō utauta.

D

Me
mahi

- Me tōkarikari ngā utauta ine e whakamahia ana e koe (hei tauira, ngā ine pāmahana).
- Me whakarite ko ngā pūhui me ngā matū tautiaki ka:
 - mau tapanga, putua, kati, whakamahia anake e ai ki ngā tohutohu a te kaiwhakanao,
 - rokiroki me te kawae i roto i ngā ipu tino rerekē kia kore ai e pōhēhētia he ipu kai.

S

Me
whakaatu

He aha ngā mea hei whakaatu?

- Me whakaatu ki tō kaiwhakaū:
 - he aha tāu mahi ki te tiroiro kei te tika te hoahoa o tō wāhi me ngā utauta mō te whakamahi kai, ā, kei te mahi pai,
 - he pēhea tō rokiroki pūhui me ngā matū tautiaki.
- Ka uia pea e tō kaiwhakaū:
 - he pēhea te auau o tō whakahaere aroturuki tautiaki,
 - e tiroiro ana koe i te aha i roto i ngā aroturuki tautiaki,
 - he pēhea tō maumahara ki te tautiaki i ngā utauta, otirā mēnā ehara i te mea me auau te mahi i tēnei (hei tauira, kotahi te wā i te tau),
 - he pēhea tō tōkarikari i ngā utauta ine, ā, e hia ngā wā.



Ka puritia e koe ngā pūkete mō tēnei?



Ko ngā rāngai katoa, i tua atu i te ECE/Kōhanga Reo me ngā Kaihokohoko i ngā kai mātao, kai pātio tio rānei: me mātua whai **pūkete** o ngā mea i hē me te tautiakitanga. Ka taea e koe te pūnaha pūkete ōrite te whakamahi **‘Ina hē tētahi mea’**.



Ka hiahia pea ētahi pakihi ki te whakamahi i tētahi hōtaka tautiaki wehe kē, pūkete tautiaki kē hoki/rānei. Ko ngā tauira o ēnei kei roto i **‘Ngā Pūkete Pātea’** kei www.mpi.govt.nz/dmsdocument/16717-food-service-and-food-retail-food-business-record-blanks



Tikanga akuaku ake



Me
mōhio

He aha ngā mea me mōhio koe?

- Ko ngā tikanga hei tiaki kai kei tāhawahawatia e ngā tāngata ko te:
 - horoi ringaringa,
 - kaua e mahi me ngā kai ina māuiui me ngā mea e pā mai ai te ruaki, korere rānei,
 - te mau kākahu mā.

He aha i hira ai ngā tikanga akuaku ake?

- Ko tētahi o ngā tikanga noa e uru atu ai ngā ngāngara ki ngā kai mai i ngā tāngata – i te nuinga o te wā mā ō rātau ringaringa.



Tata ki te 30% o ngā tāngata he kaikawe noa o tētahi ngāngara (*Staphylococcus aureus*) e pā mai ai pea te ngau puku – ko te tikanga akuaku ake pai te mea pai rawa hei ārai i te pānga mai ki ō kai.

- Ko te rite tonu o te horoi ringaringa i rō wai hopihopi mō te 20 hēkona, te opeope me te whakamaroke tika (mā ngā taora pepa, papanga whakamahi kotahi, te whakamaroke hau rānei) tētahi o ngā tikanga pai rawa, māmā rawa hei āwhina ki te ārai i te uru atu o ngā ngāngara ki ō kai.



Me
mōhio

- Horoia ō ringaringa:
 - i mua i te whāwhā kai,
 - i muri i te maremare, matihe rānei,
 - i muri i te haere ki te wharepaku,
 - i muri i te whakamahi i tō waea,
 - i muri i te putu i ngā para,
 - i muri i te raweke i tētahi mea ki ō whakaaro he paru.
- Ka hōrapa i ngā motunga me ngā hakihihi kāore i te uhia ngā huakita, ā, kāore e pai te kai, e tika rānei, otirā mēnā kei te papī, kua whakapokea rānei.



Mēnā kei te mau karapu ngā tāngata (mēnā me uhi ngā harehare, mō tētahi atu pūtake) me horoi e rātau ō rātau ringa mau karapu, te whakakapi i ngā karapu i roto i ngā āhuatanga ōrite katoa ina me horoi ngā ringaringa kāore e mau ringaringa.

- Ka taea ngā ngāngara kino te whakawhiti atu ki ngā kai mā ngā hamuti, ruaki me ētahi atu wai tinana (hei tauira, toto, hūpē) o te tangata māuiui.
- Me whai tohutohu hauora ngā kaimahi mēnā kei te:
 - huhunu, tērā rānei
 - ruaki, korere rānei e 2 neke atu rānei ngā wā i te rā, tērā rānei
 - i mate te puku mō te neke atu i te 24 haora.
- Ko ngā kaimahi he mate ngā puku, ā, kia kaua e mahi me ngā kai tae noa ki te 48 haora i muri i te whakamahutanga.



Me
mōhio



Me whakaaroaro me pēhea te whakataurite i te hiahia o ngā tāngata kia whai oranga ahakoa kei te māuiui (nō reira ka ngana pea ki te huna i tō rātau mate) me te hiahia o te pakihi kia kaua e tāhawahawatia ngā kai e ngā tāngata māuiui.

- Ka taea e ngā kākahu paruparu, ngā kai, papa me ngā utauta te tāhawahawa.
- Ka āwhina te mau kākahu mā (tarau waho, paki rānei, aha atu, aha atu) ki te ārai i ngā ngāngara mai i ngā kai.
- Mēnā ka tāhawahawatia e ngā kaimahi ngā kai, ka mate pea koe ki te tono kia whakahokia mai. Tirohia **‘Te tono kia whakahokia ō kai’**.



Me
mahi

He aha te mahi māu?

Horoi ringaringa

- Me whakarite kia whai wai, hopi me ngā taora pepa, ngā papanga whakamahi kotahi, he mīhini whakamaroke rānei hei whakamahi i ngā wā katoa.
- Horoia ō ringaringa ki te wai hopi mō te 20 hēkona, ka opeope me te āta whakamaroke.
- Me mātua whakarite ka ōrite te horoi a ngā tāngata katoa e mahi ana i roto i tō pakihi i ō rātau ringaringa.
- Me mātua uhi ngā motu me ngā hakihi o ngā kaiwhāwhā kai (hei tauira, ki ngā tāpi, karapu hoki/ rānei), kaua rānei e whāwhā kai.

Te whakahaere kaimahi māuiui

- Me whakatinana he kaupapahere māuiui kia mātua whakarite ai kāore koe, ō kaimahi rānei e mahi me ngā kai ina māuiui ana kei hōrapa taua māuiui mā ngā kai.

D

Me mahi

- Ko ngā kaimahi, manuhiri (me ngā kaikirimana) i ruaki, i mate korere rānei i roto i ngā haora 48 i mua i te kuhu atu ki ngā wāhi kai, ka pā mai rānei ēnei tohumate i te wā kei te wāhi kai, me mātua wawe te whakamōhio atu ki te pouwhakahaere o ia rā (te rangatira rānei).
- Me noho wehe mai ngā kaimahi mai i te wāhi mahi kai kia pai rā anō rātau, mēnā he mate kapo tō rātau.
- Ka taea pea e ngā kaimahi māuiui te whakaoti ngā mahi kāore e pā ki te kai, ki ngā wāhi whakataka kai rānei.

Me mau kākahu mā

- Me mātua mau ngā kākahu mā (hei tauira, ngā tarau waho, ngā paki rānei) i mua i te whāwhā kai, te kuhu atu rānei ki ngā wāhi whakataka kai (e hāngai anō tēnei ki ngā kaikirimana me ngā manuhiri).
- Me mātua mau ngā kaimahi i ō rātau ake kākahu mā, te mau kākahu mā rānei e whakaratoa ana e koe.
- Me tango ngā kākahu o waho (hei tauira, ngā paki, aha atu, aha atu) i mua i te wehe i ngā wāhi whakataka kai (hei tauira, hei haere ki te wharepaku, ki waho rānei, aha atu, aha atu.).

S

Me whakaatu

He aha ngā mea hei whakaatu?

- Ko tā tō kaiwhakaū he:
 - tirotiro kei reira ngā mea katoa e hiahiatia ana mā te horoi i ō rātau ringaringa ina kuhu atu ki tō pakihi.
- Ko tā tō kaiwhakaū pea he:
 - tono kia kōrero atu ki a ia kei a wai te kawenga mō te whakarite kei te kī pai te wāhi horoi ringaringa, ā, kei te mā,



Me
whakaatu

- pātai ki a koe he pēhea tō mōhio kei te horoi ngā tāngata i ō rātau ringaringa i ngā wā tika,
- pātai ki ngā kaimahi āhea rātau horoi ai i ō rātau ringaringa me te pātai anō kia whakaatuna mai he pēhea te horoi i ō rātau ringaringa,
- pātai ka aha mēnā kei te mate te puku, ka māuiui rānei tētahi,
- tirotiro kei te mau kākahu mā/paki ngā tāngata katoa kei te whāwhā kai i te tīmatanga (e hiahiatia ana) o ia wāhanga,
- pātai ka pēhea tō whakarite kei te mā ngā kākahu,
- pātai ki a koe mō ō ture mō ngā kākahu mā, ō raruraru rānei e pā ana ki ō ture.



Ka puritia e koe ngā pūkete mō tēnei?



ECE/Kōhanga Reo me ngā Kaihokohoko i ngā kai mātao, kai pātio tio rānei: Me mātua pupuri pūkete koe e hāngai pū ana ki ngā tikanga akuaku ake.



Ētahi atu rāngai: Me pupuri koe i ngā **pūkete** mō ngā kaimahi kei te pūrongo māuiui, ā, kei te aha koe ki te whakarite kāore rātau i te tāhawahawa i ngā kai (ka kitea e koe ētahi tātauirā me ngā tauira kōwhiringa o ngā tika hei pupuri i ngā pūkete māuiui kei '**Ngā Pūkete Pātea**' kei www.mpi.govt.nz/dmsdocument/16717-food-service-and-food-retail-food-business-record-blanks).



Te whakanao, tukatuka, te whāwhā kai rānei

K

Me
mōhio

He aha ngā mea me mōhio koe?

- Ma te tautohu me te whakahaere i ngā pūmate ka āwhina kia haumaru ai ō kai ina whakataka, mahi, whāwhā rānei i ngā kai.
- Kei a koe te mahi ki te tautohu me te whakahaere pūmate kia haumaru ai ō kai ina whakataka, mahi, whāwhā rānei i ngā kai.
- Ko ngā pūmate me mōhio koe ko ngā:
 - ngāngara (hei tauira, *E.coli*, salmonella, campylobacter, aha atu, aha atu.),
 - matū (hei tauira, ngā hua horohoroi, ngā hua patu kīrearea),
 - mea kē (hei tauira, karāhe, kōhatu, maitai).
- Ehara i te mea ka hāngai pea ngā upane whakahaere katoa ki tō pakihi – kāore koe e mate ki te whai i nga ture kāore i te hāngai ki a koe (hei tauira, mēnā kāore koe i te tākaikai kai kāore koe e mate ki te whai i ngā ture mō te tākai).
- Tē taea ngā pūmate katoa te whakahaere i roto i ngā pakihi kai katoa (hei tauira, kāore e taea e tētahi kaiwhakanao huawhenua pātio tio te whakahaere tika i te whakamahinga o ngā pūhui ahuhenua ki ngā hua ahumāra) – ko tō kawenga ko te whakahaere i ngā pūmate ka taea te whakahaere i roto i tō pakihi.



Me
mōhio



Mēnā kei te māharahara koe mēnā e hāngai ana tētahi wāhanga ki tō pakihi me rapu tohutohu mai i tētahi mātanga, tō kaiwhakaū, tō mana rēhitatanga rānei (kaunihera, MPI rānei).

- I tua atu i ngā hātepe tauwhāiti i roto i tēnei aratohu, ko tāu mahi anō he:
 - whai i ngā tohutohu mō te whakamahi me te rokiroki kei ngā tapanga, e ai ki ngā kaiwhakarato rānei,
 - whakarite kia kaua ngā kai tarenga-kore e uru ki te wāhi pāmahana mōrea (5°C - 60°C),
 - whai i te ture 2 haora / 4 haora, (tirohia te **'Te rokiroki me te whakaatu kia haumarū'**),
 - whakarite kei raro iho ngā kai i te 5°C,
 - whakarewa i ngā kai kei roto i te pouaka/rūma whakamātao ina taea,
 - whakarite kei runga ake ngā kai i te 60°C,
 - tāmahana i ngā kai ki runga ake i te 60°C (75°C te mea pai rawa) i mua i te rau ki tētahi tāpu putunga kai, tāmahana kai rānei,
 - horoi ngā huarākau me ngā huawhenua i mua i te whakataka, kai hoki/rānei, engari ia kei te mau te tapanga "Pre-washed", 'Ready-to-eat' rānei.



I tua atu i te tuku i te tāwara, kanokano, āhua, kounga rānei e hiahia ana koe mō ō kai, ka taea anō ētahi o ngā upane te whakamahi hei upane whakahaere haumarū, tōtikatanga rānei. Hei tauira, mēnā ka tunua, ka whakarewatia e koe he kai mō tētahi kaupapa 'kai kakato', ki te whāia ngā hātepe tunu, rerehū rānei ka patua anō e koe ngā ngāngara e kino ai ngā kai.

D

Me
mahi

He aha te mahi māu?

- Tautohua ngā hātepe ā-kai e whakamahia ana e tō pakihi.
- Tautohua ngā momo pūmate (ngāngara, matū, mea kē hoki) e hiahiatia ana e koe hei whakahaere i roto i tō pakihi.
- Tīpakohia ngā upane whakahaere ka whakamahia e koe i roto i tō pakihi.

S

Me
whakaatu

He aha ngā mea hei whakaatu?

- Ko tā tō kaiwhakaū he:
 - pātai kia heria ia ki te tiro haere i tō pakihi me te tohu haere i ō tukanga rerekē,
 - pātai he pēhea tō whiriwhiri ko ēhea ngā upane whakahaere tukanga hei whakauru ki tō pakihi,
 - pātai ki a koe mō ngā momo pūmate e whakahaerehia ana e koe i roto i tō pakihi.



Te rapu, te whiwhi me te whaiwhai kai



Me
mōhio

He aha ngā mea me mōhio koe?

- Me whakamahi e koe ngā kaiwhakarato e whakawhirinakitia ana (he tauira, he pakihi kai rēhita) mō ō kai, kai whakauru me ngā āwhina tukatuka kia pai rawa ai tō tīmata ki te mahi kai haumarū, tōtika hoki.
- Me tiroiro e koe ngā kai e whiwhi ana koe:
 - kāore i tūkinohia,
 - kei te pāmahana tika,
 - kāore i hipa atu i te rā mōnehu.
- Me whai pūnaha koe ki te whaiwhai haere i ngā kai/kai whakauru, kōkuhunga e whiwhi ana koe.
- Me mōhio koe ki te whaiwhai me te tono kia tere whakahokia mai ō kai mēnā e hiahiatia ana.

He aha i hira ai te rapu, te whiwhi me te whaiwhai?

- Mā te whakamahi i ngā kaiwhakarato e whakawhirinakitia ana ka tino mōhio koe he haumarū te whakamahi i ngā kai/kai whakauru/kōkuhunga. Ka penapena moni, wā rānei tēnei, ā, kāore e māuiui te tangata i ō kai.
- Me mātua noho mātao (tino mātao, tio rānei) ētahi kai kia kore ai e tipu ngā ngāngara, ā, ka tere kino pea mēnā kāore e puritia ki te pāmahana tika.



Me
mōhio



Me whiwhi ā-tinana i ngā tukunga te mea pai rawa - mēnā ka tukuna mai ngā kai mātao, pātio tio rānei i waho i ngā haora he pēhea tō mōhio mēnā kei te pāmahana tika - me te noho pai i tō taenga atu?



Me
mahi

He aha te mahi māu?

Pūtake

- Me whai i tētahi rārangi o ō kaiwhakarato me ā rātau taipitopito whakapā.
- Mēnā he kaihoko kai ki uta koe, e rārangi ana i konei ngā whakaritenga e hiahia ana e koe:
<http://www.mpi.govt.nz/document-vault/10823>

Whiwhi

- Me mātua tiro tiro anō e koe:
 - te pāmahana o ngā kai mātao, ā, mēnā kei runga ake i te 5°C, me whai i te ture 2 haora / 4 haora (tirohia te **‘Te rokiroki me te whakaatu kia haumarū’**),
 - kei te tio ngā kai pātio tio,
 - kāore ngā tākai i te tūkino, paruparu rānei,
 - kāore i hipa atu ngā kai i te rā mōnehu.
- I ngā wā katoa me rokiroki ngā kai tino mātao i te tuatahi, i muri mai ko ngā kai pātio tio, ā, ko ngā kai ka taea rokiroki ki te pāmahana rūma.
- Ina whiwhi ana i ngā kai, me tīmata tō pūnaha whaiwhai mā te:
 - pupuri i ō rihīti, tērā rānei



Me
mahī

- te tuhituhi i ngā momo me te rahinga o ngā kai i whiwhi koe mai i ia kaiwhakarato, tērā rānei
- te whakamahi i tētahi pūnaha tāhiko (hei tauira, waehere pae) hei whaiwhai i tāu i whiwhi ai, te wā, ā, mai i a wai.

Te whaiwhai

- Me waihanga he pūnaha whaiwhai mā te whai i tētahi rārangi o ō kaiwhakarato me ā rātau taipitopito whakapā.
- Me whakamahi tō pūnaha whaiwhai ki te:
 - tautuhi i ngā kai kei a koe tonu i roto i tō pakihi kāore i te haumarū, tōtika rānei me te whakarite ka nekehia mai i ētahi atu kai, ā, kia kaua e tukuna, e hokona rānei
 - tērā rānei:
 - me tonu kia whakahokia ngā mea katoa, tērā rānei
 - me tonu kia whakahokia mai te (ngā) rourou tauwhāiti e whai ana i ngā kai whakauru kāore i te haumarū/tōtika (mēnā i puritia anake e koe ngā pūkete āmiki).



Kia taea ai ngā rourou tauwhāiti te tonu kia whakahokia mai ko te tikanga i puritia e koe ngā pūkete e whai ana i ngā taipitopito kaiwhakarato, momo, tuakiri rourou hoki me ngā rā hei whakapeto/ mōnehu, aha atu, aha atu.

- Me rite tonu tō whakamātau i ō pūnaha whaiwhai hei whakaatu ka tere kitea e koe me te ārai i te hokona atu, tukuna rānei, te tonu kia whakahoki mai ngā kai kāore i te haumarū/tōtika mēnā e hiahiatia ana.

S

Me whakaatu

He aha ngā mea hei whakaatu?

- Ko tā tō kaiwhakaū he:
 - pātai ko wai ō kaiwhakarato, ā, he pēhea te tiroiro he kaiwhakarato whakawhirinaki rātau.
- Ko tā tō kaiwhakaū pea he:
 - mātakitaki i te whiwhi i tētahi tukunga kai ki tō pakihi,
 - tiroiro i ō pūkete pā ana ki te whiwhi kai,
 - pātai he pēhea tō whakamātau i tō pūnaha whaiwhai. Ka whakahaerehia anō pea e ia tētahi whakamātautau whaiwhai mā te whakamahi i tētahi kai whakauru i whiwhi koe, he rourou kai rānei i mahia e koe.



Ka puritia e koe ngā pūkete mō tēnei?

- Me mātua pupuri e koe he **pūkete** o:
 - ō kaiwhakarato,
 - te momo me te rahinga o ngā kai/kai whakauru i whiwhi koe (me te rā i whiwhi),
 - te pāmahana o ngā kai mātao i te whiwhitanga,
 - he aha ngā kai whakauru, kōkuhunga rānei i uru atu (ki runga rānei),
 - te hunga e hoko atu/tuku kai atu (engari ia mēnā ka haere tika atu ki te kaiwhakapeto).



Te rokiroki me te whakaatu kia haumaruru



Me
mōhio

He aha ngā mea me mōhio koe?

- Ko ngā kai kāore i te taupokina, whai tapanga mārama, rokiroki rānei ka tāhawahawatia pea.
- Me mōhio koe me pēhea te whakarite kia noho ngā kai (me ngā kai kei ngā mīhini rato kai) i ngā pāmahana tika hei aukati i te tipu o ngā ngāngara.
- Kaua ngā kai me ngā kai whakauru (me ngā kai kei ngā mīhini rato kai) e whakamahi, e hokona atu rānei mēnā kua hipa te rā mōnehu.
- Me rokiroki ngā kai ki tētahi wāhi wātea i ngā mea ehara i te kai (hei tauira, ngā whakakakara e whakamahia ana i roto i ngā hua whakanako, whakapai whare rānei) i te mea ka taea e ngā kai te ngongo me te aha kua kore e haumaruru, tōtika rānei te kai.
- Ko ngā āhuetanga rokiroki e noho haumaruru ai ngā kai kei runga i te tapanga kai, ka tukuna rānei e te kaiwhakarato ā muri ake.



Ko te tikanga o te 'whakaatu' ko te rokiroki kai ki tētahi wāhi tauhokohoko/tūmatanui.

He aha e hira ai te rokiroki me te whakaatu kia haumaruru?

- Ka taea anō te kai te kino haere i te wā kāore i te whakamahia, ā, kei te rokirokitia.



Me
mōhio

- Ka whakaitia ngā mōreatanga o te tāhawahawa mēnā ka rokirokitia ngā kai ki ngā ki ngā rūma/pūnaha tāpae e māmā ai te horoi (kāore e ngongo, e toro mākū), ā, wātea i ngā kīrearea.
- He pūtake tāhawahawa ngā papa i te mea ka noho te wai me te paru ki runga e heria atu ana ki ngā wāhi rokiroki mā runga hū, tāia rānei e kino ai ngā kai.
- Me mātua noho whakamātao (tino mātao, tio rānei) ētahi kai kia kore ai e tipu ngā ngāngara (miraka, mīti). I puritia mātaotia e mātau ētahi kai kia pārekareka ai ki te kiritaki (hei tauira, pia). Me mōhio koe ki te rerekētanga kia haumaruru ai i a koe ngā kai.
- Ko ngā āhuatanga rokiroki e noho haumaruru ai ngā kai ka kite i runga i te tapanga kai, mai i te kaiwhakarato rānei. He mea nui te whai i ngā tohutohu.
- Ko ētahi kai (hei tauira, ngā kai paura) me rokiroki ki tētahi wāhi e whakahaerehia ana te takawai kia kore ai e mākū ai ngā kai. Ki te kaha rawa te ngongo wai a ngā kai maroke ka tipu ngā ngāngara i tēnei, ā, ka kino ngā kai.
- He rā mōnehu ō te maha o ngā kai i te mea ka taea ngā ngāngara te tipu pōturi haere i roto ahakoa i haumaruru te rokiroki. Ka māuiui pea te tangata i ngā kai kua whai rā mōnehu mēnā ka kainga aua kai i muri i tēnei rā. He mea nui te whai i tētahi pūnaha tirotiro/takahuri hei tirotiro kia kore ai koe e whakamahia, e hokona rānei ngā kai kua hipa kē i te rā mōnehu.
- He rerekē te rā me pau i mua ki te rā mōnehu. E tohu ana te rā pau me pau i mua kāore pea i te ōrite te koununga o te kai i muri i tēnei rā, engari ko te tikanga kāore e māuiui te tangata mēnā ka kainga.



Me
mōhio

- Ka pā ngā tākaikai ki te kai, nō reira he mea nui te whakarite ka ōrite te haumarū o te rokiroki i tēnei ki te kai, kia kore ai e noho hei pūtake tāhawahawa i ngā kai.



Ko te **rokiroki** tētahi o ngā whakaritenga matua e 5 mō **ngā kai** hokohoko i ngā kai mātao, pātio rānei



Me
mahi

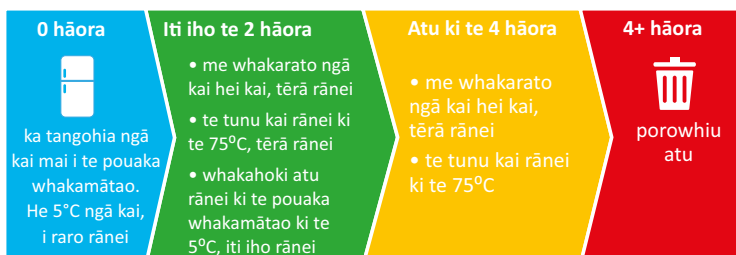
He aha te mahi māu?

- Kia haumarū te rokiroki me te tākaikai i ngā kai.
- Me waihanga he pūnaha hei whakarite ka auau te tiroiro i ngā rā mōnehu o ngā kai, ā, kia kaua e whakamahia, e hokona rānei i muri i taua rā.
- Me tiroiro i ia rā kei raro ngā kai mātao i te 5°C, iti iho rānei mā te:
 - whakamahi i tētahi toromoka pāmahana kua tōkarikaritia hei tiroiro i te pāmahana o te kai, ētahi atu matū rānei (hei tauira, he ipu wai), tērā rānei
 - whakamahi i tētahi pāmahana pōkākā kua tōkarikaritia hei ine i te pāmahana mata o te kai, tērā rānei
 - whakamahi i tētahi pūnaha aunoa kua tōkarikaritia hei aroturuki i te pāmahana o roto, pāmahana mata rānei o ō kai, tērā rānei
 - whakamahi i tētahi atu tikanga e ine tika ana i te pāmahana o ngā kai.
- Me tiroiro mēnā kei te tio tonu ngā kai i roto i te pouaka whakatio. Ehara i te mea me ine e koe te pāmahana o ngā kai pātio.

D

Me mahi

- Me whai i te 2-haora/4-haora, e ai ki te hoahoa i raro:



- Mēnā kei te rokiroki kai koe me whakahaere te takawai kia noho haumarua ai, me whakauru me te aroturuki haere i tētahi pūnaha whakahaere takawai.
- Me whai i te hātepe me aha **‘Ina hē tētahi mea’** mēnā ka kitea e koe kāore i te whakaūhia te pāmahana tika, te takawai hoki/rānei mō ngā kai.

S

Me whakaatu

He aha ngā mea hei whakaatu?

- Me whakaatu ki tō kaiwhakaū:
 - he pēhea tō tiro tiro i te pāmahana o ngā kai mātao,
 - he pēhea tō whakahaere me te tiro tiro i te takawai (mēnā e hiahia ana),
 - kia tika te rokiroki, whakamau tapanga me te taupoki i ngā kai.



Te mōhio he aha kei roto i ō kai



Me
mōhio

He aha ngā mea me mōhio koe?

- Kei roto i te The Australia New Zealand Food Standards Code (te Tikanga) ko ngā ture e hiahiatia ana e koe hei whai māu:
- Kei konei te Tikanga:
<http://www.foodstandards.govt.nz/code>
- Kei roto i te Tikanga ko ngā ture e pā ana ki ēnei:
 - ko ēhea ngā kai, kai whakauru rānei he matū whakaputa mate pāwera,
 - ko ēhea ngā matū kai, ngā tāroki me ngā āwhina tukatuka ka taea te (me mātua rānei) whakamahi rānei me ētahi kai ake,
 - ko ngā kai whakauru tē taea te whakamahi i rō kai – me whakaae rānei i mua i te whakamahi,
 - ngā ture hanga kohuke e hāngai ana ki ētahi kai (hei tauira, tiamu, huka waihonga, ngā huarākau me ngā huawhenua i rō waitote, ihu, winika, aha atu, aha atu).
- Ka taea e koe te Tikanga te tiro tiro, me pātai rānei ki tō mātanga, kaiwhakaū, mana rēhitatanga rānei mō ētahi atu mōhiohio.
- Mēnā ki ōu whakaaro kāore i te tika te tapanga o tētahi kai, otirā mēnā he whai matū whakaputa mate pāwera kāore i whakaurua atu (he tauira, kāore e whakaurua ki te pai pātio tio te witi puehu, kurutene rānei) – me tiro tiro me tō kaiwhakarato i mua i te hoko.



Me
mōhio

He aha i hira ai te mōhio he aha kei roto i ō kai?

- Ko ngā ture mō te whakamahi i ētahi kai whakauru, kōkuhunga hoki i roto i te kai ka whai whakaaro ki te pānga o te hauora o te tangata puta noa i roanga atu o te kai. I ētahi wā ka whakawhāitihia te whakamahinga o ngā kai whakauru, kōkuhunga rānei ki ētahi kai kia kore ai e mōrea te hauora o ngā tāngata mā te nui rawa, iti rawa rānei o tētahi matū, taiora rānei. Ka whai whakaaro anō hoki ngā ture ki ngā whakaaro o te iwi whānui mō ngā mea e tūmanakohia ana e rātau i roto i ā rātau kai (kaore rānei).
- Ko ngā kai whakauru hou, kōkuhunga rānei ka kitea, ka hangaia rānei me aromatawai kia haumaruru i mua i te whakamahi i roto i ngā kai.
- Mā te mōhio me te mātau ki te kōrero atu ki ngā kiritaki he aha kei roto i ō kai ka taea e rātau ngā whakatau i runga i te mōhio. E tino hira ana tēnei mō te hunga he mate pāwera kai tō rātou. Ko te mutunga atu pea o ngā mate pāwera kai ko ngā pānga whakamate kā pā mai i roto i ētahi meneti o te kai i ngā kai.
- Mēnā kei te mahi koe mā ētahi atu pakihi (hei tauira, kaiwhakanao kirimana) kei a koe te kawenga mō te whakarite ko ngā kai whakauru e whakamahia ana i roto i tō pakihi he haumaruru me te tōtika (kāore e pai te whiwhi i ngā kai whakauru muna anake ka whakaranu katoa atu).



Ngā kai hokohoko i ngā kai mātao, kai

pātio tio rānei: Ahakoa kei te hokohoko anake koe i ngā kai i mahia, i tākaia hoki e ētahi atu, kei runga i a koe ki te tiro tiro mēnā kei te tika te tapanga o ngā kai. Ka āwhina tēnei aratohu i a koe kia mōhio ai koe me tiro tiro koe i te aha: <http://www.mpi.govt.nz/document-vault/2965>



Me
mōhio



Ngā Mōhiohio Matū Whakaputa Mate Pāwera:

E 11 ngā matū whakaputa mate tūtohu kai noa me mātua mōhio koe. Ko ēnei ngā pākati pungatara, ngā hua patakai whai kurutini (hei tauira, witi), mātaitai, hēki, ika, miraka, pīnati, hoipīni, kākano hīhame, ngā nati rākau me te rūpene.



Me
mahi

He aha te mahi māu?

- Puritia ngā taipitopito o ngā kai whakauru ka whakamahia e koe (hei tauira, me tuhi me te whai haere i ō tohuta) kia mōhio ai koe he aha ngā kai whakauru me ngā mate pāwera kei roto.
- Me tirotiro ngā tohuta, whakatakotoranga rānei mēnā kei te ū ki ngā ture o te Tikanga.
- Me tirotiro ngā tapanga o ō kai whakauru, ngā kai rānei e whakamahia ana e koe.
- Ko ngā āwhina tukatuka, matū kai (hei tauira, ngā tae), tāroki, huaora, taiora rānei me whakarite kei te taumata kai, ā, e whakaaetia ana kia whakamahia.
- Me mōhio koe ki te whakamōhio atu ki ngā kiritaki mēnā kua whai matū whakaputa mate pāwera ia momo kai ki te pātai rātau. Mō ngā kai kua tākaia me mātua mau ēnei mōhiohio ki ngā tākai. Me mōhio ngā kaimahi katoa ki te kōrero ki ō kiritaki mēnā he matū whakaputa mate pāwera kei roto i ō kai.

S

Me whakaatu

He aha ngā mea hei whakaatu?

- Ko tā tō kaiwhakaū he:
 - pātai ki a koe he pēhea tō mōhio he aha kei roto i ngā kai whakauru ka whakamahia e koe,
 - pātai ki a koe he pēhea tō mōhio kei te ū ngā tohutoo, tautuhinga rānei e whakamahia ana e koe ki te Tikanga.
- Tērā pea ko tā te kaiwhakaū he:
 - pātai ki ngā kaimahi kia kōrero atu rātau mō ngā kai kua whai matū whakaputa mate pāwera.



Te wehewehe kai

K

Me
mōhio

He aha ngā mea me mōhio koe?

- Ko te tikanga o te wehewehe kai mā te wā, tawhiti rānei (ngā mea e rua rānei) he:
 - ārai kia kaua ngā ngāngara kei ngā kai mata e tau ki runga i ngā kai maoa/me kai tonu rānei (hei tauira, huamata),
 - me noho wehe ngā kai kāore i te whai matū whakaputa mate pāwera mai i ngā kai kei roto ko aua matū,
 - me whakarite kei te tawhiti ngā taonga ehara i te kai, pērā i te paitini/matū mōrearea, kai kararehe rānei mai i ngā kai.
- E rārangi ana ngā matū whakaputa mate pāwera kei te wāhanga **‘Me mōhio’** o te **‘Te mōhio he aha kei roto i ō kai’**.
- Ka taea e ētahi upane māmā te whakaiti i te tāhawahawa pokerehū:
 - me whakamahi ko ngā wāhi rerekē me ngā utauta mō ngā kai he nui ake pea te tūpono whai ngāngara maha (pērā i te heihei, huawhenua paruparu rānei) tēnā i ngā kai maoa, i ērā me kai tonu rānei,
 - me tukatuka ngā kai mata i ngā wā rerekē mai i ngā kai me tunu/me kai tonu, me te āta horoi me te patuero i ngā papa,

K

Me
mōhio

- me horoi ringaringa, ā, mēnā e hiahiaatia ana, te tīni kākahu ārai paru (hei tauira, ngā paki) i waenga i te whāwhā kai mata me ngā kai me tunu/me kai tonu.

He aha i hira ai te wehewehe?

- Ko te tāhawahawa pokerehū i te kai tētahi o ngā tino pūtake whānui e kino ai te kai.
- Ki te wehea ngā kai ka aukati i te māuiui o te tangata, te mate hoki.
- Ka taea e ngā paihana me ngā matū mōrearea te whakamāuiui i te tangata mēnā ka uru ki te kai.
- Ki te mahia e koe ngā kai kāore he matū whakaputa mate pāwera i mua i tō mahi i ngā kai kua whai matū whakaputa mate pāwera, he whakamarutanga tāpiri tēnei.



Mō tētahi rārangi o ngā matū whakaputa mate pāwera me mōhio koe tirohia te **'Te mōhio he aha kei roto i ō kai'**.

D

Me
mahi

He aha te mahi māu?

- Me whakarite kia kaua e hōrapa i ngā kai mata ngā ngāngara ki ngā kai maoa/me kai tonu.
- Me whakarite kia kaua ngā kai whai mate pāwera e rārangi ana kei te wāhanga **'Me mōhio o te 'Te mōhio he aha kei roto i ō kai'** e tāhawahawa ana i ngā kai kāore he mate pāwera.
- Me tawhiti atu ngā hua katoa kāore e whakapetoa e te tangata (hei tauira, ngā matū me ngā kai kararehe) mai i ngā kai.

S

Me whakaatu

He aha ngā mea hei whakaatu?

- Me whakaatu he pēhea tō wehewehe:
 - i ngā hua mata me te maoa/me kai tonu,
 - ngā kai whai matū whakaputa mate pāwera me ngā kai kāore he matū whakaputa mate pāwera i roto,
 - ngā matū mōrearea, ngā paihana me ngā kai mōrearea.
- Ka pātai pea tō kaiwhakaū ki a koe, ki ō kaimahi rānei kia whakamāramatia mai he pēhea tō rātau mōhio ko ēhea ngā kai e mahia ana e koe, e tukuna ana rānei kua whai matū whakaputa mate pāwera.



Te tunu mārire, te rerehū kai rānei

K

Me
mōhio

He aha ngā mea me mōhio koe?

- Te tunu mārire, te rerehū kai rānei he:
 - whakawera i te kai ki tētahi pāmahana ake me te pupuri ki taua pāmahana mō te roanga e patua ai ngā ngāngara e māuiui ai, e mate ai he tangata,
 - whakawera i te kai kia ōrite (kia kaua he wāhi mātao) hei whakarite ka patua ngā ngāngara ngangahau/e tipu ana,
 - tiro tiro ka ekehia ngā pāmahana tika i ia wā.

He aha i hira ai te tunu mārire, te rerehū kai rānei?

- He maha ngā kai ka taea te tāhawahawa e ngā ngāngara e māuiui ai, e mate ai rānei te tangata.



Ka taea ngā kai mata te tāhawahawa e ngā ngāngara manomano, tini miriona rānei.

- Ka taea e te tunu, te rerehū rānei ēnei ngāngara te patu me te whakarite kei te haumarua o kai ki te kai. He mea nui te tiro tiro i ngā pāmahana mā tētahi ine pāmahana (he mea ōrite rānei) i te mea ka maoa te āhua o te kai ahakoa mata, ā, ka mata te āhua o te kai ahakoa kei te maoa.
- Mā te tunu mārire ka patua ngā ngāngara tini miriona (1 i roto i te miriona e tūmanakohia ka ora). Ko ngā kai mōrea nui ake (hei tauira, mīti, manu, raihi) me tunu mārire.



Me
mōhio

- Ka patua e te rerehū ngā ngāngara mano tini (1 i roto i te 100,000 e tūmanakohia ka ora).
- Ka taea te rerehū te whakamahi ina whakamahia ētahi atu whakahaere haumarua kai (hei tauira, pouaka whakamātao, whakawaikawatanga, whakamōi, tāpiri tāroki ki ngā kai, me te whakamahi i ngā tohutohu rā mōnehu mō te whakamahi me te rokiroki).



Me
mahi

He aha te mahi māu?

- Tautohu i ngā kai me tunu mārire, rerehū rānei.

D

Me
mahi

Te tunu mārire

- Whakawerahia ngā kai mā te whai i tētahi o ēnei pahekotanga pāmahana/wā:

Pāmahana	Wā i te pāmahana
75°C	30 hēkona
73°C	60 hēkona
70°C	3 meneti
68°C	5 meneti
65°C	15 meneti
63°C	31 meneti



Ngā kura kōhungahunga/Kōhanga reo: ina tunu ana i ngā manu, mīti kōnatunatu, kuoro rānei me mātua tutuki i a koe tētahi o ngā pahekotanga pāmahana/wā e whai ake:

Pāmahana	Wā i te pāmahana
75°C	30 hēkona
70°C	3 meneti
65°C	15 meneti

- Me mātua tuhi e koe te pahekotanga pāmahana/wā i ia wā ka tunu manu koe (hei taura, heihei), ngā mīti kuoro/kōnatunatu rānei (hei taura, mīti kau kōnatunatu).

D

Me
mahi

Te rerehū kai

- Whakawerahia ngā kai mā te whai i tētahi o ēnei pahekotanga pāmahana/wā kei te ripanga i raro:

Pāmahana	Wā
75°C	15 hēkona
72°C	60 hēkona
71°C	2 meneti
69°C	5 meneti

Te tunu, te rerehū rānei

- Mēnā kua whakaaetia e tō mana rēhitatanga tētahi pahekotanga wā/pāmahana kē, me mātua whakarite ka whakatutukihia e koe.
- Me whakawera ngā kai kia ōrite te eke o ngā wāhanga katoa ki te pahekotanga pāmahana/wā.
- Me mātua whakarite kāore e tāhawahawatia ngā kai e ngā ngāngara i muri i te tunutanga, rerehūtanga rānei.
- I muri i te tunu mārire, rerehū rānei:
 - me wawe te uhi i te kai, tērā rānei
 - me whakarite kei runga ake te kai i te 60°C kia whakaratoa rā anō, tērā rānei
 - me tere te whakamātao i te kai.
- Ina whakamātao ana i ngā kātahi anō ka tunua me heke mai i te:
 - 60 °C ki te 5 °C (ki raro iho rānei) i roto i te 6 haora, ki te kore me porowhiu atu,



Me
mahi

- 60 °C ki te pāmahana rūma, te 21 °C rānei (ko te mea whakamātao rawa) i roto i te 2 haora, ā, ki te pāmahana rūma, 21 °C rānei (ko te mea whakamātao rawa) ki te 5 °C (i raro iho rānei) i roto i te 4 haora.



Me
whakaatu

He aha ngā mea hei whakaatu?

- Me whakaatu ki tō kaiwhakaū:
 - tō tukanga tunu, rerehū rānei,
 - he pēhea tō mōhio kei te ū koe ki te (ngā) whakaritenga wā/pāmahana e hāngai ana ki ō kai, tukanga hoki,
 - he pēhea tō ārai kia kore ai e tāhawahawatia anō ngā kai kātahi anō ka maoa, rerehū rānei,
 - he pēhea tō whakamātao i ō kai (mēnā e hāngai ana).



Ka puritia e koe ngā pūkete mō tēnei?



Ngā kura kōhungahunga/Kōhanga Reo:

me mātua **tuhi** e koe te pahekotanga pāmahana/wā i eke i ia wā ka tunu manu koe, ngā mīti kuoro/kōnatunatu rānei.



Te whakaiti i te rahinga wai i rō kai



Me
mōhio

He aha ngā mea me mōhio koe?

- Mēnā kei te whakamaroke, kukū rānei i ō kai kia haumaru ai, he ture mahinga wai kei reira me ū koe.
- E hāngai ana te mahinga wai ki te rahinga wai e wātea ana, hei tautoko i te tipu o ngā ngāngara i roto i ō kai. Kāore i te ōrite ki te nui o te wai o tētahi kai i te mea kāore e wātea ētahi wai i rō kai kia tipu ai ngā ngāngara.
- Mā te whakaiti i te mahinga wai kia iti iho i te 0.85 ka taea te tipu o ngā ngāngara te ārai.
- Ka whakaitia e te **kukūtanga** te mahinga wai i roto i ō kai mā te whakamahi i te whakaetonga, rerewai kōaro, tātari wai ikeike, kukūtanga whakatio rānei.
- Ka whakahekea e te **whakamaroke** te mahinga wai me te nui o te wai i roto i ō kai mā te whakaetonga. He maha ngā kai maroke ka kukūtia i mua i te whakamaroketanga.

He aha i hira ai te whakahaere i te mahinga wai?

- Me whiwhi wai ngā ngāngara kino kia tipu. Mā te whakaheke i te mahinga wai ka whakakorehia te wai e hiahia ana kia tipu ai ngā ngāngara.



Me
mōhio

- Ehara i te mea ka mate ngā ngāngara kino i te whakaheke mahinga wai anake. I te nuinga o te wā ko te hua o te whakaheke i te nui o te wai i roto i te kai ko te whakapiki i te kukūtanga tote, huka rānei i roto i ngā kai – ka taea te patu i ngā maha.
- He mea nui ko te tikanga ka whakamahia e koe mō te kukūtanga, te whakamaroke rānei ka ōrite te tango mai i te wai mai i te kai. Mēnā he wāhi kei reira he nui ake te mahinga wai, ka tipu tonu ngā ngāngara i ēnei wāhi, ā, kua kore e haumarū, e tōtika rānei te kai.
- Ina heke te mahinga wai o ō kai ki raro i te 0.85, he mea nui te whakarite kia kaua e ngongo wai mai i te hau, ētahi atu kai rānei i te hounga. Ka taea tēnei mā te:
 - whakamahi i ngā tākai hei ārai i te ngongo wai, tērā rānei
 - te rokiroki i ngā kai ki tētahi wāhi whakahaere takawai.
- Ki te piki haere anō te mahinga wai, ka tipu haere anō ngā ngāngara kei te ora tonu, ā, kua kore e haumarū, e tōtika rānei ngā kai.



Me
mahi

He aha te mahi māu?

- Tautohua ngā kai kia whakamarokehia, kia kukūtia rānei.
- Me whakamahi anake ko ngā tikanga ka whakamahia mō te kukū, whakamaroke rānei i ngā kai kia ōrite ai, te whakarite rānei kia kaua e nui atu i te 0.85 te nui o te wai.
- Me iti iho te mahinga wai mō ia rourou kai i te 0.85.

D

Me mahi

- Me whakamahi tētahi o ēnei tikanga hei whakamātau i te mahinga wai o ō kai:
 - me whakamahi he pūrere ine mahinga wai kua tōkarikaritia, tērā rānei
 - me tuku tīpakonga ki tētahi taiwhanga whaimana, tērā rānei
 - me whakaatu mēnā kei te whai koe i tētahi tikanga ōrite ka taea te whakawhirinaki kei raro te mahinga wai i te 0.85 (e tūtohua anake tēnei kōwhiringa ina heke te ūnga mahinga wai i te 0.80).
- Me tākaikai, rokiroki rānei ngā kai kua kukūtia, kua whakamaroketia rānei mā ngā tikanga e ārai ana i te ngongo wai a te kai mai i te hau, taiao, ētahi atu kai rānei.

S

Me whakaatu

He aha ngā mea hei whakaatu?

- Me whakaatu ki tō kaiwhakaū:
 - tō tikanga mō te kukū, whakamaroke rānei,
 - he pēhea tō mōhio kei raro te mahinga wai i te 0.85 mō ia rourou kai,
 - he pēhea tō mōhio he ōrite te mahinga wai i roto i ngā kai, ā, kāore he wāhanga o te kai i te neke atu i te 0.85,
 - he pēhea tō whakarite kāore e ngongoa he wai e ngā kai kua mahia.



Te whakawaikawa i ngā kai

K

Me
mōhio

He aha ngā mea me mōhio koe?

- Mēnā ka whakamōi, whakawaikawa rānei i ō kai kia haumarū ai, he ture pH kei reira me ū koe.
- Mā te whakaiti i te pH kia iti iho i te 3.6 ka patua ngā ngāngara kino rawa.
- Mā te whakaiti i te pH ki waenga i te 3.6 - 4.6 ka uaua rawa te tipu o ngā ngāngara kino. Mēnā ka whakahekea e koe te pH i waenga i te 3.6 - 4.6 me rerehū, me tunu mārire rānei e koe ngā kai kia haumarū ai.
- He mea nui kia ōrite te pH mai i te tikanga e whakamahia ana e koe hei whakawaikawa kai, puta noa i te kai, kia kore ai e tipu ngā ngāngara.
- Ko te **whakamōi** te tikanga e whakatipuria ana ngā ngāngara pai i rō kai hei tukituki ki ngā ngāngara kino me te whakapōturi i ngā ngāngara.
- Ina whakamōi ana, me mōhio koe ki ngā tohu kei te eke ngā ngāngara kino, kia taea e koe ngā kai kino e mahia ana te whakamutu.
- Ko te **whakawaikawatanga** koinā te wā e tāpirihia ana he waikawa ki te kai hei whakamutu, whakapōturi rānei i te tipu o ngā ngāngara kino.

D

Me mahi

He aha te mahi māu?

- Tautohua ngā kai kia whakamōitia, kia waikawatia rānei.
- Mēnā kei te whakawaikawa kai koe, me mātua whakamahi e koe tētahi tikanga e eke ai he pH ōrite.
- Mēnā kei te whakamōi kai koe, me mātua whakamahi e koe he tikanga e taea ai ngā ngāngara pai te tipu pai, ōrite hoki puta noa i ō kai.
- Me whakamahi e koe tētahi o ēnei tikanga hei ine i te pH:
 - me whakamahi pūrere ine pH kua tōkarikaritia,
 - me tuku tīpakonga ki tētahi taiwhanga whaimana.



Me whakaatu e koe kei te mahi tō tikanga hei whakatutuki i tētahi pH ōrite. Me mātua whakawhirinaki ki tō tikanga kia eke ki te ± 0.1 te ūnga o te pH.

- Me whakamātau ō kai whakamutunga kia mōhio ai kei te pūmau te pH i te:
 - 3.6, iti iho rānei, tērā rānei
 - i waenga i te 3.6 - 4.6.
- Mēnā kei waenga tō pH i te 3.6 – 4.6 me mātua rerehū, tunu mārire rānei i ō kai.

S

Me whakaatu

He aha ngā mea hei whakaatu?

- Me whakaatu ki tō kaiwhakaū:
 - he pēhea tō whakamōi, whakawaikawa rānei i ō kai,
 - he pēhea tō mōhio kei te ōrite te pH i roto i te kai, ā, he iti iho i te 3.6, kei waenga rānei i te 3.6 - 4.6,
 - mēnā kei te whakamōi koe, he pēhea tō mōhio i te mahi te whakamōi,
 - mēnā kei waenga tō pH i te 3.6 – 4.6 he pēhea tō rerehū, tunu mārire rānei i ō kai.



Te ārai i ngā mea kē mai i ngā kai

K

Me
mōhio

He aha ngā mea me mōhio koe?

- He maha ngā amuamu kai e tukuna ana ki ngā mana e pā ana ki te kitea o ngā mea kē i rō kai.
- Ko ngā mea kē ko ngā mea pēnei i ngā kīrearea (hei tauira, ngā ngaro, kioreiti, aha atu aha atu), makawe, matikara, tāpi, uku, rei, ngā wāhanga papanga horoi, ngā ate heu, nati, pine, kirihou me ngā pepamārō, kōhatu, puaka, karāhe, momotu maitai, aha atu, aha atu.

He aha i hira ai te whakahaere i te mōrea o ngā mea kē i roto i ngā kai?

- Kāore ētahi mea kē i te haumaru, tae atu ki ngā mea mārō, koi rānei pēnei i te karāhe, kirihou mārō, kōhatu rānei, aha atu, aha atu. Ka tūkinō ēnei i te waha, arero, korokoro, puku, kōpiro, niho, pūniho hoki.
- He mea nui te ārai atu i ngā mea kē mai i ngā kai, ā, ka taea mā ngā tikanga rerekē. Kei te āhua o ngā momo kai tēnei me te tūpono o te pā mai o ngā mea kē.



Me
mōhio

- Kāore ngā kai i te haumaru mēnā ki ōu whakaaro kei roto ēnei:
 - karāhe,
 - ngā mea kē mārō, koi e ine ana i te 7mm ki te 25mm te roa, tērā rānei
 - ngā mea kē mārō, koi e iti iho i te 7mm, kei waenga i te 25mm me te 77mm te roa me ngā kaiwhakapeto matua o ngā kai ko:
 - ngā tamariki kei raro i te 6 tau,
 - ngā kaumātua,
 - te hunga mau niho kēhua.
- Ko ngā mea kē mai i te tangata, kīrearea rānei e uru ana ki ngā kai kāore e whakaritea (hei taura, ka whakarewatia) hei patu i ngā ngāngara (i muri rānei i te patunga o ngā ngāngara) e māuiui ai te tangata.
- Kāore e pā mai he māuiui, wharanga rānei mai i te nuinga o ngā mea kē ka kitea, engari ka whara pea tō ingoa pai.
- Ahakoa pea kāore e pā mai he wharanga i ngā mea kē, e māuiui pea te tangata, ko te tikanga ka tūhonoa ki ngā tikanga kai kāore i te haumaru.
- He maha ngā hātepe i roto i tēnei aratohu ka āwhina, engari ka taea anō te whai whakaaro ki te tātari wai, tātari rānei, tirotirohanga ā-kite, kōmaka tae, te whakauru mai i ngā kaupapahere rei mā ngā kaimahi, rapu maitai, tirotirohanga whakaahua-roto, aha atu, aha atu.

D

Me
mahi

He aha te mahi māu?

- Te whakauru mai i ngā hātepe hei ārai i te uru mai o ngā mea kē ki ngā kai, te kimi rānei i ngā mea kē hoki/ rānei kei roto i ngā hua kai whakamutunga.
- Me mātua whakarite i ngā wā katoa kāore he mea i roto i tō tukanga e tāhawahawa ana i ō kai me ngā mea kai.
- Me tōkarikari me te tiro tiro i te mahinga o ngā utauta kimi mea kē pērā i ngā pūrere rapu maitai, whakaahua-roto, ngā wae kōmaka tae.

S

Me
whakaatu

He aha ngā mea hei whakaatu?

- Me whakaatu ki tō kaiwhakaū:
 - he pēhea tō ārai i ngā mea kē mai i ngā kai, te tiro tiro rānei kāore he kai i roto i ngā kai whakamutunga,
 - he pēhea tō mōhio he auau te tōkarikari i ngā utauta rapu mea kē.



Te tākai me te whakamau tapanga



Me
mōhio

He aha ngā mea me mōhio koe?

- Ka kino pea ō kai i ngā tākai kāore i te haumarū, tōtika hoki/rānei. Me mōhio koe ko ngā tākai e whakamahia ana e koe he taumata kai nō reira ka noho haumarū ō kai.
- Ehara i te mea me whakamau tapanga ki ngā kai katoa, engari mō aua kai, me mātua ū ngā tapanga ki te ture kei roto i te Australia New Zealand Food Standards Code (te Tikanga).
- Ka kino haere ngā kai i roto i te wā, ahakoa he pai tonu pea te āhua, te rongu me te reka. He mea nui te whakamōhio atu ki tō kaiwhakapeto mō te rā me pau ō kai, mā te tātai i te hounga me te tuku i tētahi Rā Pai Rawa i Mua i Te, Rā Mōnehu rānei. Me mātua whakarite ka tika tō tatauranga i tēnei rā.

Tākai

- Me whakamahi anake ko ngā tākai kāore e whakakino, he wāhi anō rānei i te whakakino kai.
- Me tiroiro kei te taumata kai aua tākai ina hokona mai e koe. Mā te:
 - hoko mai i ngā tākai e mau tapanga tōtika mō te kai, tērā rānei
 - me tiki whakaū koe mai i tō kaiwhakarato kei te taumata kai.



Me
mōhio

- Me tiroiro e tika ana ngā tākai mō ō momo kai, hei whakamahi rānei (hei tauira, he kiri o roto i ngā taramu mīere hei whakamahi me ngā kai waikawa, kāore e maramara, tihore, pāheke rānei).
- Me ōrite te whāwhā me te tākai ki ngā kai, kai whakauru rānei.

He aha i hira ai te tākai?

- Ka tiaki ngā tākai mai i ō kai kia kaua e kino, hē rānei.
- Ko ngā mea ka pā ki ō tākai (arā, ngā ngāngara, matū, mea kē rānei) ka taea te whakakino, whakararu rānei i ō kai.

Te whakamau tapanga

- Me mātua ū koe ki ngā ture mō te whakamau tapanga i roto i te Tikanga mō ngā kai ka whakamau tapanga koe.
- Mēnā kei te whakarato koe i ngā kai huanui ko te tikanga me tāpiri ki tētahi pepa tākai, tautuhinga rānei. Me mātua whakarato koe i aua mōhiohio anō ka tuhia ki te tapanga kai.
- Ko te tikanga me uru ki ngā pepa tapanga, whakatakotoranga ko:
 - ingoa o te kai,
 - tuakiri wāhanga/rourou,
 - ingoa me te wāhinoho o tō pakihi o Aotearoa, Ahitereiria rānei,
 - ngā tauākī tohutohu hāngai, tauākī whakatūpatō, whakapuakanga hoki,
 - ngā here mō te rokiroki me te whakamahi,
 - rārangi kai whakauru,



Me
mōhio

- rā māka (hei tauira, rā mōnehu, me pau i mua, aha atu, aha atu),
- pae mōhiohio kai,
- ngā mōhiohio mō te kai, hauora me ngā kerēme hāngai (mēnā kua oti anake i a koe he kerēme),
- ngā mōhiohio mō te wehewehe kai whakauru me ngā wāhanga,
- mēnā kei roto, i mahia mai rānei i ngā kai raweke ā-iratia, ngā kai taiapu iratuki rānei.



Ko ngā parāoa he poto ake te hounga i te 7 rā me mātua whai i tētahi rā Pai Rawa i Mua, i Tunua Mō te Rā, Rā i Tunua rānei.

- Mēnā ka whiwhi koe, ka whakarato rānei i ngā kai huanui, me mātua tiro tiro e koe ka whakaratoa anō ngā mōhiohio tapanga e hiahia ana.



Kāore ngā kai katoa i te hiahia i tēnei, hei tauira, ngā huarākau, huawhenua mata hoki.

- Mēnā kāore e whakaritea kia mau tapanga ō kai me mātua kōrero atu koe ki ō kiritaki:
 - he aha kei roto i ngā kai,
 - ngā tauākī whakatūpato,
 - mēnā i mahia mai, kei roto rānei ngā kai whakauru kua raweketia ā-ira, kua taiapu iratukitia rānei.

He aha i hira ai te whakamau tapanga?

- Mā ngā tapanga ka taea e ō kiritaki te tuku whakatau pai, haumarua mō te kai.



Me
mōhio

- He mate pea ētahi o ō kiritaki (hei tauira, ngā mate pāwera) e herea ana rātau ki te whakauru, te aukati rānei i ētahi kai i roto ā rātau kai.
- Mā te ōrite o te takotoranga o te tapanga (hei tauira, te whai i tētahi pae mōhiohio kai me te whakamahi i ngā rahi momotuhi mōkito) ka taea ō kiritaki te āwhina ki te tuku kōwhiringa kai pai.
- Kua hangaia e MPI tētahi aratohu hei āwhina i a koe ki te hanga i tō tapanga kai. Me whai i te **‘He aratohu mō ngā tapanga kai’** <https://www.mpi.govt.nz/document-vault/2965> hei tuhi i tō tapanga.

He aha te take me tātai te hounga o tētahi kai

- Ka mate pea koe ki te whiriwhiri i te hounga o te kai kia taea e koe tētahi rā me whakapau, mōnehu rānei.
- He aratohu kei reira hei āwhina i a koe ki te whiriwhiri i te hounga. Me whai i te **‘Me pēhea te whakarite i te hounga o te kai’** <http://mpi.govt.nz/document-vault/12540>
- Ko ngā kai he roa ake te hounga i te 2 tau, he wāhanga kotahi rānei o te aihikirīmi, rare pātioio rānei (hei tauira, he ahiparaka) ehara i te mea me mau te rā.



Me
mahi

He aha te mahi māu?

Tākai

- Mēnā kei te tākai kai koe:
 - me whakauru mai ngā hātepe hei whakarite kāore ngā tākai e whakakino, he wāhi anō rānei, i ngā kai,
 - tātaihia te hounga o te kai,



Me
mahi

- whakarite mēnā ka hiahia koe kia:
 - whakamau tapanga ki ō kai, tērā rānei
 - te tuku i tētahi pepa tākai, whakatakotoranga me ngā kai huanui.

Tapanga

- Me mātua ū koe ki ngā ture mō te whakamau tapanga i roto i te Tikanga mō ngā kai e whakamau tapanga ai koe.



Me
whakaatu

He aha ngā mea hei whakaatu?

- Me whakaatu ki tō kaiwhakaū:
 - ō tākai, ā, he pēhea tō mōhio kei te haumarū me te tōtika mō ngā kai e tākaia ana e koe,
 - ō tapanga kai, ā, he pēhea tō mōhio he aha ngā mea me whakamau ki ō tapanga.
- Ko tā tō kaiwhakaū pea he:
 - pēhea tō whiriwhiri i te hounga o tētahi kai.



Te kawe kai

K

Me
mōhio

He aha ngā mea me mōhio koe?

- Ka kino pea ngā kai ahakoa te wāhanga i roto i te mekameka ratonga.
- Mēnā me noho he kai i raro i te whakahaere pāmahana, takawai hei aukati i te tipu a ngā ngāngara ki ngā taumata e māuiui ai te tangata, he mea nui te whakarite kei te pūmau te pāmahana/takawai i roto i te mekameka whānui – me te wā e kawea ana.
- I te wā e kawea ana ngā kai, ko te whakarite mō te waka e kawea ana ngā kai he wāhi kai tērā, he rūma kai rānei – me whakarite kei te mā me te wehe i ngā kai pērā i a koe i rō kīhini, rūma rokiroki rānei.
- Me noho wehe ngā kai me ngā taonga ehara i te kai.
- Me whakamahi anake ko ngā waka e tika ana mō te momo me te rahinga o ngā kai e kawea ana.
- Mēnā kei te tuku kirimana koe ki tētahi atu hei kawē i ō kai, me tiroiro e koe he pakihi kai rēhita rānei.

D

Me
mahi

He aha te mahi māu?

- Me tino mā ngā wāhanga katoa o te waka e whakamahia ana hei kawē kai, utauta kai rānei (me patuero mēnā pā ki ngā kai ka kainga tonutia).



Me
mahī

- Me mātua whakarite ka kawea, ka tukua hoki ngā kai ki te pāmahana tika:
 - me noho tio tonu ngā kai pātio, tio,
 - te kawea i ngā kai mātao (i te 5°C, i raro iho rānei) me te aroturuki haere i tēnei (mā tētahi ine pāmahana, he mea ōrite rānei),
 - te kawea i ngā kai wera kia wera (i runga ake i te 60°C),
 - me whakarato anake ngā kai ki te wāhi pāmahana mōrea (5°C-60°C) mēnā ka kainga i roto i te 4 haora o te uru atu ki te wāhi pāmahana mōrea.
- Me whakahaere me te tiroiro i ngā āhuatanga takawai, kōhauhou e hiahiatia ana tēnei kia haumaruru ō kai.



Me
whakaatu

He aha ngā mea hei whakaatu?

- Me whakaatu ki tō kaiwhakaū:
 - he pēhea tō tiroiro ka noho ngā kai ki te pāmahana tika, takawai tika hoki/rānei ina kawea ana,
 - he pēhea tō whakahaere pāmahana kia me te mātua wehe i ngā kai ina kawea ana,
 - tō(ō) waka mō te kawea kai.



Ka puritia e koe ngā pūkete mō tēnei?

- Me mātua pupuri e koe ngā pūkete pāmahana, takawai hoki/rānei mō ia waka kawea, kawenga hoki, ina hiahiatia ana kia whakahaerehia ēnei.



Ina hē tētahi mea

K

Me
mōhio

He aha ngā mea me mōhio koe?

- Ina hē ana (ka pērā i ētahi wā), me mātua tahuri koe ki te whakatikatika kia haumaruru ai, tōtika ai ngā kai. Kei roto pea i tēnei ko te:
 - te wehe i ngā hua kai whai pānga me te whakarite kāore e whakamahia, ratao, hokona rānei (i ētahi wā ka taea pea e koe te tukatuka anō kia haumaruru ai, tōtika ai hoki). Tērā pea me tono kia whakahokia mai anō mēnā kua hokona, ratao rānei,
 - whakapā atu ki tō kaiwhakaū. Ka taea e ia te tautohu kōwhiringa mō ngā mahi ka taea e koe te whakatika, mēnā e hiahia ana. (Kāore e whakatikahia e ia tō rarururu.)

He aha i hira ai te whai tukanga mō te tūpono pā mai he rarururu?

- Ka hapa te tangata i ētahi wā e whai pānga ana ki te haumaruru, tōtikatanga rānei o te kai. He mea nui kia whakatikahia ēnei hapa, ā, kia kaua e hokona ngā kai kāore i te haumaruru, tōtika rānei. Tirohia **‘Te tono kia whakahokia mai ngā kai’**.
- Ki te amuamu he kiritaki mō ō kai, mō tētahi mea rānei i kite ia i roto i tō pakihi e pā ana ki te haumaruru, tōtika rānei o te kai, me tūhura e koe.
- Mēnā ka kitea i hē tētahi mea, ka hāngai aua ūpane anō e rārangi ana i te wāhanga **‘Me mahi’** i raro.

D

Me mahi

He aha te mahi māu?

- Me whakatū ngā hātepe e taea ai e koe te urupare wawe ina hē tētahi mea.
- I te kitenga o tētahi raruraru ka pā ki te haumarū, tōtitkatanga hoki/rānei o te kai:
 - me tautohu ngā kai katoa ka kino, kāore e tōtika rānei,
 - me whakarite kāore e hokona, me whiriwhiri rānei mēnā me tonono kia whakahokia mai,
 - me whakamōhio wawe atu ki tō kaiwhakaū kua pā mai (i pā mai) he raruraru,
 - me whakatika te raruraru,
 - me whakarite (me whakarerekē rānei) kia kaua rawa te raruraru e pupū ake anō,
 - me pupuri i ngā pūkete mārama, tika mō ngā mahinga katoa i whāia e koe i te kitenga o te raruraru. Me mātua pupuri e koe ēnei pūkete mō te 4 tau i te iti rawa.

S

Me whakaatu

He aha ngā mea hei whakaatu?

- Me whakaatu ki tō kaiwhakaū:
 - he pēhea tō tūhura i ngā amuamu kiritaki,
 - ka aha koe mēnā ka hē tētahi mea.
- Ka uia pea e tō kaiwhakaū:
 - mō ngā mea i hē, ā, he aha ngā mea kua pā mai i taua wā,
 - kia kite ia i ngā pūkete mō ngā mea i hē,
 - ngā kaimahi ka aha rātau mēnā ka hapa rātau e whai pānga ana ki te haumarū, tōtika rānei o te kai.



Te tono kia whakahokia mai ngā kai



Me
mōhio

He aha ngā mea me mōhio koe?

- E 2 ngā momo tono whakahoki:
 - taumata tauhokohoko – ka tono kia whakahokia mai ngā kai i tukuna ki ngā toa,
 - taumata kaiwhakapeto – ka puta he tono whakahoki tūmatanui.
- E 2 ngā pūtake matua ka hiahia pea koe ki te tono kia whakahokia mai ngā kai:
 - i pā mai he raruraru i roto i tō pakihi,
 - i pā mai he raruraru i roto i te pakihi a tētahi kaiwhakarato, ā, kua whakamahia kētia e koe te kai whakauru, kōkuhunga, utauta, tākai, kai rānei e tonoa ana e rātau kia whakahokia.
- Ko ngā pūkete me mātua pupuri e koe ka āwhina i roto i tō hātepe mō te tono kia whakahokia mai ngā kai. He mea hira rawa te whaiwhaitanga i tētahi āhuatanga o te tono whakahoki.
- E hiahiatia ana he tono kia whakahokia mēnā kei te māharahara koe mō te haumarū, tōtika rānei o ētahi, te katoa rānei o ētahi kai kua hokona kētia e koe.
- Kāore e hiahiatia ana he hātepe tono whakahoki mēnā e hokona tōtika anake ngā kai ki te kaiwhakapeto whakamutunga, ā, mō te whakapeto wawe tonu.



Me
mōhio

He aha i hira ai te whai hātepe tono whakahoki?

- Mēnā ki ōu whakaaro kāore te kai i te haumarū, tōtika rānei, ā, kua hokona kētia, kei runga i a koe ki te whakapau kaha kia kore rawa ai e hokona he kai e māuiui ai he tangata.
- He mea nui te whakaaroaro mēnā:
 - ka taea wawetia e koe te tautohu kei ēhea o ngā kiritaki tauhokohoko ngā kai, ā, me pēhea tō whakapā atu,
 - me whakamōhio atu koe ki te iwi whānui kia kaua e kainga ngā kai ka whakaurua e koe ki ngā pānuitanga pāpāho, ā, māu tēnei e whakarite.
- He mea nui te tuku tohutohu whaitake ki te kiritaki, hei tauira, ngā mahi me whai rātau (hei tauira, ētahi tohumate) mēnā kua kainga kētia e rātau ngā kai?
- He maha ngā whakahaere e tuku ana i ngā tohutohu hei āwhina i a koe ki te waihanga i tētahi hātepe tono whakahoki, tae atu ki a MPI. Tirohia www.mpi.govt.nz/dmsdocument/22288-recall-guidance-material
- He whaikiko anō te whakamātautau i tō hātepe tono whakahoki ina whakaurua mai.
- Me whiriwhiri e koe ka pēhea tō mōhio mēnā ka tutuki te tono kia whakahokia mai, hei tauira, e hia ngā kai i tukuna e ai ki te rahinga i whakahokia mai, ā, i pēhea te tere hoki/rānei o tō tono kia whakahokia mai te hua kai.
- Me whakamātau e koe tō hātepe tono kai whakahokia mai i ētahi wā mā te whakahaere i ngā tono whakahoki meho.

D

Me
mahi

He aha te mahi māu?

- Me tono kia whakahokia mai ngā kai e mōhio ana koe kāore pea i te haumarū, tōtika rānei (kei roto pea i te mekameka kai, kei ngā kāinga rānei o ngā kiritaki (kāore anō kia kainga)).
- Ki te whakatau koe ki te tono kia whakahoki mai, me mātua:
 - tino wawe tō whakamōhio atu ki a MPI, ā, i roto i te 24 i te wā poto rawa,
 - waea ki 0800 00 83 33 ka tono mō te Food Compliance (i ngā haora mahi), me tono rānei mō te Āpiha Haumarū Kai a MPI (i muri i ngā haora mahi).

S

Me
whakaatu

He aha ngā mea hei whakaatu?

- Me whakaatu ki tō kaiwhakaū:
 - te hātepe, mahere kua whakatakotohia e koe mō te tono kia whakahokia mai ngā kai,
 - ngā pūkete mō ngā tono whakahoki meho ka whakahaerehia e koe,
 - ngā pūkete mō ngā tono whakahoki kai ka whakahaerehia e koe.