



New Zealand Food Safety

Ministry for Primary Industries

Manatū Ahu Matua

Te Tātauirā Mahere Whakahaere Kai **He Haumarū me te Tōtika**

**Ka taea e koe tēnei tātauirā te whakamahi mēnā
koe he:**

- pakihi hoko kai e whakataka ana, e mahi ana me te hoko kai – pērā i tētahi pūtia, kaihoko ika, peka, toa kai, hokomaha rānei,
- pakihi ratonga kai, pērā i tētahi whare kai, whare kawhe, ō rangaranga, kaitaka kai rānei,
- kaiwhakahaere whakaurunga tiaki tūrora pērā i ngā hōhipera, whare tiaki tūrora, whare okioki, whare herehere me ngā whakaurunga mātauranga.

He tuhinga whai mana tēnei.

Kaua rawa koe e tāpiri hātepe ki tēnei mahere.

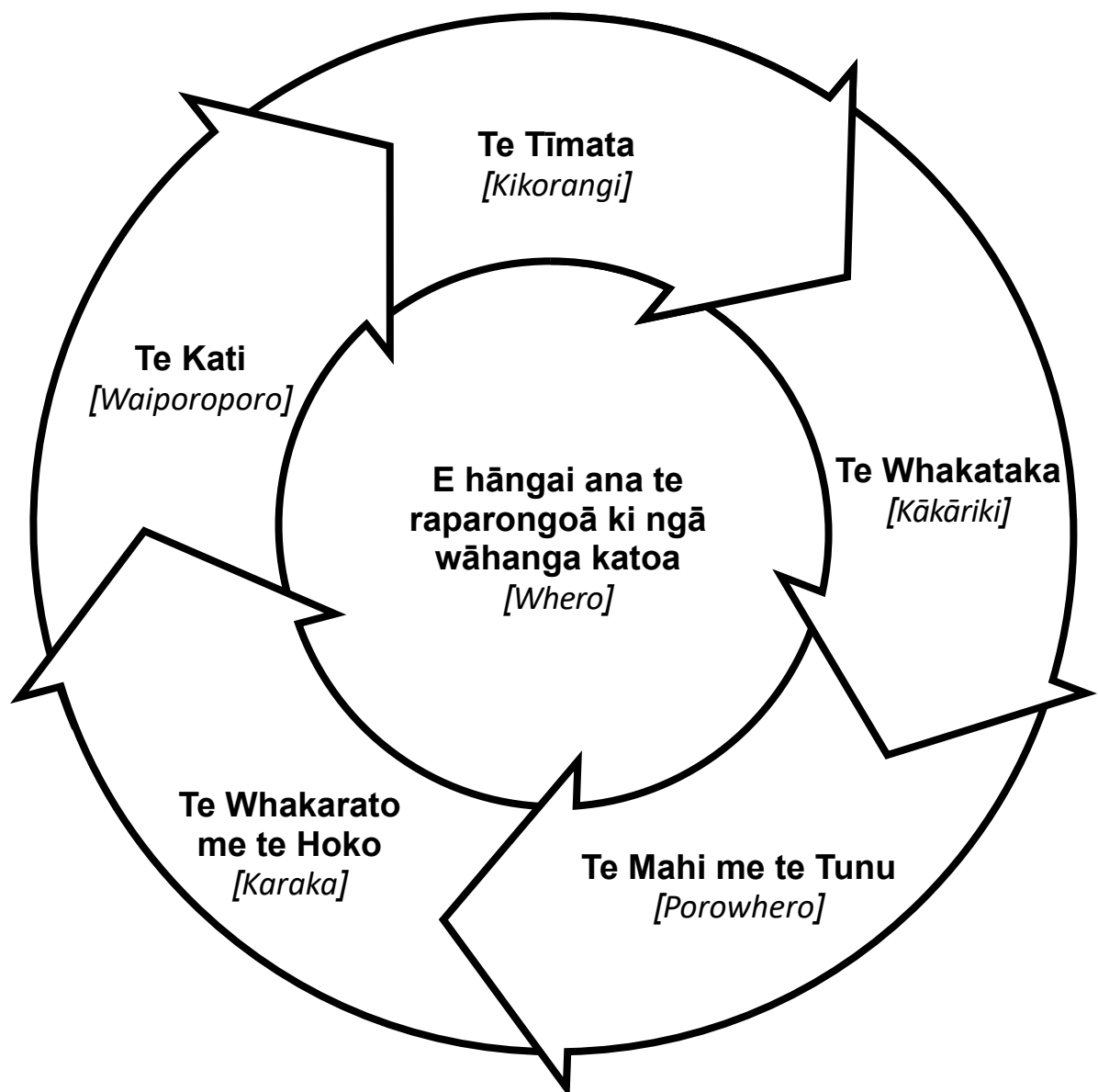
Te Kāwanatanga o Aotearoa

New Zealand Government

S39-00004

Hurihanga ā-rā

I ahu mai te takotoranga tātauirā mai i ngā mahinga o te rā mahi mai i te tuwheratanga tae noa ki te wā kati. E whakaatu ana te hoahoa i tēnei.



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kōnatunatu, ā, he whakarato kia
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Ngā tohutohu

Koinei tō Mahere me mātua pānui, whai, whakatinana hoki e koutou ko ō kaimahi hei whakarite he haumarū, he tōtika ngā kai e mahia ana, e hokona ana e koe.

Me pēhea te whakamahi i tēnei Mahere

E whakatakoto ana tēnei mahere i ngā mahi me whai koe mō te mahi kai haumarū me te tōtika. Me mātua whakamahi e koe hei tautuhi mōrea me te whakaatu he pēhea te whakahaere. Ko te tikanga o tēnei ka mōhio ngā kiritaki he haumarū ō kai – ka mutu ka āwhina i a koe kia angitu tō pakihi kai. Ka wehea tō mahere ki ngā kāri, e whakarārangi ana i ngā mahi mā koutou ko ō kaimahi.

E toru ngā wāhanga o ia kāri: **Me Mōhio**, **Me Mahi** me te **Me Whakaatu**.



Kei roto i **Me Mōhio** ko ngā mōhiohio whaitake mō te hira o tēnei kaupapa ki te haumarū kai me te tuku whakaaro me pēhea tō ū ki ngā ture i roto i te wāhanga **Me Mahi**.



Kei roto i **Me Mahi** ko ngā ture haumarū kai me mātua whai koe.



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

Me uru anake ki tō mahere ko ngā kāri e hāngai ana ki ngā kai me ngā inu ka mahia e koe, me ngā hātepe ka whakamahia e koe hei mahi me te hoko atu. Ka taea e koe te tango i ngā kāri kāore he take. Hei tauira, mēnā kāore koe i te mahi me te hoko huhi, ka taea e koe te tango te kāri [tira] **‘Te mahi huhi’**. Mēnā kāore koe i te tino mōhio mēnā e hāngai ana tētahi wāhanga ki tō pakihi me rapu tohutohu mai i tō kaiwhakaū, te mana rēhitatanga, Haumarū Kai Aotearoa (info@mpi.govt.nz), tētahi mātanga rānei.

Putā noa i tō mahere he wāhanga kei reira hei whakakāi māu (hei tauira, **‘Aku taipitopito pakihi’** [ōrangīuri], **‘Te Whai Kawenga’** [ōrangīuri], **‘Te tāmahana kai’** [porowhero]).

Hei āwhina i a koe kia mātua whai koe i ngā ture hāngai, te whakatutuki i ngā tirotirotanga e tika ana, te tiaki i ngā pūkete tika, me te rapu tohutohu, kua raua e mātau ngā ata puta i tēnei tuhinga:



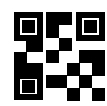
(ata penerākau māwhero)
Ngā pūkete me mātua pupuri koe



(ata anga karaka)
Ngā mōhiohio e hiahiatia ana mō ngā pakihi pupuri mātaitai



(ata poti parauri)
Ngā mōhiohio e hiahiatia ana mā ngā kaihoko ki uta



(ata waehera QR pango)
Matawaia ēnei mō ētahi tohutohu anō

Me whai pūkete

Ko ō pūkete tētahi tikanga o te whakaatu e mārama ana koe ki ngā ture, ā, kei te pai te haere o ngā mahi. He tuku whakaaturanga hoki ēnei mēnā ka puta he amuamu, ka pakaru mai rānei ngā mate kai. He pātea pūkete (arā, ngā ‘puka’, ‘tātauira’ rānei) ā Haumarū Kai Aotearoa e taea ai e koe te tikiake me te whakamahi, me hanga rānei i tāu ake putanga o ēnei kia hāngai ake ki tō pakihi. Ka taea te hopu ngā mōhiohio mā ngā tikanga rerekē (hei tauira, te whakaahua i tō papatuhi ka tiaki tuihono).

Mēnā ka pā mai he hapa

I ētahi wā ka hapa, ā, kua kore e haumarū, e tōtika rānei ō kai. Me mōhio koutou ko ō kaimahi ki te tautuhi he aha te raruraru, ā, me mōhio ki te whakatika. Kia kore ai e pā mai anō, me whai koe i tētahi mahere. Me whai i te kāri [whero] ***‘Ina hē tētahi mea’***.

Te whakaū

Ka tiro tiro tō kaiwhakaū he pēhea tō whai i tō mahere mō te mahi kai kia haumarū me te kai ina haere ake ia. Me wātea mai tō mahere hei whakaatu ki tō kaiwhakaū.

Te putu i tō mahere

Ehara i te mea me whiwhi koe i tētahi kape tā o tēnei mahere. Ka taea e koe te whakamahi tētahi putanga tāhiko kē (hei tauira, he PDF, he whārangi tukutuku rānei) o tēnei mahere. He hono tukutuku tō tēnei mahere ki ngā mōhiohio whaitake e māmā ake ai mōu ki te uru atu mēnā he whakamahi koe i tētahi kape tāhiko o te mahere. Me māmā noa te uru atu o ngā kaimahi katoa ki te mahere.

Ngā taipitopito pakihi

Kimihia ō taipitopito pakihi i raro

Ngā taipitopito pakihi	
Ingoa ture	
Ingoa hokohoko	
Mahinga [tohua ina tika ana]	
Ratonga Kai: kai i roto ō rangaranga tunu ki reira tunu ki wāhi kē tētahi atu [tuhia mai]:	
Hokohoko Kai: pūtia toa hoko kai mātao toa tao parāoa kaihoko ika kai māota hokomaha tūnuku/tukunga ratonga kai nekeneke, hokohoko rānei tūnuku/whakaraupapa kaihoko ki uta tētahi atu[tuhia mai]:	
Wāhi pōhi	
Waea	
Īmēra	
Ngā wāhi	
Tiriti wāhi noho (1) (wāhi e mahi ana te pakihi kai)	
Putunga wai	
Ngā wāhi atu anō [mahi haere anō ki tētahi atu pepa mēnā ka hiahiaia ka tāpiri mai] Tuhia mai ki raro ētahi atu wāhi e whakamahia ana e pā ana ki te pakihi kai (hei tauira, he wāhi mō te rokiroki, te whakataka kai rānei). Ka kapi anō ēnei mahinga, wāhi hoki i tō Mahere. Me mōhio koe ko ngā mahinga ka tū me te puna putunga wai ka whakaratoa e koe mō ngā take kai (tirohia ‘Te whakahaere putunga wai pararau-kore’ me ‘Te whakahaere putunga wai i whakaratoa e te kaiwhakarato wai inu rēhita’).	
Tiriti wāhi noho (2)	
Ngā mahinga/ pūtake putunga wai	
Tiriti wāhi noho (3)	
Ngā mahinga/ pūtake putunga wai	
Tiriti wāhi noho (4)	
Ngā mahinga/ pūtake putunga wai	

Kaiwhakahaere: Ko te kaiwhakahaere ko ia te rangatira, tētahi atu tangata rānei kei te whakahaere i te pakihi kai. Mēnā e hāngai ana tō Mahere ki ngā pakihi kai neke atu i te kotahi, ko te kaiwhakahaere te (ngā) tangata kei runga i a ia (rātau) mō te whakaū i ngā herenga o te Mahere Whakahaere Kai i ia pakihi kai.

Ingoa	
Wāhinoho (Pakihi, Noho rānei)	
Waea	
Īmēra	

Kaiwhakahaere o ia pakihi kai (mēnā e hāngai ana ia mahere ki ngā pakihi neke atu i te kotahi). Tāpiri rārangi atu anō mēnā e hiahia ana.

Ingoa	
Wāhinoho (Pakihi, Noho rānei)	
Waea	
Īmēra	

Pouwhakahaere o ia rā [tuhi 'e ai ki runga' mēnā ko te pouwhakahaere o ia rā te kaiwhakahaere]

Ko te pouwhakahaere o ia rā te tangata kei a ia te kawenga whānui mō te whakarite kei te whāia te Mahere Whakahaere Kai, ā, ka oti ngā arotake me ngā pūkete tōtika. Me tuhi i konei te ingoa o te pouwhakahaere o ia rā, tōna tūranga hoki/rānei. Ehara i te mea me tukuruha haere i roto i te mahere.

Ingoa, tūnga hoki/ rānei	
Waea	

Mana rēhitatanga (ko te kaunihera o tō takiwā tēnei engari ia mēnā e kapi ana i tō Mahere ngā wāhi maha kei roto i ngā rohe kaunihera neke atu i te kotahi, ā, mēnā he pērā ko te MPI).

Mana rēhitatanga	MPI Kaunihera [Ingoa kaunihera]: _____
Tangata whakapā	
Wāhitau	
Waea	
Īmēra	

Kaiwhakaū (mēnā ehara ko te kaunihera)	
Pokapū whakamana	
Tangata whakapā	
Wāhitau	
Waea	
Īmēra	

Takotoranga pakihi

Me mātua whakarite ka āhei koe i raro i tō hoahoa me te tauwāhi ake o tō pakihi kai te mahi kai kia haumaruru me te tōtika.

- Hei āwhina i a koe ki te tautuhi pūmate hei whakatikatika, me whai i ngā ture kei te kāri [ōrangiuri] **‘Te Whai Kawenga’**. Me whakaputa e koe tētahi mahere papa ā-roto me tētahi mahere ā-waho (he tuhinga ā-ringa, he tuhinga matihiko, he whakaahua rānei) kei roto ko:
 - tō whare,
 - ngā whare e pae haere ana,
 - he aha ngā mahi i ngā wāhi rerekē o tō mapi, me ō wāhi whakataka kai (hei tauira, kītini),
 - he aha ngā mahi i roto i ō whare, me ngā mahi i tua i te mahi kai,
 - he aha ngā mahi kei ngā wāhi rerekē o te whare,
 - ngā mahinga ehara i te kai e whakahaere ana i roto i te whare/papanoho kotahi, i te taha rānei ka pā ki te haumaruru o te kai,
 - mēnā kei te wai pararau-kore, me tautuhi nō hea te wai (hei tauira, tuanui/ua, puna, kōawa rānei), ā, mēnā kei he wāhi whakapai, putu rānei i reira.

Takotoranga — I roto i tō pakihi

Tērā pea he tuhinga ā-ringa, he tuhinga matihiko, he whakaahua rānei o te takotoranga.

Takotoranga — I waho i tō pakihi

Tērā pea he tuhinga ā-ringa, he tuhinga mathihiko, he whakaahua rānei mai i runga (hei tauira, atahanga mapi Google).

Te mārama me te whakahaere mōrea mai i ngā mahinga tūtata

I ētahi wā ko ngā mahi kei ngā papanoho paetata ka whai pānga ki te āhua o tā koutou ko ō kaimahi whakahaere i te haumarū kai me te tōtika i roto i tō pakihi. Me tuhi i ngā mahi e whakahaerehia ana i roto i tō whare, kei ngā whare/wāhi paetata rānei ka whai pānga pea ki te haumarū kai, ki te tōtikatanga rānei i roto i tō pakihi, ā, ka pēhea tā koutou whakahaere ko ō kaimahi i ēnei mōrea. Me whai i ngā ture kei te kāri [ōrangīuri] **‘Te Whai Kawenga’** mō ngā mōhiohio mō ngā mōrea. Mēnā kāore e taea e koe te tautuhi mōrea, me tuhi ‘kāore i kitea’.

Mōrea ki te haumarū kai	He pēhea tā tātau whakahaere i te mōreatanga
Hei tauira: Ka kukume mai pea ngā para kua waiho iho i te taha o tētahi pakihi kai i ngā kīrearea (hei tauira, ngā kīore me ngā kīore-iti), ka uru pea ki te whare ka tāhawahawa i ngā kai.	Hei tauira: Me noho kati ngā matapihi/kūaha ina taea, ā, me auau te tiro tiro mō ngā kīrearea (tirohia ngā kāri ‘Te tautiaki utauta me ngā whakaurunga’ me ‘Te kimi kīrearea’).



Te whai kawenga

Ngā mea whaitake me mōhio

- Ehara i mea me tohunga koutou ko ō kaimahi ki te haumarū kai engari me mōhio tonu mō ngā whakatau pai mō te haumarū kai me te tōtika. Mā te whai i tēnei mahere ka āwhina i ēnei whakatau me te whakarite kei te haumarū me te tōtika ō kai.
- Ko te take o te haumarū kai he ārai i ngā pūtake māuiui, tūkinō rānei mai i ngā kai. Kāore pea e haumarū ngā kai mēnā kei roto ētahi 'pūmate'. E 3 ngā momo pūmate:
 - 1 **Koiora (ngā ngangara)**: Ka māuiui te tangata i ētahi ngangara (hei tauira, huakita) mēnā kei roto, kei runga rānei i te kai.
 - 2 **Matū**: He maha ngā matū e māuiui ai pea te tangata mēnā kei roto, kei runga ēnei i te kai (hei tauira matū horoi).
 - 3 **Ōkiko (mea kē)**: Ka uru pea he karāhe, kirihou, maitai, ētahi atu mea koi rānei i ētahi wā ki ngā kai me te tūkinō.
- Ko te tōtikatanga o te kai ko te mōhio kei te eke ō kai ki ngā tūmanako o te kiritaki, ā, kāore he mea rerekē i roto, kāore i te matakawa rānei.
- Kei runga i a koe hei kaiwhakahaere ko te whakarite ko ngā kai e puta ana, e whāwhātia ana, e hokona ana hoki/rānei i mōhiohia whakahaere tō pakihi he haumarū me te tōtika. Kei a koe te kawenga ki te whakatauira i te tikanga kai haumarū.
- 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:
 - me ārai atu i ngā ngangara, ngā matū kino me ngā mea kē,
 - whakaiti i ngā ngangara ki te rahinga haumarū,
 - whakakore, whakawātea rānei i ngā ngangara.
- Ko te whai kawenga mō te tōtikatanga o te kai ko te:
 - whakamahi anake i ngā kai, ngā kai whakauru rānei e tika ana kia whakamahia,
 - whakamau tapanga tika ki ngā kai,
 - whakarite kei te tika ngā kōrero mō ō kai, mēnā e whakaaetia ana.

Te whakarite kei te haumarū ngā kai

- 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 pūrongohia tērā-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),
 - mēnā ka pūrongo te tangata i tētahi mate, tētahi atu raruraru rānei (hei tauira, te tapanga, he mea kē) ka tūhuratia tana amuamu e tētahi Āpiha Kai Haumarū- arā, ka toroa pea koe ahakoa kāore i whakamāuiuitia e koe te tangata.

Me pupuri ngā pūkete

- Mā te pupuri i ngā pūkete pai he pēhea tā koutou whai ko ō kaimahi i tō mahere me te tirotiro i ngā tikanga mō te mahi kai haumarū, ka āwhina i a koe ki te whakaatu kāore i mate i a koe he tangata, ā, kei te ū ō kai ki tāu i kī ai.
- Me hopu ētahi o ō tirotirotanga, ā, ka tautuhia ēnei i roto i te wāhanga **Me Whakaatu** o te mahere. Ka pupuri anō pea koe i ngā pūkete mō ngā tirotirotanga kāore e hiahiatia kia hopukia, ka āwhina pea tēnei i a koe ā muri ake mō te āhua o tō whakahaere kia haumarū, kia tōtika hoki te kai.
- Ki te kore he pūkete ka uaua ake pea ki te whakaatu i te whai koe i tō mahere mō te mahi kai haumarū me te tōtika, ā, ko te mutunga atu pea:
 - 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, he moni, tō ingoa pai rānei.

K

Me Mōhio

Ngā tohutohu me ngā ārahitanga

- Kei te paetukutuku a MPI (www.mpi.govt.nz/food-business/) ngā aratohu whaitake me ngā utauta, he hono mō ēnei puta noa i tēnei mahere.
- Ka taea te tiki tohutohu me ngā ārahitanga mai i ētahi atu, hei tauira, ngā kaiwhakaū, me ngā mātanga:
 - Ka taea e ngā kaiwhakaū te tuku tohutohu me te ako mō te whai i tō mahere hei whakarite he tikanga pai āu, engari tē taea e rātau te tuku o whakatau- kei runga kē i a koe ki te mahi i ngā kai haumaruru me te tōtika.
 - Ka taea e ngā Mātanga ngā pūnaha, tukanga me ngā hātepe te hoahoa māu – engari kāore e taea o 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 tōtika o te kai – otirā ina hē ngā āhuatanga. Ka kitea ētahi mōhiohio anō i konei: (www.mpi.govt.nz/food-business/starting-a-food-business/hiring-a-food-consultant/)



D

Me Mahi

Ngā ture me mātua whai koe

- Tohua he tangata hei whakarite ka mātua whāia tō mahere: (tohu kei a wai te kawenga mō tō mahere)

pouwhakahaere o ia rā, tērā rānei

ingoa, tūranga hoki/rānei o te tangata i tautapatia:
- Me whai i ngā wāhanga **Me Mahi** me te **Me Whakaatu** o tō mahere i ngā wā katoa.
- Me whakangungu ngā kaimahi kia matatau ai rātau ki te mahi, te whakarato me te hoko i ngā kai haumaruru me te tōtika.
- Me whakaū i roto i te 6 wiki i muri i te rēhita. Me mātua tuku i tō kaiwhakaū kia āhei atu ki ngā whakaurunga me ngā pūkete e hiahia ana ia hei mahi i ana mahi.
- Me whai i tētahi tārua o ngā tuhinga katoa, pūkete hoki e hiahiatia ana mō te 4 tau i te iti rawa.
- Ko ngā pūkete katoa me mātua:
 - tika,
 - māmā ki te pānui,

D

Me Mahi

- whakaatu i ngā mahi i oti,
- te wā i oti,
- nā wai i mahi.
- Me tuku ngā pūkete katoa ki tō kaiwhakaū, tō mana rēhita rānei (arā, te Kaunihera, MPI rānei) ina tonoa.
- Me mātua whakamōhio atu koe ki tō mana rēhita (te Kaunihera, MPI rānei) mō ngā huringa ki tō pakihi (hei tauira, ka rerekē te wāhi noho o te pakihi) i mua i te huri.

S

Me Whakaatu

Ngā mea me whakaatu ki tō kaiwhakaū

- Ka uia pea e tō kaiwhakaū:
 - mēnā i tukuna e koe ngā kawenga haumarū kai ki ētahi atu tāngata (tae atu ki ngā kaitukatuka ā-kirimana), ā, mēnā āe, he pēhea tō mōhio kei te pai ā rātau mahi mō te whakarite kei te haumarū, tōtika rānei ngā kai,
 - mēnā he rerekētanga ki ā koutou mahi ko ō kaimahi, ngā mea e mahia ana, e hokona atu rānei mai rā anō i te wā whakamutunga i reira rātau,
 - kia tirohia ō **pūkete** o ngā tirotirotanga kua oti i a koutou ko ō kaimahi.





Te tiroiro kei te mahi pai te mahere

He aha ngā mea me mōhio koe?

- Kei runga i a koe te kaiwhakahaere o te mahere ki te tiroiro haere tonu kei te pai te whakahaere i te haumarū kai me te tōtikatanga hoki i roto i tō pakihi.
- Me mātua noho koe, tētahi o ō kaimahi rānei hei kaiwhakau ā-roto māu. He tangata tēnei i roto i tō pakihi ka tiroiro kei te tika te whai i te mahere.

He aha i hira ai te whakau-whaiaro?

- Kei a koe te kawenga mō tō pakihi me te haumarū me te tōtika o ngā kai ka mahia, ka hokona atu e koe. Ki te waiho e koe mā tētahi kē koe e whakaatu kei te hē, tērā pea ka nui rawa te utu, ā, ka māuiui pea ngā tāngata i ō kai.
- Me tiroiro kei te mahi pai tō mahere mā (hei tauira):
 - te tiroiro kei te whāia ngā ture, ā, kei te puritia ngā **pūkete** e tika ana (hei tauira, te ine i ngā pāmahana o te kai),
 - te tiro haere i ngā **pūkete** kia kite ai mēnā kei te whāia ō hātepe, ā, kei te mahi ō pūnaha ki tērā e manakohia ana,
 - te arotake i ngā mōhiotanga kei te kāri [whero] **‘Ina hē tētahi mea’** me te tiroiro kei te whāia ngā upane hei ārai i ngā raruraru kia kaua e pupū ake anō,
 - te whakahaere kai roro haumarū kai me ngā kaimahi,
 - te whakamahi i ngā wāhanga **‘Me Whakaatu’** i roto i tēnei tātauira hei tuku i aua pātai anō, te tiroiro rānei i aua mea anō ka tona, ka tirohia rānei e tō kaiwhakau,
 - te whakamātautau i te taiao, ngā kai rānei mō ētahi ngangara, matū rānei hei whakaatu kei te whaitake ngā hātepe (hei tauira, te horoi me te patuero).

Ētahi kōrero mō te whakamātautau:

- Kei reira ētahi whakaritenga tauwhāiti mō te whakamātautau i ētahi āhuatanga (hei tauira, te rato wai).

K

Me Mōhio

- He ture kei reira mō ētahi tepenga tauwhāiti mō ngā ngangara, ngā matū rānei i roto i te Australia New Zealand Food Standards Code (te Tikanga) (www.foodstandards.govt.nz/code/Pages/default.aspx). Ahakoa te tepenga ehara i te mea me whakamātautau te kai mō taua ngangara, 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 mahere, kaua e waiho ko tēnei anake tō mahi tirotiro. Kāore e taea te whakamātautau atu ki te kai haumarū. Ka taea te whakamātautau hei tautoko me te whakaū mēnā kei te oti haere tonu ētahi atu tirotiro. Ehara tēnei i te whakakapi i ērā, ā, kaua rawa e whakawhirinaki ki te whakamātautau hei ara kawē i a koe ki te haumarū kai. He pai tonu te whakamātautau i te taiao kai, hei tauira:
 - Mēnā ka kitea e ngā whakamātautau he ngangara kino, tērā pea kāore tētahi wāhanga tō hātepe i te mahi tika, ā, me whai koe i te kāri [whero] **'Ina hē tētahi mea'**. Ki te kore e kitea he mea ehara i te mea kei te rawe tō mahere kei te haumarū rānei ō kai. Kāore e ōrite te tuari o ngā ngangara i roto i ngā kai – ka taea ētahi kai te whakamātautau kia kore ai e kitea he ngangara engari i tētahi wāhanga anō o aua kai anō he kī i ngā ngangara kino.
- 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 tō kaiwhakaū, mātanga rānei te tuku mōhiohio mō te whakarite mai i tētahi mahere tīpakonga me te whakamātautau.



D

Me Mahi

He aha te mahi māu?

- Me mātua whakatū koe i 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 mātua whakarite koe:
 - ko ngā kaimahi me ngā tāngata (hei tauira, ngā kaimahi kawē, ngā kaiwhakarato) ka pā ki te kai kei te mārāma, ā, ka taea te whai ngā ture kei ngā wāhanga **Me Mahi** o te Mahere, ka mutu kei te whai i ērā,
 - 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,
 - kei te whiwhi ngā kaimahi i ngā utauta me ngā mōhiohio hei āwhina i a

D

Me Mahi

rātau ki te whāwhā i ngā kai kia haumarū,

- kei te pūmau ngā kaimahi ki te haumarū kai. Ko ngā kaimahi kei te manaakitia, ā, kei te pūmau ki te haumarū kai, ka mutu ka nui ake te aro ki ngā tikanga haumarū kai pai,
- kei te hou tonu te whānuitanga o ō whakahaere me ō mahi pakihi onāiane (hei tauira, mēnā kei te hokohoko koe i ngā kai kua reri ki te kai kua whakatohia/makariri, te whakamaroke mīti rānei, kua kore e tika tēnei mahere ki a koe, ā, me mātua whakapā atu koe ki te mana rēhita).
- Me whai i te hātepe kāri [whero] **‘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.

He aha ngā mea hei whakaatu?

- Me whakaatu ki tō kaiwhakaū:
 - he pēhea tō tirotiro mēnā kei te mahi pai ō hātepe,
 - ngā **pūkete** e whakaatu ana i ngā otinga o ngā tirotirotanga kua oti i a koe ina whakaū whaiaro.



S

Me Whakaatu



Te whakangungu me te matatau

He aha ngā mea me mōhio koe?

- He rerekē te ako, te mārama hoki a te tangata. Me mōhio koe he aha ngā mahi pai rawa, hei tuku i ngā mōhiohio ki ngā kaimahi me ngā manuhiri e hiahia ana rātau kia noho haumarū, kia tōtika ai te kai.
- Ko ngā kaimahi pea ko te rangatira/ngā kaiwhakahaere, ngā kaitūao, te whānau, me ngā hoa rānei ka mahi i ngā mahi e pā ana ki te kai i roto i tō pakihi. Ko ngā manuhiri pea ko ngā tāngata kawē kai, ngā kaimahi tautiaki, ērā mea.
- Me āhua mōhio tonu ngā kaimahi me ngā manuhiri ki te whakahaere mōrea mō te kai me te tōtikatanga.
- Ehara i te mea me whakangungu ngā kaimahi me ngā manuhiri katoa ki ngā mea katoa, engari me mōhio tonu rātau me pēhea te whakarite kei te haumarū, kei te tōtika ngā kai ina mahi ana rātau i ā rātau ake mahi.
- Mēnā he kaimahi āu me whakangungu rātau e koe:
 - i mau i tā rātau whāwhā kai,
 - i mua i te whakauru mai, huri rānei i tētahi hātepe,
 - ina whakaaro koe me whakangungu koe, ō kaimahi rānei (hei tauira, i muri i tētahi hapa).
- Mēnā he kaiwhakahaere takitahi koe kāore koe e mate ki te whai pūkete whakangungu. Ka whakarite tō kaiwhakau ka ū koe ki ngā ture katoa i roto i tō mahere.

He aha te take he mea nui te whakangungu, te matatau hoki?

- Me mōhio te tangata ki ngā mea ka whai pānga ki te haumarū me te tōtika, ā, me aha mēnā ka kitea kei te hē.
- Ehara i te mea e 'mōhio whānuitia ana' ngā mea katoa e whai pānga ki te haumarū me te tōtika o te kai nō reira he pai tonu kia tika te whakangungu kia kore ai koe, ō kaimahi rānei e tūpono hapa.
- Me mōhio koe kei te whakaharatau ngā kaimahi me ngā manuhiri i ngā whakangungu kua tukuna e koe.
- Ka taea e koe te āwhina kia ngākau titikaha te tangata ki te whakatinana i ngā tikanga pai e noho haumarū ai, tōtika ai te kai:
 - me whakaatu me aha rātau, me te tautoko i a rātau i a rātau e whakaharatau ana kia tika;
 - me whakapiri i a rātau ki tētahi tangata mātau e tirotiro ana kei te mārama

K

Me Mōhio

D

Me Mahi

rātau, ā, kei te whai i te mahere i mua i tā rātau mahi takitahi.

- Mēnā ko koe anake te kaimahi i tō pakihi, ka taea e koe te whakamahi utauta tuihono mō te whakangungu (hei tauira, ngā akoranga haumarua kai), te rapu āwhina rānei (hei tauira, mai i tō kaiwhakaū, mātaua rānei).

What do you need to do?

- Te kaiwhakahaere o ia, te ingoa o te tangata rānei kei a ia te mahi, tōna tūranga hoki/rānei: _____ (tohu kei a wai te kawenga mō tō mahere) me whakarite kei te mōhio ngā kaimahi me ngā manuhiri katoa me aha rātau kia ū ai ki ngā whakaritenga hāngai kei tō mahere mō:
 - te hauora me ngā tikanga akuaku,
 - te whakarite i ngā kai nui te mōrea e māuiui ai pea te tangata,
 - te horoi me te patuero,
 - te rapu me te whiwhi kai kia haumarua,
 - te whakarite kei te wehe ngā kai i te wāhi whakataka kai (tae atu ki te whakahaere i ngā matū whakaputa mate tūtohu, te wehe i ngā kai mata mai i ngā kai maoa, me te whakahaere matū, paihana hoki),
 - ētahi atu hātepe e hāngai pū ana ki tō pakihi kai,
 - te whakahaere i ngā amuamu a ngā kiritaki,
 - te mōhio me aha mēnā ka hē tētahi mea,
 - te whakahaere i ngā tono whakahoki kai.
- Me tirotiro mēnā kei te whakatinanahia ngā whakangungu e ngā kaimahi:
 - i mua te tīmatatanga o tā rātau mahi i roto i tō pakihi kai,
 - ina whakaurua, huria rānei he hātepe.
- Me pupuri i tētahi pūkete o te whakangungu kua oti i a koe, ō kaimahi, ngā manuhiri rānei me te wā i oti i a rātau.

He aha ngā mea hei whakaatu?

- Me whakaatu ki tō kaiwhakaū:
 - He pēhea tō mōhio he matatau ngā kaimahi me ngā manuhiri ki te mahi i ngā mahi i tukuna ki a rātau.
 - Tētahi **pūkete** i pēhea, nōnahea hoki i whakangungua ai ngā kaimahi ki te whai i te mahere. Me whakauru:
 - ko wai i whakangungua,
 - nōnahea i whakangungua ai,
 - he aha ngā wāhanga o te mahere i oti,
 - ngā waitohu o te kaiako me te ākonga.

S

Me Whakaatu





Te whakahaere wāhi me ngā utauta

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, arā:
 - te kaupapa i whakamahia ai te wāhi i mua,
 - he māmā te horoi me te tautiaki i ngā rūma me ngā utauta,
 - he pai ngā rama, te hauhau me ngā ratonga (hei tauira, te wai me te hiko),
 - i hoahoatia ai ngā utauta mō te kai me ngā whakahaere e hiahiatia 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 tō pakihi, ka tohu ō kōwhiringa i te uaua o ā koutou mahi ko ō kaimahi kia noho haumarū, tōtika ai ō kai.
- He māmā noa te waiho i ngā mea e tāhawahawa ai pea ngā kai, ā, e māuiui ai ngā tāngata. Hei tauira:
 - ngā puare i roto i ngā papapātū whare e uru mai ai ngā kiore me ngā kioreiti ka tāhawahawa i ngā kai,
 - ngā utauta he uaua te horoi, ā, e tipu ai ngā ngangara me te tāhawahawa i ngā kai,
 - ko ngā whare i hangaia mai i ngā papanga ka noho pea hei pūtake e uru ai ngā ngangara, 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.
- Mēnā kei te whakamahi i ngā utauta ine me mātua whakarite koe he tika ngā inenga. Ko tētahi tikanga hei whakarite kei te tika te ine a ō utauta ko te tōkarikari. Ka kitea he tauira me pēhea te tōkarikari i tētahi ine pāmahana i konei: (www.mpi.govt.nz/dmsdocument/31407-Thermometer-calibration-guidance)
- He pai ake te kōwhiri i ngā wāhi me ngā utauta e tika ai tō whakahaere i ngā pūmate haumarū kai me te tōtika.



He aha te mahi māu?

- Me whakahaere ngā pūmate ki te haumarū kai, ki te tōtika rānei e pā ana ki ngā wāhi me ngā utauta.

K

Me Mōhio

D

Me Mahi

D

Me Mahi

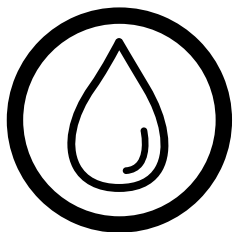
- Me tirotiro i ngā whakamahinga whenua me ngā whare i mua, ā, me whakamahi anake ko ngā wāhi e haumarū ai te mahi me te hoko kai tōtika.
- Mēnā ko ngā mahi a ngā kiritata he mahi e kino ai ō kai, kāore e tōtika rānei, me whiriwhiri me pēhea te whakaiti i te tūponotanga ka pā mai tēnei.
- Me whakahaere anake i ngā wāhi e tika ana mō te nui o ō kaimahi e whakaritea ana e koe kia mahi i reira, ā, me whakarite ka pai te rere o ngā mahi.
- Me hoahoa tō rerenga mahi kia haumarū ai tō nekeneke haere i tō pakihi (hei tauira, me hoahoa kia kore ai koe e kawē heihei mata ki ngā wāhi e whāwhātia ai ngā kai maoa/ngā kai kua reri ki te kai).
- Me mātua hanga ngā whare, tautara, whakamaunga, utauta rānei mai i ngā papanga e kore e noho ai ngā ngangara, matū, mea kē rānei kei kuhu ki ō kai ina taea ana, te whiriwhiri rānei me pēhea te whakaiti, whakakore rānei i te tūponotanga ka tāhawahawatia ai ngā kai mai i ēnei pūtake.
- Me mātua whakarite he māmā te horoi i ngā wāhi e mahia, e rokirokitia ai rānei ngā kai (ina tika ana).
- Te whakaiti i te nui o te puehu, au, kīrearea rānei ka uru pea ki ngā whare e whakamahia ana mō te whāwhā, te mahi, te rokiroki kai rānei.
- Te whakarato wāhi mō te rokiroki i ngā matū horoi me ngā pūhui tautiaki kia tawhiti i ngā kai.
- Me whakarite he tata ngā wāhi horoi ringaringa ki ngā wāhi whāwhā kai.
- Te whakarato i ngā wāhi rāpihi kia tawhiti i ngā wāhi mahi/whakataka kai.
- Me mātua whakamahi koe i ngā utauta kei te tika, ā, kei te mahi tika mō te ine i ngā wāhi whakahaere (hei tauira, ngā ine pāmahana mō te tirotiro i ngā pāmahana o te pouaka mātao/rūma whakamātao, ngā utauta rānei hei ine i te pH o te raihi huhu).
- Me mātua noho haumarū ngā kai i rō mīhini taka kai (hei tauira, me noho ngā kai mātao ki te 5°C, i raro iho rānei).’

He aha ngā mea hei whakaatu?

- Ka uia pea e tō kaiwhakaū:
 - he pēhea tō mōhio kāore i whakamahia te wāhi i mua mō tētahi mea e kino ai pea ngā kai,
 - ka pēhea tō whakahaere, ō kaimahi rānei, 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 he pūmate ki ngā kai i te whare, ngā tautara, whakamaunga, me ngā utauta.
- Ka mātakitaki te kaiwhakaū i te rerenga mahi, ā, mēnā ka māmā ki ngā kaimahi te mahi me te mau tonu ki ngā tikanga haumarū kai.

S

Me Whakaatu



Te whakahaere putunga wai i whakaratoa e te kaiwhakarato wai inu rēhita

Te Whakatū

K

Me Mōhio

He aha ngā mea me mōhio koe?

- Ka taea ngā ngangara me ngā matū kino te nekeneke i rō wai e māuiui ai te tangata. Me mātua whakamahi anake te wai pai mō te whakataka kai.
- Ko te 'wai pai' ko te wai tērā e kore ai e māuiui, e mate rānei te tangata.
- Ka tāhawahawatia pea te wai ina rokirokitia ki te wāhi me te tuari haere i ngā wāhi kai.
- E tūtohua ana ina huakina e koe ō katiwai i te wā tuatahi i te rā, me tuku kia rere mai te wai mā te whakakī i tētahi kapu nui ka putu atu. Ko te take nā te nui haere o ngā konganuku taumaha (hei tauira, konumatā, konukura) i roto i te wā.
- Me rawaka ō wai pai hei whakarite ka taea te horoi ō wāhi whakataka kai, ngā taputapu me ngā utauta, ā, ka taea e ngā kaimahi te horoi ō rātau ringa ina hiahia ana.
- Mēnā ka whakamōhiohia koe e tō kaiwhakarato wai inu rēhita kāore tō wai i te pai, me whai koe i ngā tohutohu ka tukuna e rātau.
- Mēnā he māharahara ōu mō te pai o te wai ka whakaratoa ki a koe, me whakapā atu koe ki tō kaiwhakarato wai inu rēhita.
- Ko te kaiwhakarato wai inu rēhita ko te hunga he putunga wai tā rātau, he whakahaere putunga wai, ā, kei a rātau te kawenga he pai te wai. Me rēhita ngā kaiwhakarato kite Taumata Arowai i mua o te Noema 2025. Ka taea e koe te rapu ngā kaiwhakarato rēhita i konei: (www.taumataarowai.govt.nz/for-communities/public-register/)



D

Me Mahi

He aha te mahi māu?

- Homai te ingoa o tō kaiwhakarato wai inu rēhita (hei tauira, kaunihera).
Ingoa o te kaiwhakarato: _____
- Me whakamahi ngā wai pai mō te whakataka kai, te whakapai me te horoi ringaringa i ngā wā katoa. Mēnā ka kī mai tō kaiwhakarato wai rēhita kāore tō wai i te pai, ka mutu kāore e tuku tohutohu ki a koe hei whai, ko tāu:
 - kua rawa e whakamahi, tērā rānei

D

Me Mahi

- 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, wai nō tētahi taika wai rēhita).
- Me porowhiu ngā kai i tāhawahawatia e te wai paru i ngā wā katoa.
- Me horoi me te patuero i ngā wā katoa ngā papa kai i tāhawahawatia e te wai kino.
- Me whakamahi anake ko ngā taika wai, ngā paipa me ngā katiwai e hono ana ki ngā putunga wai pai.

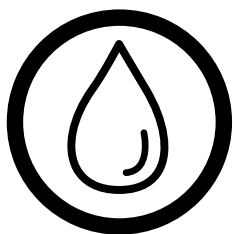
S

Me Whakaatu



He aha ngā mea hei whakaatu?

- Me whakaatu ki tō kaiwhakaū:
 - tētahi **pūkete** o ngā mahi tautiaki utauta i oti i a koe (tirohia te kāri [waiporoporo] ***‘Te tautiaki utauta me ngā whakaurunga’***).



Te whakahaere putunga wai pararau-kore

Te Whakatū

K

Me Mōhio

He aha ngā mea me mōhio koe?

- Mēnā kei te whakamahi koe i te wai pararau-kore me whakarite e koe kei te pai.
- Ka taea ngā ngangara me ngā matū kino te nekeneke i rō wai e māuiui ai te tangata. Me whakamahi anake e koe ko te wai pai mō te taka kai.
- Ko te 'wai pai' ko te wai tērā e kore ai e māuiui, e mate rānei te tangata.
- Ka tāhawahawatia pea te wai ina rokirokitia ki te wāhi me te tuari haere i ngā wāhi kai.
- Me mōhio koe he aha ngā tāhawahawa (hei tauira, te paru, ngā kōhatu, matū, ērā mea) kei roto pea i tō wai, ā, he aha te mea hei whakapai i te wai kia pai ai.
- Me rawaka ō wai pai hei whakarite ka taea te horoi ō wāhi whakataka kai, ngā taputapu me ngā utauta, ā, ka taea e ngā kaimahi te horoi ō rātau ringa ina hiahia ana.
- Me mōhio koe he aha ngā mahi tūtata me ngā matū ka puta noa mai (hei tauira, ngā pākawa ota mō te wainuku, te konumatā rānei mō te wai nō te tuanui) e kino ai pea tō putunga wai.
- Ko ngā utauta whakapai wai ka whakamahia me tautiaki, tirohia te kāri [waiporoporo] **'Te tautiaki utauta me ngā whakaurunga'**.
- He mōhiohio kei te paetukutuku MPI mō ngā taiwhanga whai tohu.

D

Me Mahi

He aha te mahi māu?

- Tohua te wāhi e ahu mai ana ō wai:
 - wai nō te tuanui
 - wai nō te papa
 - wai nō te whenua
- Me whakamahi i te wai pai mō te whakataka kai, te whakapai me te horoi ringaringa i ngā wā katoa. Ki te kino rawa tō putunga wai:
 - kua rawa 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 pūtake wai kē e tino mōhio ana koe kei te pai (hei tauira, wai pātara).
- Me porowhiu ngā kai i tāhawahawatia e te wai paru i ngā wā katoa.
- Me horoi me te patuero i ngā wā katoa ngā papa kai i tāhawahawatia e te wai kino.
- Me mātua whakamahi e koe tētahi pūnaha whakamaimoatanga hei whakarite kei te pai te wai mō te mahi kai, te horoi ringaringa me te whakapai haere i te wāhi e whakamahia ana. Tohua te mea e whakamahi ana koe:

Tātaritanga

Whakahaumāotatanga

Patu huakita UV

Tētahi atu _____

- Me whakamātautau e koutou ko ō kaimahi tō wai:
 - i mua i tō whakamahi i roto i tō pakihi, tērā rānei
 - mēnā kāore ō pūkete mō te whakamātautau wai nāu ake i whakarato.
- Me mātua ū koe ki ngā tepenga wai katoa i te ripanga i raro:

Inenga	Ngā paearu
<i>Escherichia coli</i>	Iti ake i te 1 i roto i tētahi tīpako 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 30 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.*

- Me mātua whakamātautau anō e koe te wai kia kaua e roa atu i te 1 wiki i muri i te:
 - whiwhi wai mai i tētahi pūtake hōu i whakaratoa e koe ake, tērā rānei
 - mōhio mō tētahi huringa ki te taiao, ngā mahinga rānei e whai pānga pea ki te pai me te tōtika o te wai (hei tauira, tētahi maiki, pērā i te waipuke, he rū rānei).
- Me mātua tautiaki e koe ngā utauta e whakamahia ana e koe mō te putunga wai, tirohia te kāri [waiporoporo], **‘Te tautiaki utauta me ngā whakaurunga’**.
- Me mātua māka e koe ngā katiwai, 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.

D

Me Mahi

- Mō ngā pūtake wai nō te whenua, me te wainuku, ko ngā pūaha wai me mātua:
 - 10m i te iti rawa mai i ngā kararehe,
 - 50m i te iti rawa mai i ngā pūtake tāhawahawa pea pērā i ngā putunga karapēpē, rua whēkau, ngā parapara tangata me te kararehe, ngā putunga matū pea me ngā taika (hei tauira, taika hinu).
- Me mātua tautuhi ngā mahinga tūtata me ngā pūmate matū (me ērā e puta noa mai) e kino ai pea tō wai, ā, ka whakahaere tika i ēnei.

S

Me Whakaatu



He aha ngā mea hei whakaatu?

- Me whakaatu ki tō kaiwhakaū tētahi **pūkete** o:
 - ō otinga whakamātautau wai,
 - tētahi rārangi o ngā mahinga tūtata ka whai pānga pea ki te pai o tō wai.
- Me whakaatu ki tō kaiwhakaū he pēhea tō mōhio kei te tika te mahi a tō pūnaha wai.
- Me whakaatu ki tō kaiwhakaū ngā pūmate matū kua tautuhia e koe, ā, me pēhea te whakahaere i ēnei.



Te whakahaere tikanga akuaku ake me te hauora

He aha ngā mea me mōhio koe?

- He mea nui ngā tikanga akuaku ake me te hauora i te mea he āwhina kia kaua e tāhawahawatia te kai e kino ai, e kore e tika hoki te kai.
- 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, huhunu,
 - whakamau kaka mā (hei tauira, ngā paki, pōtae, neti makawe).
- Mā te horoi i ō ringaringa ka āwhina ki te pare atu i ngā ngangara mai i te wāhi whakataka kai. Mā te auau o te horoi i ō ringaringa ka āwhina ki te ārai atu i te tāhawahawatanga o ō kai.
- Ka taea te pani te wē horoi ringa i muri i te tino horoi i ngā ringaringa ki te wai hopi ka whakamaroke. Kaua e whakamahi te wē horoi ringa hei whakakapi i te horoi ringaringa.
- Me rapu tohutohu rongoā koutou ko ō kaimahi mēnā koe/rātau he:
 - 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 mutunga o ō rātau tohumate (hei tauira, te ruaki, korere).
- Mēnā ka tāhawahawatia e ngā kaimahi te kai nā te māuiui, te koretake rānei o ngā tikanga akuaku, me porowhiu pea e koe, me tono rānei kia whakahokia mai. Tirohia te kāri [whero] **‘Te tono kia whakahokia mai ō kai’**.

He aha i hira ai ngā tikanga akuaku ake?

- Ko tētahi o ngā tikanga noa e uru atu ai ngā ngangara ki ngā kai mai i ngā tāngata - i te nuinga o te wā mā ō rātau ringaringa.
- Ko te horoi auau i ō ringaringa ki te wai hopihopi mō te 20 hekona, te opeope ka 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 ngangara ki ō kai.
- Ka hōrapa ngā huakita i ngā motunga, ngā hakihiaki me ngā whēwhē kāore i te uhia, ā, kāore e pai te kai, e tika rānei, otirā mēnā kei te papī, kua whakapokea rānei.
- Ko te hunga mau karapu (ahakoa mō te uhi i te whakapiri rongoā, ngā hakihiaki, he hiahia rānei ina whāwhā kai) me whakamau karapu hou ina pā ki

K

Me Mōhio

tētahi atu mea ehara i te kai (hei tauira, te ihu, he taupoki ipu para); ka horoi i ō rātau ringaringa ina unuhia ngā karapu paruparu, ā, i mua i te whakamau karapu mā.

- Ka taea ngā ngangara kino te whakawhiti atu ki ngā kai mā ngā hamuti, ruaki me ētahi atu wai tinana (hei tauira, toto me te hūpē) o te tangata māuiui.
- Ka taea e ngā kākahu paruparu, ngā kai, papa me ngā utauta te tāhawahawa.

D

Me Mahi

He aha te mahi māu?

- Horoia ō ringaringa ki te wai hopi mō te 20 hēkona ka āta whakamaroke mā ngā taora pepa, ngā papanga whakamahi kotahi, mīhini whakamaroke rānei.
- Me whakarite me whai hopi me ngā taora pepa, ngā papanga whakamahi kotahi, he mīhini whakamaroke rānei i te taha o te kumete horoi ringaringa.
- Me mātua mā tō wāhi horoi ringaringa.
- Me horoi e koutou ko ō kaimahi ō ringaringa:
 - ina kuhu ana ki ngā wāhi whakataka kai,
 - i mua i te whāwhā kai,
 - i mua i te whāwhā kai mata me ngā kai maoa,
 - i waenga i te whāwhā kai he pāwera kei roto me ngā kai kāore he pāwera,
 - i waenga i te whāwhā hua horoi, ngā matū rānei me ngā 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 ōu whakaaro he paru.
- Me mātua whakahaere e koutou ko ō kaimahi ngā motu, hakihiaki, whēwhē rānei mā te: (tohu ka aha koe)
 - uhi katoa i ngā motu, hakihiaki, whēwhē rānei, tērā rānei
 - kore e whāwhā kai mēnā kei te pipī mai, kua whakapokea rānei ngā motu, hakihiaki, whēwhē rānei, ā, tē taea te uhi katoa.
- Me mātua whakamau karapu hou i muri i te pā atu ki ngā mea ehara i te kai, ā, i waenga i te pā atu ki ngā kai mata me ngā kai whakauru/kai maoa. Me mātua horoi ngā ringa ina tangohia ngā karapu paruparu, ā, i mua i te whakamau karapu mā.

Te whakahaere kaimahi māuiui

- Kaua rawa koe, ō kaimahi rānei e mahi kai mēnā kei te māuiui koe/rātau me tētahi mate ka hōrapa i te kai.
- Ko ngā kaimahi, manuhiri rānei i ruaki, kei te korere, huhunu rānei i roto i te 48 haora i mua i te kuhu ki tō pakihi, ka pā mai rānei ēnei tohumate i te wā

D

Me Mahi

kei tō pakihi, me mātua kōrero atu ki te: (tohu kei a wai te kawenga mō tō mahere)

pouwhakahaere o ia rā, tērā rānei

ingoa, tūranga hoki/rānei o te tangata i tautapatia:

- Kaua rawa ngā kaimahi e kuhu ki te wāhi whakataka kai, tae noa ki te 48 haora i muri i te korenga atu o ngā tohumate.
- Ka taea pea e ngā kaimahi he māuiui rawa te whakaoti mahi kāore i roto i ngā wāhi whakataka kai, kāore rānei i te taha o te kai.

Me mau i ngā kākahu mā ina whāwhā me te whakataka kai

- Me mātua mau ngā kākahu mā (hei tauira, ngā paki me ngā neti makawe) i mua i te whāwhā kai, te kuhu atu rānei ki ngā wāhi whakataka kai (e hāngai anō tēnei ki ngā manuhiri).
- Me mātua whakarite ngā kaimahi: (tohu ko tēhea te mea ka oti i a koutou ko ō kaimahi):
 ka mau i ō rātau ake kākahu, tērā rānei
 ka mau kākahu mā e whakaratoa ana e te pakihi.
- Me tango ngā kākahu o waho (hei tauira, ngā paki, ērā mea) i mua i te wehe i ngā wāhi mahi kai (hei tauira, hei haere ki te wharepaku, ki waho rānei, ērā mea.).

S

Me Whakaatu

He aha ngā mea hei whakaatu?

- Ka horoia e te kaiwhakaū ōna ringaringa i tōna kuhunga atu ki tō pakihi hei tiro tiro mēnā kei reira ngā mea katoa e hiahiatia ana hei horoi i ōna ringaringa.
- Ka uia e tō kaiwhakaū:
 - kei a wai te kawenga mō te whakarite kei te kī pai te wāhi horoi ringaringa, ā, kei te mā,
 - he pēhea tō mōhio kei te horoi ngā tāngata i ō rātau ringaringa i ngā wā tika,
 - 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,
 - ka aha mēnā kei te mate te puku, ka māuiui rānei tētahi,
 - tiro tiro kei te mau kākahu mā/paki ngā tāngata katoa kei te whāwhā kai i te tīmatanga (e hiahiatia ana) o ia mahinga tīpako,
 - he pēhea tō whakarite kei te mau ngā kākahu mā,
 - ngā pātai mō ō ture mō ngā kākahu mā, ō raruraru rānei e pā ana ki ō ture.
- Me whakaatu ki tō kaiwhakaū:
 - tētahi **pūkete** ā-tuhi ina māuiui ana ngā kaimahi.





Te kimi kīrearea

K

Me Mōhio

He aha ngā mea me mōhio koe?

- Ko ngā kīrearea pērā i ngā kiore, ngā kioreiti, kēkerengū, ngārara hoki ka taea te whakahōrapa tahumaero. Ka taea e rātau tēnei mā te kohi ngangara mai i te ipu para me te whakawhiti atu ki ngā kai, ngā papa me ngā utauta me ngā hamuti, mimi hoki.
- Ka māuiui te tangata i ngā patukīrea/matū mō te patu kīrearea mēnā ka tāhawahawatia e ēnei ngā kai.

D

Me Mahi

He aha te mahi māu?

- Me tiroiro i ngā wāhi o roto me waho, tae atu ki ngā wāhi kohi me te putu para, ngā tohu o ia rā mō ngā kīrearea. Me whakawātea ngā kati, ngā hamuti me ngā ngārara hemo, me putu atu ngā kai kua kino.
- Me horoi me te patuero ngā utauta kua paru me ngā wāhi ka whai pānga ki te kai, tākai rānei.
- Me mātua patu ngā kīrearea:
 - mā te tiki i ngā tohunga patu kīrearea,
 - māu rānei e patu.
- Whakamahia ngā patukīrea/matū kia kore ai e tāhawahawatia te kai, e pā ki ngā utauta, papa rānei. Me whai i ngā tohutohu a ngā kaiwhakanao mō te putu, te whakarite me ngā whakamahi matū.
- Me whai i te hātepe me aha kāri [whero] **‘Ina hē tētahi mea’** mēnā ka kitea e koe ngā tohu kei reira tētahi kīrearea i roto i tō pakihi kai.

S

Me Whakaatu

He aha ngā mea hei whakaatu?

- Me whakaatu ki tō kaiwhakaū:
 - he pēhea tā koutou tiroiro ko ō kaimahi mō ngā kīrearea,
 - he pēhea tā koutou patu kīrearea ko ō kaimahi me te whakahaere mōrea mai i ēnei (hei tauira, ngā kai, tākai rānei kua tāhawahawatia).



Te whakataka kai kia haumaruru

He aha ngā mea me mōhio koe?

- Ka taea ngā ngangara kino mai i ngā kai me ngā matū whakaputa mate tūtohu te hōrapa mā ngā kai tāhawahawa, paru, ringaringa, kākahu me ngā mata. Ka tipu me te hōrapa tere, māmā noa hoki ngā ngangara i tētahi wāhi paruparu, pōrohe rānei.
- He maha ngā amuamu kai e pā ana ki te rapu i ngā mea kino (hei tauira, ngā kīrearea mate, whakapiri rongoā/tākaikai rānei i rō kai. Ko ngā mea kino mai i te tangata, ngā kīrearea ka uru ki te kai ka raru te ingoa pai, ā, ka māuiui pea te tangata.
- Me mātua whakarite kei te pāmahana tika ngā kai kei tere tipu te ngangara. Me mōhio koe me pēhea te whakarite kia noho ngā kai (me ngā kai kei ngā mīhini rato kai) i ngā pāmahana tika kia kore ai e tipu ēnei ngangara.

He aha te mahi māu?

- Me tiro tiro mēnā kei te mā ngā papa me ngā utauta, ā, ka patuero i mua i te whakamahi.
- Me horoi me te patuero ō wāhi mahi i a koe e mahi ana i te roanga o i tō rā.
- Me mātua tuku koe i ngā utauta horoi tika me tētahi wāhi hei rokiroki.
- Me whakatinana i ngā tikanga hei ārai i te uru atu o ngā mea kino ki ngā kai.
- Me whakarite kāore e tāhawahawatia te kai i tō hātepe.
- Me whakataka kai e ai ki ngā tohutohu a te kaiwhakanao, me whai rānei i ngā wāhanga hāngai o tēnei mahere (hei tauira, mēnā kei te whakataka kai mātao koe, me mātua whai koe i ngā ture i roto i te kāri [kākāriki] ***‘Te whakamātao i ngā kai’***.
- Ina whakataka kai, mēnā ka waiho ki te wāhi mōrearea (5°C ki 60°C), me mātua whai koutou ko ō kaimahi i te ture 2 haora/4 haora:

Katoa o te wā kei roto ngā kai i te wāhi mōrearea (5°C ki te 60°C)	Me aha
Neke atu i te 4 hāora	Me porowhiu
2 ki te 4 haora	Whakarato, whakawera rānei ki te 75°C Kaua e whakamātao
0 ki te 2 haora	Whakarato, whakamātao rānei, whakawera rānei ki te 75°C

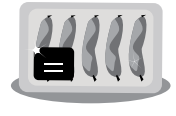
D

Me Mahi

E hāngai ana ki ngā kai, pērā i te:

Tīhi ngāwari,
māota rāneiNgā hupa
huawhenua

Ngā kare



Mīti

Towhu
māota

Hanawiti hēki

Raihi
waikawa-koreNgā wairanu
tuwhera

- Kei waenga te wāhi mōrearea i te 5°C ki te 60°C, ā, i konei ka tere te tipu o ngā ngangara kino.

He aha ngā mea hei whakaatu?

- Me whakaatu ki tō kaiwhakaū:
 - he pēhea tā koutou horoi haere ko ō kaimahi i a koutou e mahi ana,
 - he pēhea tā koutou ārai atu ko ō kaimahi i ngā mea kino mai i ngā kai,
 - he pēhea tā koutou tiro tiro ko ō kaimahi i te pāmahana o te kai.

S

Me
Whakaatu



Te wehewehe kai

He aha ngā mea me mōhio koe?

- Mā te wehe mai i ngā kai mata mai i ngā kai maoa/me kai tonu (hei tauira, me wehe mai ngā heihei mata mai i ngā kai maoa) ka ārai i te hōrapa o ngā ngangara.
- Me noho wehe ngā kai mai i ngā matū (hei tauira, ngā hua horoi).
- Ka pā mai i ētahi kai/ngā kai whakauru tētahi pānga pāwera. Mā te wehe i ngā kai kāore he matū whakaputa mate tūtohu mai i ngā kai kua whai matū whakaputa mate tūtohu e rārangi ana i raro ka aukati i te pāngia o ngā tangata e te mate, ā, me te mate atu pea.
- He maha ngā matū whakapāwera kai noa me mātua mōhio koe. Arā ko ngā: pīnati, mawhiti, kaiwhao, ika, miraka, hēki, kurutene, witi, hoi, hehame, rupini, pākati pungatara, amana, nati Parihi, kahunati, hānati, makatēmia, pīkana, nati paina, pistachios, wōnati.
- Me mōhio he aha ngā pāwera i roto i te kai e hokona ana e koe (me whai i ngā ture i roto i te kāri [karaka] **‘Te mōhio he aha kei roto i ō kai’**) – me mōhio koe ki te kōrero atu ki ō kiritaki, te whakamahi i te ingoa pāwera, mēnā ka pātai rātau, me whakauru rānei ēnei mōhiohio ki te tākai. Me whai i ngā ture i roto i te kāri [karaka] **‘Te tākai me te whakamau tapanga’**.
- Kei roto pea i te wē (hei tauira, mai i ngā kai kua whakarewatia) ngā ngangara kino. Ki te tau atu ēnei wai ki ētahi atu kai, papa hoki ka māuiui pea te tangata.

He aha i hira ai te wehewehe kai?

- 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.
- Mā te mahi kai kāore he whakapāwera i mua i tō mahi i ngā kai kua whai whakapāwera, ka tāpiri whakamarutanga atu anō.

He aha te mahi māu?

- Me mātua whai koutou ko ō kaimahi i tētahi tikanga hei whakahaere i te whakataka:
 - kai mata me te maoa/me kai tonu, me
 - ngā kai kei roto ko ngā matū whakaputa mate tūtohu e rārangi ana i roto i te **Me Mōhio**, me ngā kai kāore i roto ko aua matū whakaputa mate tūtohu.

K

Me Mōhio

D

Me Mahi

D

Me Mahi

- Me tohu te kōwhiringa ka whakamahia e koutou ko ō kaimahi hei whakahaere i te take i runga ake:
 - me whakamahi i ngā wāhi rerekē, utauta rerekē hoki (papa tapahi, ngā oka me ngā taputapu), tērā rānei
 - te āta horoi me te patuero (mēnā e hiahiatia ana) i ngā papa, papa tapahi, ngā oka me ētahi atu taputapu i waenga whakamahi, tērā rānei
 - me āta horoi me te patuero (mēnā e hiahiatia ana) i ngā papa me ngā utauta i waenga i te whakamahi me te mahi i ngā wā rerekē.
- Me horoi ō ringa (me whai i ngā ture kei te kāri [kikorangi kōmā] **‘Te whakahaere i te hauora me ngā tikanga akuaku’**), ā, mēnā e hiahiatia ana, te tīni i ngā kākahu whakamaru (hei tauira, ngā paki) i waenga i te whāwhā kai:
 - ngā kai mata me te maoa/me kai tonu, tērā rānei
 - ngā kai kei roto ko ngā matū whakaputa mate tūtohu e rārangi ana i roto i te **Me Mōhio**, me ngā kai kāore i roto ko aua matū whakaputa mate tūtohu, tērā rānei
 - ngā matū mōrearea, ngā paihana me ngā kai mōrearea.
- Me wehe ngā hua katoa kāore e whakapetoa e te tangata (hei tauira, ngā kai mōkai) mai i ngā kai me ngā wāhi whakataka kai.
- Me mārāma te tapa i ngā paihana me ngā matū mōrearea, me putu kia tawhiti i ngā kai me ngā utauta, me te whakarite kei te whakamarutia ngā kai ina whakamahia ana.
- Me tapa me te putu i ngā kai katoa ka pā pea he mate pāwera ki wāhi kē.
- Me kōrero atu ki ō kiritaki ko ēhea ngā kai e mahia ana e koe, e hoko ana rānei e koe he whai matū whakaputa mate tūtohu mēnā ka pātaitia.
- Ina kawea ana i ō kai, me wehe kē:
 - ngā kai mata me te maoa/me kai tonu, tērā rānei
 - ngā kai kei roto ko ngā matū whakaputa mate tūtohu e rārangi ana i roto i te **Me Mōhio**, me ngā kai kāore i roto ko aua matū whakaputa mate tūtohu.

He aha ngā mea hei whakaatu?

- Ka tono tō kaiwhakaū ki a koe me ō kaimahi kia whakamāramahia he pēhea tōu/tō rātau mōhio mēnā he matū pāwera kei roto i ngā kai e mahia ana, e whakaratoa ana, me te ingoa pāwera e hiahiatia ana hei whakaahua i ērā.
- Me whakaatu ki tō kaiwhakaū ko ngā kai kei roto tētahi o ngā matū whakaputa mate tūtohu e rārangi ana i te **Me Mōhio**, me ngā paihana me ngā matū mōrearea kei te mārāma te tapa.
- Me whakaatu, me whakamārama rānei ki tō kaiwhakaū he pēhea tō wehe:
 - i ngā hua mata me te maoa/me kai tonu, tērā rānei
 - ngā kai kei roto ko ngā matū whakaputa mate tūtohu e rārangi ana i roto i te Me Mōhio, me ngā kai kāore i roto ko aua matū whakaputa mate tūtohu, tērā rānei
 - ngā matū mōrearea, ngā paihana me ngā kai mōrearea.

S

Me Whakaatu



Te rapu, te whiwhi me te putu kai

Te whakataka

K

Me Mōhio

He aha ngā mea me mōhio koe?

- Me mātua mōhio koe he haumarū me te tōtika ngā kai ka whiwhi koe mai i tētahi kaiwhakarato, tētahi atu rānei.
- Me mōhio hoki koe i ahu mai te kai i hea mō te tūpono ka hē.
- Me noho makariri (tino mātao, tio rānei) ētahi kai kia kore ai e tipu ngā ngangara.
- Mēnā kei te whiwhi mātaitai ora koe, ā, he ture tonu kei reira hei whai māu ina whiwhi koe, kei roto ēnei i te wāhanga **Me Mahi**.
- Mēnā kei te rokiroki kai wera, mātao rānei i rō mīhini rato kai, me noho ngā kai ki te pāmahana tika kia kore ai e tipu ngā ngangara.
- Kaua ngā kai, ngā kai whakauru rānei e whakamahi, e hoko atu rānei i muri i te 'Rā Mōnehu' (kei roto i tēnei ko ngā mīhini rato kai). Ka kitea ngā tohutohu mō te whakamahi i ngā tohu 'Rā Mōnehu', 'Pai i Mua' i konei: (www.mpi.govt.nz/food-safety-home/how-read-food-labels/)
- Mēnā he hoko kai koe i tāwāhi me rēhita koe hei kaihoko kai i tāwāhi me MPI, me hoko anake i ngā kai mai i tāwāhi mai i tētahi kaihoko kai i tāwāhi rēhita.
- Mēnā he kaihoko kai i tāwāhi koe, me whiwhi whakamātautau koe i te haumarū me te tōtika o ngā kai i mua i te hokona mai i tāwāhi, tirohia te (www.mpi.govt.nz/import/food/advice-for-food-importers/responsibilities-of-a-registered-food-importer/food-importers-must-assess-and-confirm-safety-and-suitability-of-imported-food/) mō ētahi atu mōhiohio.



He aha te take he mea nui te rapu me te whiwhi kai?

- Mā te whakamahi i ngā kaiwhakarato e whakawhirinaki tia ana ka tino mōhio koe he haumarū me te tōtika ngā kai, me ngā kai whakauru ka whakamahia e koe. Ka taea e tēnei te ārai kia kaua he tangata e māuiui i ō kai, ā, kāore e moumou wā me te moni.
- Ko ngā kaiwhakarato pono pea ko ngā pakihi e rēhita ana i raro i te Ture Kai, te Ture Hua Kararehe rānei. He rēhita tā MPI i taea ai e koe te tiroiro ngā kaiwhakarato: (www.mpi.govt.nz/food-business/food-safety-registers-lists/)



K

Me Mōhio

- Ko te mea pai rawa kei tō pakihi koe ki te whiwhi i ngā tukunga. Mēnā ka kawea atu ngā kai mātao, pātio tio rānei i waho o ngā haora mahi, me mōhio koe i kawea atu i te pāmahana tika, ka putua ki te wāhi tika (hei tauira, pouaka mātao, pouaka tio rānei) e ai ki tērā i whakaaetia me tō kaiwhakarato, ā, he haumaruru tonu ki te whakamahi.

D

Me Mahi



He aha te mahi māu?

- Me hoko kai mai i ngā kaiwhakarato pono anake.
- Mēnā kei te hoko kai mai koe i tāwāhi, me mātua rēhita koe hei kaihoko kai i tāwāhi me MPI, me whai kirimana rānei mai i tētahi.
- Me mātua mahi koe i tētahi aromatawai haumaruru me te tōtika o ngā kai i mua i tō hoko mai i tāwāhi. Tirohia te wāhanga **Me Mōhio** mō ētahi mōhiohio anō.
- Ina tiki ana, te whiwhi rānei i ngā kai, me mātua tiro tiro koe:
 - kei te whakamātao ngā kai mātao,
 - 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.
- Mēnā kei te kawea koe i muri i te tiki atu, me whai koe i te kāri [karaka] **‘Te kawea kai’**.
- Ina whiwhi mātaitai ora, me mātua:
 - whakarite kua whakamātaohia ki te pāmahana o te 10°C, i raro iho rānei,
 - tiro tiro kāore he mea kino i roto (hei tauira, paru me ngā kōhatu),
 - tiro tiro me tō kaiwhakarato mēnā he pai te kai mata, kia āhua tunua rānei,
 - whiwhi koe i tētahi whakapuakanga hauhake.
- Ina whiwhi ana i ngā kai, me tuhi:
 - te ingoa me ngā taipitopito whakapā o tō kaiwhakarato,
 - te momo me te rahinga o ngā kai,
 - te pāmahana o te kai, mēnā me noho ki tētahi pāmahana hei whakarite kei te haumaruru me te tōtika.
- Ina whiwhi koe me tiro tiro kei te rawaka ngā mōhiohio kei te tapanga kia tika ai te whakamahi, te hoatu tapanga rānei ki ō kai. Me pātai ki tō kaiwhakarato mō ngā mōhiohio mō ngā hua kāore he tapanga, mō ngā whakamāoritanga rānei mēnā ka kawea mai i tāwāhi.
- Me whai i ngā tohutohu a te kaiwhakanao mō te rokiroki kai.
- Te putu kai kia haumaruru. Me rokiroki ngā kai tino mātao i te tuatahi, i muri mai ko ngā kai pātio tio, ā, ko ngā kai ka taea te rokiroki i te pāmahana rūma.



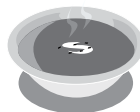
D

Me Mahi

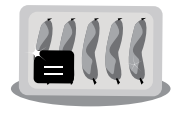
- Me whakarite ō rawa kai kia whakamahia ngā mea e tata ana ki ngā Rā Mōnehu, Pai i Mua rānei, i te tuatahi.
- Me porowhiu ngā kai i te ekenga ki te Rā Mōnehu.
- Me uhi te putu i ngā kai me te āta tapa.
- Me whai i te ture 2 haora/4 haora, e ai ki te hoahoa i raro:

Katoa o te wā kei roto ngā kai i te wāhi mōrearea (5°C ki te 60°C)	Me aha
Neke atu i te 4 hāora	Me porowhiu
2 ki te 4 haora	Whakarato, whakawera rānei ki te 75°C Kaua e whakamātao
0 ki te 2 haora	Whakarato, whakamātao rānei, whakawera rānei ki te 75°C

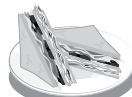
E hāngai ana ki ngā kai, pērā i te:

Tīhi ngāwari,
māota rāneiNgā hupa
huawhenua

Ngā kare



Mīti

Towhu
māota

Hanawiti hēki

Raihi
waikawa-koreNgā wairanu
tuwhera

- Kei waenga te wāhi mōrearea i te 5°C ki te 60°C, ā, i konei ka tere te tipu o ngā ngangara kino.
- Ki te hē tētahi mea i te wā rapu, whiwhi rānei i ngā kai, me whai i te kāri [whero] **'Ina hē tētahi mea'**.

He aha ngā mea hei whakaatu?

- Ka tiro tirohia e tō kaiwhakaū:
 - he pēhea tō koutou mōhio me ō kaimahi kei te haumaruru me te tōtika ngā kai,
 - ngā **pūkete** o tō rārangi kaiwhakarato pono me ngā whakatūturu a te kaiwhakarato,

S

Me Whakaatu



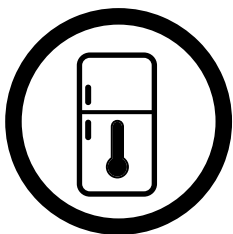
◦ ngā **pūkete** o:

- te ingoa me ngā taipitopito whakapā o tō kaiwhakarato,
- te momo me te rahinga o ngā kai,
- te pāmahana o te kai, mēnā me noho ki tētahi pāmahana hei whakarite kei te haumarū me te tōtika.

- Me whakaatu ki tō kaiwhakaū he pēhea tā koutou rokiroki, tapa, me te wehe kai e ai ki tō mahere.



- Me whakaatu ki tō kaiwhakaū tō tiwhikete rēhita hoko kai i tāwāhi.
- Me whakaatu ki tō kaiwhakaū i te aromatawai kai haumarū me te tōtika mō te kai kua hoko whakarototia mai e koe.



Te whakamātao i ngā kai

He aha ngā mea me mōhio koe?

- Me mātua whakarite kei te pāmahana tika ngā kai kei tere tipu te ngangara.
- Me mātua noho makariri (tino mātao, tio rānei) ētahi kai kia kore ai e tere tipu ngā ngangara.
- Me mōhio koutou ko ō kaimahi ki te rerekētanga i waenga i:
 - ngā kai me noho makariri kia noho pai ai (hei tauira, miraka), me
 - ngā kai ka taea e koe te whakamātao kia pārekareka ai ki ō kiritaki (hei tauira, te pia).
- Me mōhio koutou ko ō kaimahi ko ēhea ngā kai me noho makariri. Me pātai ki tō kaiwhakarato, me whai rānei i ngā tohutohu a te kaiwhakanao.
- Me mātua whakarite koe kei te tika (arā, ka tōkarikaritia) ngā utauta aroturuki pāmahana (hei tauira, ngā ine pāmahana). Tē taea e koe te whakawhirinaki ki te pāmahana e whakaaturia ana ki tō pouaka mātao/pouaka tio.

He aha te mahi māu?

- Me tirotiro i ia rā ko ngā kai kei roto i tō pouaka whakamātao kei te 5°C, iti ake rānei.
- Me aroturuki te pāmahana o ngā kai kei roto i tō pouaka whakamātao mā te:
 - whakamahi i tētahi toromoka pāmahana kua tōkarikaritia hei tirotiro 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 tauira, he pūnaha aroturuki pāmahana hono iarere) hei aroturuki i te pāmahana o roto, pāmahana mata rānei o ō kai.
- Me tirotiro mēnā kei te tio tonu ngā kai i roto i te pouaka whakatio. Ehara i te mea me tuhi e tuhi e koe te pāmahana o ngā kai pātio.
- Me mātua whai koutou ko ō kaimahi i te ture 2 haora/4 haora mō ngā kai mātao i waiho ki te wāhi mōrearea, e ai ki te hoahoa i raro:

D

Me Mahi

Katoa o te wā kei roto ngā kai i te wāhi mōrearea (5°C ki te 60°C)	Me aha
Neke atu i te 4 hāora	Me porowhiu
2 ki te 4 haora	Whakarato, whakawera rānei ki te 75°C Kaua e whakamātao
0 ki te 2 haora	Whakarato, whakamātao rānei, whakawera rānei ki te 75°C

E hāngai ana ki ngā kai, pērā i te:



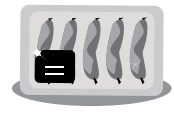
Tīhi ngāwari, māota rānei



Ngā hupa huawhenua



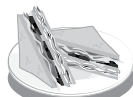
Ngā kare



Mīti



Towhu māota



Hanawiti hēki



Raihi waikawa-kore



Ngā wairanu tuwhera

- Kei waenga te wāhi mōrearea i te 5°C ki te 60°C, ā, i konei ka tere te tipu o ngā ngangara kino.
- Mēnā ka raru te whakamātao i ngā kai (hei tauira, kua tīmata ngā kai ki te rewa i roto i te pouaka tio), ka whai i te kāri [whero] **'I te kāri 'Ina hē tētahi mea'**.

He aha ngā mea hei whakaatu?

- Me whakaatu ki tō kaiwhakaū:
 - he pēhea tā koutou tiro tiro ko ō kaimahi i te pāmahana o ō kai, te pāmahana o roto o tō (ō) pouaka whakamātao,
 - he **pūkete** o ō tiro tiro pāmahana.

S

Me Whakaatu





Te tunu mārīre i te kai

He aha ngā mea me mōhio koe?

- Te āhua nei ka tāhawahawatia ētahi kai e ngā ngāngara e māuiui ai, e hemo ai rānei te tangata.
- He tikanga whānui te tunu kai hei patu i ēnei ngangara me te whakarite he pai te kai i te kai.
- Me tino maoa te tunu i ētahi kai hei patu i ngā ngangara. Me mōhio koutou ko ō kaimahi ko ēhea ō kai he nui te mōrea, ā, me tino maoa rawa i ia wa.
- Ko ngā tauira o ngā kai me tunu kia haumarū ai, ko ngā manu, ngā mīti kōnatunatu, me ngā ate.

He aha te take he mea nui te tunu kai kia tino maoa?

- Mā te tunu kia tino maoa ka patu i ngā ngangara, ā, ka haumarū ō kai ki te kai.
- He mea nui te tiroiro i ngā pāmahana mā tētahi ine pāmahana kua tōkarikaritia i te mea ka maoa te āhua o te kai ahakoa mata, ā, ka mata te āhua o te kai ahakoa kei te maoa. He mea nui te whakamahi i tētahi ine pāmahana kua tōkarikaritia hei whakarite kei te tika te pāmahana.

He aha te mahi māu?

- Me tunu ngā manu, mīti kōnatunatu (hei tauira, he tōtiti, kōpae mītinaku, ērā mea) me te ate heihei mā te whakamahi i te kāri [porowhero] **‘Te tunu manu, mīti kōnatunatu me te ate heihei’**.
- Ka taea ngā mīti pērā i te mīti kau, reme me te tia kia tōtoto engari me mātua rorerore i mua i te whakarato, ā, me wawe tonu te kai (arā, i rō wharekai/ō rangaranga).
- Ko te poaka me mātua āhua maoa, tino maoa rānei te tunu.
- Mēnā kei te tunu koutou ko ō kaimahii te **tunu rānei te sous vide’**, te **whakarite mīti whero rānei mō te kōnatunatu, ā, he whakarato kia āhua maoa, kia mata rānei**, me mātua whai koe i ngā ture kei te (ngā) kāri hāngai.
- Me whai i ngā tohutohu a te kaiwhakanao mō te tunu kai.
- Me tiroiro i ngā rīhi mō ngā wāhi makariri i ngā wā katoa. Me mātua ōrite te tunu i ngā kai kia maoa i roto.
- Me kaurori haere ngā kai kia kore ai he wāhi whakamātao.
- Tirohia te pāmahana o ō kai mā te: (me tohu ka aha koe)

K

Me Mōhio

D

Me Mahi

D

Me Mahi

whakamahi i tētahi ine pāmahana kua tōkarikaritia hei tiroiro i te pāmahana o te kai, 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 (hei tauira, ngā pūrangitaki raraunga).

- I muri i te tunu mārire:
 - me wawe tonu te whakarato i te kai,
 - me noho wera te kai (runga ake i te 60°C) kia whakaratoa rā anō, me whai i te kāri [karaka] **‘Te whakarite kei te wera ngā kai’**, te rānei
 - me tere te whakamātao i te kai mā ngā ture kei te kāri [porowhero] **‘Te whakamātao kai kua tunua’**.

S

Me Whakaatu

He aha ngā mea hei whakaatu?

- Me whakaatu ki tō kaiwhakaū he pēhea tō koutou mōhio ko ō kaimahi kei te tino maoa katoa ō kai mā te:
 - tango i te pāmahana o ia kai i tunua e koe, me te/tērā rānei
 - whakamahi i ngā tohutohu a te kaiwhakanao.



Te tunu manu, mīti kōnatunatu me te ate

He aha ngā mea me mōhio koe?

- Mā te tino tunu rawa i ngā kai ka patua ngā ngangara kino.
- Ki te kōnatunatuhia he mīti tērā ka hōrapa ngā ngangara kei te mata puta noa i ngā mīti. Me tino maoa ngā hua mīti kōnatunatu.
- Kāore koutou ko ō kaimahi e mate ki te tango i te pāmahana o ngā manu me ngā ate, ngā mīti kōnatunatu (hei tauira, ngā heihei i parai-kōrori, ngā ate tapatapahia, ngā mīti kōnatunatu rānei) i rahirahi te tapahi.
- Ka tāhawahawatia pea ngā ate i ngā ngangara kino i roto me waho, nō reira me tino maoa te tunu. Kua hangaia e MPI ngā aratohu hei āwhina ki te tunu ate kia haumarū: (www.mpi.govt.nz/food-business/food-safety-codes-standards/good-operating-practice/documents/safe-cooking-of-livers/)
- Me tunu ngā manu (hei tauira, rakiraki, rakiraki, ngā ate) me ngā mīti kōnatunatu, mīti kuoro (hei tauira, tōtiti, mīti papatahi) ki ngā pāmahana tauwhāiti mō tētahi wā ake hei whakarite kei te haumarū.



He aha te mahi māu?

- Me whakamahi tētahi o ngā hiatonga wā/pāmahana e whai ake i ngā wā katoa mēnā kei te tunu manu, mīti kōnatunatu, kuoro rānei, ate rānei:

pāmahana o roto	Wā iti rawa i te pāmahana
65°C	15 meneti
70°C	3 meneti
75°C	30 hēkona

- Me whakamahi he ine pāmahana kua tōkarikaritia hei tiro tiro kua eke a waenganui o te wāhanga mātotoru rawa o te heihei, te mīti kōnatunatu, te ate rānei ki tētahi o ngā hiatonga wā/pāmahana i runga ake.
- Ko tā koutou ko ō kaimahi me mātua:
 - tuhi te pāmahana o tētahi mea 1 i te iti rawa mai i ia rourou i ia wā ka mahia mai, tērā rānei
 - whakaatu he whaitake tō tikanga tuhi mā te whai i te kāri [porowhero] **Te whakaatu he whaitake te tikanga ka whakamahia e koe i ia wā’.**

D

Me Mahi

- I muri i te tunu manu, ate me ngā mīti kōnatunatu:
 - me wawe tonu te whakarato i te kai, tērā rānei
 - me noho wera te kai (runga ake i te 60°C) kia whakaratoa rā anō, me whai i te kāri [karaka] ***‘Te whakarite kei te wera ngā kai’***, te rānei
 - me tere te whakamātao i te kai mā ngā ture kei te kāri [porowhero] ***‘Te whakamātao kai kua tunua’***
- Mēnā kei te tāmahana koe i te manu, ate, me te mīti kōnatunatu maoa, me whai i te kāri [porowhero] ***‘Te tāmahana kai’***.

S

Me Whakaatu



He aha ngā mea hei whakaatu?

- Whakaaturia ngā **pūkete** ki tō kaiwhakaū he pēhea tā koutou tunu ko ko ō kaimahi ngā manu me ngā mīti kōnatunatu kia haumarū. **Tuhia:**
 - ngā kai
 - te rā i tunua,
 - te pāmahana i tunua te kai me te roa ki tēnei pāmahana.
- Mēnā ka taea e koe te whakaatu he whaitake tō tikanga tunu, me whakaatu ki tō kaiwhakaū ngā **pūkete** e hiahia ana mai i te kāri [porowhero] ***‘Te whakaatu i tō tikanga i ia wā’***.





Te whakaatu he whaitake te tikanga ka whakamahia e koe i ia wā

Te Mahi me te Tunu

He aha ngā mea me mōhio koe?

- Mā te whakaatu he whaitake tō tikanga kāore koe e mate ki te whakamātautau i ia kai, i ia wā ka mahia a koe, e tino mōhio ai koe kei te tika ō mahi ki te ārai, te patu kīrearea rānei.
- Ina whai koe i tētahi tikanga whaitake, kāore koe e mate ki te ine i ia kai, i ia wā. Engari, me tirotiro e koe, ō kaimahi rānei ngā kai i mahia mā tō tika i ia wiki hei whakaū he whaitake tonu tō tikanga.
- Mēnā ka mahia, ka tukuna rānei e koe, e ō kaimahi rānei ngā kai mā te whai i tētahi o ngā kāri i raro ka taea e koe te whakaatu he whaitake tō tikanga i ia wā mā:
 - **‘Te tunu manu, mīti kōnatunatu me te ate’** [kāri porowhero],
 - **‘Te whakamahi mahinga wai hei patu ngangara’** [kāri porowhero],
 - **‘Te whakamahi waikawa hei patu ngangara’** [kāri porowhero],
 - **‘Te whakaauau wera hei patu ngangara’** [kāri porowhero],
 - **‘Te mahi huhu’** [kāri kārikiōrangi],
 - **‘Te tunu rakiraki ā-Hainamana’** [kāri kārikiōrangi],
 - **‘Tunu mā te sous vide’** [kāri kārikiōrangi].
- Mēnā ka mahia, ka whakamātaohia e koe, e ō kaimahi rānei ngā kai kātahi anō ka maoa, taea e koe te whakaatu he whaitake tō tikanga i ia wā.

He aha te mahi māu?

- Tautuhia te tikanga ka whakaatuna e koe: (tohu ko tēhea te mea ka whakaaturia e koutou ko ō kaimahi)
 - ‘Te tunu manu, mīti kōnatunatu me te ate’** [kāri porowhero]
 - ‘Te whakamahi mahinga wai hei patu ngangara’** [kāri porowhero]
 - ‘Te whakamahi waikawa hei patu ngangara’** [kāri porowhero]
 - ‘Te whakaauau wera hei patu ngangara’** [kāri porowhero]
 - ‘Te mahi huhu’** [kāri kārikiōrangi]
 - ‘Te tunu rakiraki ā-Hainamana’** [kāri kārikiōrangi]

D

Me Mahi

‘Tunu mā te sous vide’ [kāri kārikiōrangi]

‘Te whakamātao kai kua tunua’ [kāri porowhero]

‘Te tāmahana kai’ [kāri porowhero]

- Me mātua whakamahi koutou ko ō kaimahi i aua utauta tonu, te hātepe tao me ngā kaiwhakauru ōrite (momo, taumaha, mehanga winika, ērā mea) mō te tikanga e whakamahia ana e koe i ia wā ka mahi kai koe.
- Mahia, tunua rānei ngā kai/te whakamahi utauta mā te whakamahi i te hātepe arowhānui mai i te kāri hāngai.
- Tirohia/whakamātautauhia rānei te kai/utauta tunu hei whakarite kei te ū ki ngā tepenga e hiahiatia ana (hei tauira, ka tunua ngā kai manu me te mīti kōnatunatu ki te 75°C mō te 30 hēkona i te iti rawa, ko te pH o te raihi kua whakawaikawatia mō te huhi i waenga i te he 4.3 me te 3.0, ko te wai tāpu kei te pāmahana tika mō te sous vide).
- Me tirotiro kei te mahi tō tikanga i ngā wā piritata e 3 me ngā rahinga e toru rerekē o ngā kai ōrite hei whakaatu kei te haumaruru me te tōtika ō kai. Mēnā ka kitea e tētahi o ō tirotirotanga e 3 kāore e mahi tō tikanga, me mātua hoahoa anō i tō tikanga kia eke tika rā anō mō ngā tirotiro piritata e 3.
- Ina tutuki me mātua tirotiro kei te mahi tonu tō tikanga mā te tirotiro i tētahi o ngā kai kotahi i te wiki.

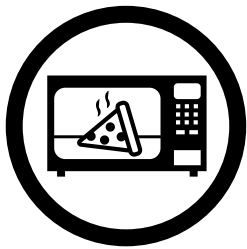
He aha ngā mea hei whakaatu?

- Me whakaatu ki tō kaiwhakaū i pēhea tā koutou whakaatu ko ō kaimahi kei te pai tō tikanga
- Me whakaatu ki tō kaiwhakaū ngā **pūkete** o:
 - tō tikanga utu,
 - ō tirotirotanga rourou ā-wiki.

S

Me Whakaatu





Te tāmahana kai

He aha ngā mea me mōhio koe?

- Me mātua tāmahana koutou ko ō kaimahi i ngā kai kia haumarū ai kia kore ai e noho ki te wāhi pāmahana mōrea (5°C ki te 60°C).
- Me haumarū te tāmahana kai a ngā mīhini rato kai.
- Kāore ngā tāpu putunga kai me ngā pouaka wera e whakawera kai. Ka whakarite ka noho mahana ngā kai ina tunua, whakawerahia rānei.

He aha i hira ai te tāmahana kai?

- Mēnā kāore e tika te tāmahana kai, ka roa rawa pea te noho ki te pāmahana wāhi mōrearea (5°C ki te 60°C), ā, ka tipu pea ngā ngangara kino. Ka māuiui, ka mate pea he tangata i te kai.

He aha te mahi māu?

- Me whakamahi i ngā utauta tika hei tāmahana tere i te kai:
(tohua te mea e whakamahia ana e koutou ko ō kaimahi)
ngaruiti
pātunu
umu
tētahi atu _____
- Ina whakaratoa ana, me whai i ngā tohutohu a te kaiwhakanao mō te tāmahana.
- Me whakawera ngā kai kia tino wera rawa atu (75°C i te iti rawa) i te wāhanga mātao rawa (mēnā he wē), a waenganui (mēnā he totoka), ā, me noho ki runga ake i te 60°C kia whakamahia rā anō.
- Ko ngā kai tāmahana e noho ana i waenga i te 5°C me te 60°C mō te wā atu ki 4 haora, ka taea te tāmahana anō ki runga ake i te 75°C me te whakarato kia wera (i runga ake i te 60°C). Mēnā e noho ana te kai tāmahana i waenga i te 5°C me te 60°C mō te wā neke atu i te 4 haora me mātua porowhiu.
- Mēnā kei te tāmahana i ngā wāhanga mīti whero, manu rānei kua tāmahanatia mā te tikanga sous vide, me whai i te kāri [kārikiōrangi] **‘Te tunu mā te sous vide’**.
- Ko ngā mīhini tāmahana kai me mātua tāmahana ki te 75°C i te iti rawa mā te whai i ngā tohutohu a te kaiwhakanao. Me mātua noho hoki te kai ki runga ake 60°C kia whakamahia rā anōtia.

D

Me Mahi

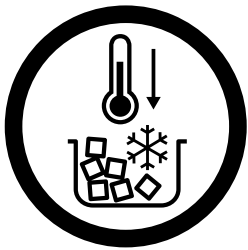
- Mēnā he rite tonu tā koutou tāmahana kai ko ō kaimahi, ka taea e koe te whakaatu tō tikanga, ā, kia tiro tiro anake koe i ngā kai i ngā wā i whakaritea. Tirohia te kāri [porowhero] ***‘Te whakaatu he whaitake te tikanga ka whakamahia e koe i ia wā’.***

S

Me Whakaatu

He aha ngā mea hei whakaatu?

- Me whakaatu ki tō kaiwhakaū:
 - he pēhea tā koutou tāmahana kai ko ō kaimahi kia haumarū,
 - he pēhea tō koutou mōhio ko ō kaimahi he haumarū te whakawera a te mīhini rato kai i ngā kai.



Te whakamātao kai kua tunua

He aha ngā mea me mōhio koe?

- Me tika tā koutou whakamātao ko ō kaimahi i te kai, kia kore ai e tino roa te noho ki te wāhi pāmahana mōrea (5°C ki te 60°C) e tipu ai ngā ngangara ki ngā taumata hīrokiroki.
- Mēnā ka tāpirihia he tere rawa te whakauru kai wera ki tō pouaka whakamātao, kātahi pea ka whakapiki i te pāmahana o ērā atu o ō kai i roto i tō pouaka whakamātao, ā, kua kore pea e haumaru.
- Ko ngā momo kai me tere te whakamātao ko: ngā raihi waikawa-kore, ngā hupa, mīti, pai mīti, ngā tiu, ngā kare, ngā kai rimurapa, ngā kīhi.

He aha e hira ai te whakamātao kai kua tunua?

- Mēnā kāore e tika te whakamātao kai, ka roa rawa pea te noho ki te pāmahana wāhi mōrearea (5°C ki te 60°C) ka tipu ngā ngangara kino. Ka māuiui, ka mate pea he tangata i te kai.

He aha te mahi māu?

- Me tere te whakamātao kai hei aukati i te tipu o ngā ngangara, te whakaputa tāoke rānei.
- Me mātua heke te kai 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,
 - Kia taea ai tēnei me mātua whakamātao i te kai mai i te 60°C ki te 21°C, te pāmahana rūma rānei (ko te mea mātao ake) i roto i te 2 haora. Ā, mai i te 21°C, pāmahana rūma rānei (ko te mea mātao ake) ki te 5°C (i raro iho rānei) i roto i te 4 haora.
- Ka tīmata anake te whakamātao ina tae ō kai ki te 60°C. I konei me tīmata koe ki te tirotiro.
- Ina tae ō kai ki te 21°C, te pāmahana rūma rānei (ko te whakamātao rawa), me rau ki te pouaka whakamātao, rūma whakamātao rānei.
- Me tirotiro i muri i te 4 haora kei te 5°C te kai, i raro rānei.
- Me whakamahi tētahi (he hiatonga rānei) o ēnei tikanga:
(me tohu i te mea ka whakamahia e koutou ko ō kaimahi):
 - te rau i ō kai ki ngā ipu hahaka,
 - te whakamahi i tētahi tāpu hukapapa,
 - te wehewehe i ō kai ki ngā tiringa iti ake,
 - te whakamahi whatanga whakamātao,
 - te rau i ō kai ki tētahi rūma whakamātao.

K

Me Mōhio

D

Me Mahi

- Mēnā he rite tonu tā koutou whakamātao kai ko ō kaimahi, ka taea e koe te whakaatu tō tikanga, ā, kia tirotiro anake koe i ngā kai i ngā wā i whakaritea. Tirotia te kāri [porowhero] ***‘Te whakaatu he whaitake te tikanga ka whakamahia e koe i ia wā’***
- Me whai i te hātepe me aha kei te kāri [whero] ***‘Ina hē tētahimea’*** mēnā kāore e haumarū te whakamātao kai i roto i te 6 haora.

Te whakamātao kai

Me porowhiu mēnā kāore e whakamātaohia ki te 5°C i roto i te 6 haora



S

Me
Whakaatu**He aha ngā mea hei whakaatu?**

- Me whakaatu, whakaahua rānei ki tō kaiwhakaū he pēhea tā koutou whakamātao wawe ko ō kaimahi i ngā kai kātahi anō ka tunua.
- Me whakaatu ki tō kaiwhakaū **ngā pūkete** mō te āhua o tā koutou whakamātao ko ō kaimahi kia haumarū i ia rourou o ngā kai kātahi anō ka tunua (arā, 60°C ki te 21°C, te pāmahana rūma rānei (ko te mea mātao rawa) i roto i te 2 haora, ā, ki te 21°C, pāmahana rūma rānei (ko te mea mātao ake) ki te 5°C (i raro iho rānei) i roto i te 4 haora).
- Me tuhi:
 - ngā kai,
 - te rā i tunua ngā kai,
 - te wā mō te mātao haere o te kai.
- Mēnā ka taea e koutou ko ō kaimahi te whakaatu kei te mahi tō tikanga tunu, me whakaatu ki tō kaiwhakaū **ngā pūkete** e hiahiatia ana mai i te kāri [porowhero] ***‘Te whakaatu i tō tikanga i ia wā’***.





Te whakarewa kai

K

Me Mōhio

He aha ngā mea me mōhio koe?

- Mēnā ka waiho e koe ngā kai kia rewa i te pāmahana rūma mō tētahi wā roa, kei roa rawa pea ngā wāhanga o waho ki te wāhi mōrearea (5°C-60°C) i mua i te rewatanga o waenganui.
- Mā te whakarewa kai i rō pouaka whakamātao ka whakarite kāore e uru ki te wāhi mōrearea, ā, ka tino pai te āhua hei whakamahi.
- Mēnā he wāhanga noa iho o te kai i rewa, kāore pea e eke ki ngā pāmahana tika ina tunua ana hei patu ngangara.

D

Me Mahi

He aha te mahi māu?

- Me whakariterite i mua mēnā kei te whakamahi i ngā kai pātiotio kia whai wā ai ki te whakarewa kia haumarū, i roto i te pouaka whakamātao/rūma whakamātao.
- Ina tukuna mai, me whakarewa ngā kai e ai ki ngā tohutohu a te kaiwhakanao.
- Me mārama te tapa i ngā kai kei te rewa (hei tauira, rā i tīmata te whakarewa).
- Me waiho ngā kai e whakarewatia ana ki roto i tētahi ipu ki te taha whakararo o te pouaka/rūma whakamātao kia kore ai e hōpara ai ngā wai ki runga papa me ētahi atu kai.
- Mēnā kāore e taea e koe te whakarewa kai ki roto i tētahi pouaka/rūma whakamātao, ka taea e koe tētahi o ēnei tikanga (he hiatonga rānei) te whakamahi:
(tohu ko tēhea te mea ka whakamahia e koutou ko ō kaimahi)
me whakarewa ki te ngaruiti ka whakamahi wawe i ngā kai,
me whakarewa i raro i te wai rere i rō ipu kati hau,
me whakarewa ki te raumanga, ā, kia kaua e roa atu i te 4 haora.
- Ina whakarewahia, ko ngā kai mātao, wera rānei me mātua rau ki te pouaka whakamātao, me tunu, me noho wera rānei.
- Me mātua rewa katoa ngā kai i mua i te whakawera anō, te tunu rānei.

S

Me Whakaatu

He aha ngā mea hei whakaatu?

- Me whakaatu ki tō kaiwhakaū:
 - he pēhea tā koutou whakarewa kai ko ō kaimahi,
 - he pēhea tā koutou whakarite ko ō kaimahi ka haumarū ngā kai.



Te whakamahi mahinga wai hei patu ngangara

He aha ngā mea me mōhio koe?

- E hāngai ana tēnei tukanga ki te hunga he whakakukū me te whakamaroke kai.
- Ko ngā tauira o ngā ka taea te whakamaroke mā te whakamahi i tēnei kāri ko: te mīti pakipaki, ngā nati maroke me ngā huawhenua (hei tauira, ngā rēmana maroke, raima, ārani).
- Me mākū kia tipu ai ngā ngangara kino. Ki te whakaitia te rahinga tewetewe (mahinga wai) o ō kai ka āwhina ki te aukati i te tipuranga.
- E hāngai ana te mahinga wai ki te rahinga wai e wātea ana, hei tautoko i te tipu o ngā ngangara i roto i ō kai. Kāore i te ōrite ki te nui o te tewetewe o tētahi kai i te mea kāore e wātea ētahi wai i rō kai kia tipu ai ngā ngangara.
- Hei whakaiti i te mahinga wai me whakaiti hoki i te nui o te tewetewe kia uaua ake mō te tipu o ngā ngangara. Ka taea tēnei mā te whakamaroke kai, mā te tāpiri tote, huka rānei.
- Me 0.85 te mahinga wai, iti iho rānei mēnā kāore te kai i te putua ki te pouaka whakamātao, me whai tikanga rokiroki kē atu rānei (hei tauira, pH).
- Tē taea te mahi me te hoko mīti maroke i raro i tēnei mahere. Whakapā atu ki MPI (foodactinfo@mpi.govt.nz) mō ētahi āwhina atu anō.
- Ko te hua hoki o te whakaheke i te tewetewe 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 ngangara maha.
- He mea nui ko te tikanga ka whakamahia e koutou ko ō kaimahi 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 ngangara 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 tewetewe, 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 ngangara kei te ora tonu, ā, kua kore e haumarū, e tōtika rānei ngā kai.
- He ture kei roto i te Australia New Zealand Food Standards Code (te Tikanga) mō ngā momo matū kai (hei tauira, ngā tāroki) ka taea e koe te tāpiri ki ētahi

K

Me Mōhio

D

Me Mahi

kai. Tirohia te Tikanga, pātai rānei ki tō kaiwhakaū mō ētahi atu mōhiohio.

- Ehara i te mea me whai koutou ko ō kaimahi i tēnei kāri mēnā kei te whai koutou i te kāri [kārikiōrangi] **‘Te tunu rakiraki ā-Hainamana’**.

He aha te mahi māu?

Te whakamaroke

- Me mātua whai ngā hua kua whakamaroketia i tētahi ngohe wai o te 0.85, iti iho rānei engari ia mēnā: (tohu mēnā e hāngai ana)
e rokiroki mātaotia ana i te 5°C, i raro iho rānei kia whakamahia rā anō, kei raro i ētahi atu tikanga tohu tōtika (hei tauira, te whakaiti i te pH).
- Me mātua ōrite te tiro tiro i ngā utauta whakamaroke katoa (hei tauira, whakamahana, kōhauhau, whakakore haukū) kia mōhio ai kei te mahi tika.
- Ka whakamarokehia e au aku kai: (tohu ki hea whakamaroke ai i ngā kai)
ki tētahi wāhi whakahaere pāmahana,
ki ngā pāmahana hau hurinoa.
- Mēnā kei te whakamaroke koe i ngā kai i roto i te wāhi mōrearea (5°C ki te 60°C) me whakahaere pāmahana i te nuinga o te wā, me mātua whai koe i te ture 2 haora/4 haora. Tirohia te kāri [kākāriki] **‘Te whakataka kai kia haumarū’**.
- Mēnā kei te mahi koe i ngā kai me ngā ngohe wai o te 0.85, iti iho rānei, me mātua whakamātautau e koe kia mōhio ai ka taea tēnei.
- Mēnā he tikanga whaitake tā koutou ko ō kaimahi mō te whakamaroke i ō kai ki tētahi mahinga wai o te 0.85, iti iho rānei, me mātua tuku atu e koe ngā rourou e 3 o tō hua ki tētahi taiwhanga whai tohu mō te whakamātautau mahinga wai. Me mātua tutuki tēnei i te wā kotahi i te iti rawa i te tīmatanga, ā, ka taea e koe tāu ake tikanga hei tātai i te mahinga wai (hei tauira, ngaronga wai). Tirohia te kāri [porowhero] **‘Te whakaatu he whaitake te tikanga ka whakamahia e koe i ia wā’**.

Te whakatote me te tuku tote

- I te wā o te rumaki ki te wai tote, me mātua rumaki katoa te mīti ki te wai tote.
- Me auau te putu me te horoi taika whakatote (hei tauira, i te mutunga o ia wāhanga).
- Tirohia ngā utauta weronga i mua, i muri o ia whakamahinga mō ngā wāhi i pakaru, i ngaro rānei.
- Me mātua mā ngā pūwero i mua o te whakamahi.

D

Me Mahi

- Ina tuku tote, panipani rānei i te tote, me mātua whakarite ka ōrite te kapinga o te mata o te kai.

Ngā wairanu whakatote me te tuku tote

- Me whakamahi anake ko ngā matū kai e whakaaetia ana. Tirohia ngā ture i roto i te Tikanga mō te rārangi o ngā matū kai ka taea e koe te whakamahi.
- Me mahi me te whakamahi i ngā whakaritenga e whai ana i ngā tohutohu a te kaiwhakanao, me āu ake tohutohu rānei kua whakamātautauhia.
- Kua rawa e whakawaimeha i te kukūtanga o ngā tāpiringa (hei tauira, pākawa ota) me te tote e hiahiatia ana e taea ai te whakatote me te tuku tote.
- Ngā kai kua whakaritea kua putua ki te 5°C, i raro iho rānei. Me uhi kia whakamahia rā anō.
- Whakahaerehia te whakatote me te tuku totetote i te 5°C, i raro iho rānei.
- Me porowhiu ngā kai kua whakamahia anō me ngā kai pea i kino pērā i ērā i whakamahia mō te weronga, i te pito o ia rourou, i te mutunga o ia rā rānei.

He aha ngā mea hei whakaatu?

- Me whakaatu ki tō kaiwhakaū:
 - ngā otinga whakamātautau taiwhanga mai i tāu ake tikanga (hei tauira, te whakaheke taumaha) mō te whakamātautau ngohe wai (mēnā e hāngai ana),
 - he pēhea tā koutou whakamaroke, whakatote rānei i ō kai kia haumaruai,
 - tētahi **pūkete** o ngā matū kai e whakaaetia ana, ā, he pēhea tā koutou whakaū i ngā ture i roto i te Tikanga.



S

Me Whakaatu



Te whakamahi waikawa hei patu ngangara

He aha ngā mea me mōhio koe?

- Mēnā ka whakamoī, whakawaikawa rānei koutou ko ō kaimahi i ō kai kia haumarū ai, he ture pH kei reira me ū koe.
- Ko te whakawaikawatanga koinā te wā e tāpirihia ana he waikawa ki te kai hei whakamutu, whakapōturi rānei i te tipu o ngā ngangara kino, (hei tauira, te pīkara riki).
- Ko te whakamoī te tikanga e whakatipuria ana ngā ngangara pai i rō kai hei tukituki ki ngā ngangara kino me te whakapōturi i ngā ngangara.
- Ko ngā tauira o ngā kai ka taea te mahi mā tēnei kāri ko: ngā huawhenua pīkara, huarākau me te mīti; kombucha; kimchi; sauerkraut; ngā wairanu rānei;
- He maha ngā ngangara kino kāore e tipu, he tino pōturi rānei te tipu i roto i ngā taiao waikawa (pH 4.6, iti ake rānei). Mā te whakaiti i te pH kia iti iho i te 3.6 ka patua ngā ngangara kino rawa.
- Ehara i te mea me whai koutou ko ō kaimahi i tēnei kāri mēnā kei te whai koutou i tētahi o ēnei kāri:
 - **‘Te tunu rakiraki ā-Hainamana’** [kāri kārikiōrangi:], tērā rānei
 - **‘Te mahi huhi’** [kāri kārikiōrangi].
- Me tika tō whakarite i ngā taumata pH o ō kai kia kore ai e raruraru ō kiritaki, arā, mēnā he waikawa rānei ngā kai (he iti iho i te 3.0 te pH) ka wera pea i a koe te korokoro o te tangata. Mēnā kāore e tino waikawa rawa te kai (he nui atu i te 4.6 te pH) he nui rawa ngā ngangara kino ka tipu noa.
- 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 ngangara.
- Me tātai pea e koe te hounga o ō hua kai kua whakawaikawatia, kua whakamoītia rānei, me whai i ngā ture kei te kāri [karaka] **‘Te tākai me te whakamau tapanga ki ō kai’**.
- Tē taea e koe te mahi hua kai mīti moī mata (UCFM, hei tauira, harāmi, toriho rānei) me tēnei mahere. Me rēhita e koe tētahi Mahere Whakahaere Kai hāngai, mēnā e hiahia ana koe ki te mahi i ēnei hua kai. Mō ētahi atu mōhiotiro tirohia i konei: (www.mpi.govt.nz/food-business/running-a-food-business/food-control-plans/custom-food-control-plans/create-custom-food-control-plan/)



K

Me Mōhio

- Mēnā e hiahia ana koe ki te hoko i ngā hua kai kua whakawaikawatia, kua whakamoitia rānei ki ētahi atu pakihi (hei tauira, ngā wairanu, kombucha, ērā mea), me whai koe i ngā ture kei te kāri [karaka] ***‘Te hoko kai ki ētahi atu pakihi’***.

D

Me Mahi

He aha te mahi māu?

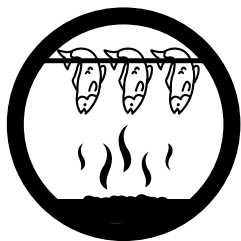
- Tautuhia ngā kai kia whakamoitia, kia whakawaikawatia rānei.
- Mēnā kei te whakawaikawa kai koutou ko ō kaimahi, i tua atu i te whakatāwara noa, me mātua whakamahi e koe tētahi tikanga e eke ai he pH ōrite.
- Mēnā kei te whakamoī kai koutou ko ō kaimahi, me mātua whakamahi e koe he tikanga e taea ai ngā ngangara pai te tipu tere, pai me te ōrite hoki puta noa i ō kai.
- Me whakamahi e koe tētahi o ēnei tikanga hei ine i te pH: (tohua te mea ka oti i a koutou ko ō kaimahi)
 - me whakamahi pūrere ine pH kua tōkarikaritia, tērā rānei
 - me tuku tīpakonga ki tētahi taiwhanga whaimana.
- Me whakamātau i ō kai whakamutunga i ia wā kia mōhio ai kei te pūmau te pH i te:
 - 3.6, iti iho rānei, tērā rānei
 - 4.6, iti iho rānei mō ngā hua kua pīkarahia (hei tauira, ngā huawhenua kua pīkarahia).
- Mēnā kei te hiahia koe ki te hoko i ngā hua kai kua whakawaikawatia, me mātua whai koe i ngā ture kei te kāri [karaka] ***‘Te hoko kai ki ētahi atu pakihi’***.
- Mēnā he rite tonu tā koutou whakawaikawa hua kai, whakamoī rānei ko ō kaimahi, ka taea e koe te whakaatu tō tikanga, ā, kia tirotiro anake koe i ngā kai i ngā wā i whakaritea. Tirohia te kāri [porowhero] ***‘Te whakaatu he whaitake te tikanga ka whakamahia e koe i ia wā’***.

S

Me Whakaatu

He aha ngā mea hei whakaatu?

- Me whakaatu ki tō kaiwhakaū:
 - he pēhea tā koutou whakamoī, whakawaikawa rānei ko ō kaimahi i ō kai,
 - he pēhea tō koutou mōhio ko ō kaimahi kei te ōrite te pH i roto i te kai, arā he:
 - kei waenga i te 3.0, te 3.6 rānei
 - he iti iho i te 4.6 mō ngā hua pīkara.
 - mēnā kei te whakamoī kai koutou ko ō kai, he pēhea tō mōhio kei te mahi te whakamoī.



Te whakaauau wera hei patu ngangara

He aha ngā mea me mōhio koe?

- Ka taea e koe te whakaauau wera ō kai hei tunu, hei whakatāwara rānei. E ai ki tāu e mahi ana ka whakarite he aha ngā ture me whai koe hei whai i roto i te wāhanga **Me Mahio** tēnei kāri.
- He ture kei roto i te Australia New Zealand Food Standards Code (te Tikanga) mō ngā momo matū kai (hei tauira, ngā tāroki) ka taea e koe te tāpiri ki ētahi kai. Tirohia te Tikanga, pātai rānei ki tō kaiwhakaū mō ētahi atu mōhiohio.

He aha e hira ai te whakaauau wera hei patu ngangara?

- Mā te whakaauau wera ka āwhina pea ki te aukati i te tipu o ngā ngangara i roto i ō kai engari me mahi anō, me putu ki te wāhi mātao rānei kia mātua haumaruru ai.

He aha te mahi māu?

- Me kōwhiri i te take e whakaauau wera ana koe:
 - te whakaauau wera hei tunu kai,
 - te whakaauau wera kia mau ai te namunamuā.

Te whakaauau kaimoana

- Ina whakaauau kaimoana me mātua whakamahi koe i ngā kaimoana māota (kore-tio).
- Mēnā kei roto te whakaauau wera i te hātepe tunu mō ngā kaimoana, me mātua tunu ki tētahi o ēnei hiatonga pāmahana wā e whai ake:

Pāmahana ā-roto	Kuku	Hāmana/ ika hinuhinu	Hoki/ika rahirahi	Tētahi atu (hei tauira, mātaimai, mawhiti)
63°C	6 meneti	8.5 meneti	4.25 meneti	13 meneti
65°C	2.25 meneti	4.5 meneti	2.25 meneti	6 meneti
68°C	30 hēkona	2 meneti	1 meneti	2 meneti
70°C	5 hēkona	35 hēkona	10 hēkona	1.5 meneti
75°C	1 hēkona	5 hēkona	2 hēkona	15 hēkona

D

Me Mahi

Te whakaauau mīti

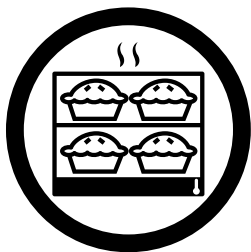
- Mēnā kei roto te whakaauau wera i te tukanga tunu mō ngā kai mīti, me mātua tunu ki tētahi pāmahana o te 75°C mō te 30 hēkona i te iti rawa. Tētahi hiatonga pāmahana wā mai i te kāri [porowhero] ***‘Te tunu manu, mīti kōnatunatu me te ate heihei’***.
- Me mātua haumarū me te tika te mahi a ngā utauta whakaauau katoa (hei tauira, whakawera, huri o te hau, ngā maramara wāhia).
- Me mātua whakahaere te whakaauau: (tohu ko tēhea te mea ka oti i a koutou ko ō kaimahi)
 - ki tētahi wāhi whakahaere pāmahana,
 - me te whakahaere ā-ringa i te pāmahana whakaauau.
- Me ōrite te wehewehe i ngā kai hei āwhina i te hurihuri o te hau me te whakaauau o ō kai.
- Me whai i ngā tohutohu a te kaiwhakanao ina whakamahi ana i te whakaauau wē.
- I te otinga o te whakaauau o ō kai, ko ngā kai me mātua noho makariri me putu ki te 5°C, i raro iho rānei, ā, me mātua (tohu ko tēhea te mea ka oti i a koe):
 - mau te rā me te wā i whakaauautia, ā, te rā me whakamahi, te hoko rānei hei whakapeto, i roto i te 5 rā o te mahinga, tērā rānei, tērā rānei i hoatu he ‘Rā Mōnehu’.
- Mō ētahi atu mōhiotia mō te tohu rā, me whai i ngā ture kei te kāri [karaka] ***‘Te tākai me te whakamau tapanga ki ō kai’***.
- Mō ia rourou ka whakaauau weratia e koe i roto i te mahi tunu kai, me mātua whai pūkete koe, me whai i ngā ture kei te wāhanga **Me Whakaatu**.
- Mō ia rourou ka whakaauau weratia e koe roto hei whakatāwara, me mātua whai pūkete koe, me whai i ngā ture kei te wāhanga **Me Whakaatu**.
- Mēnā kei te whakaauau koutou ko ō kaimahi hei whakatāwara, me mātua whai koe i te ture 2 haora/4 haora. Me whai i ngā ture i roto i te kāri [kākāriki] ***‘Te whakataka kai kia haumarū’***.
- Mēnā kei te whakamātao kai koutou ko ō kaimahi i ngā kai kua whakaauautia, me whai i ngā whakaritenga kei te kāri [porowhero] ***‘Te whakamātao kai kua tunua’***.
- Mēnā he rite tonu tā koutou whakaauau wera ko ō kaimahi i ō hua, ka taea e koe te whakaatu tō tikanga kia tirotiro haere ai koe i ō rourou i ia wiki. Tirohia te kāri [porowhero] ***‘Te whakaatu he whaitake te tikanga ka whakamahia e koe i ia wā’***.



He aha ngā mea hei whakaatu?

- Me whakaatu ki tō kaiwhakaū:
 - he pēhea tā koutou whakaauau wera ko ō kaimahi i ō kai kia haumaru ai.
 - Mēnā kei roto te whakaauau wera i te mahi tunu kai, he pēhea tō mōhio kua maoa ō kai, me tētahi **pūkete** ā-tuhi o:
 - te pāmahana hau whare/pouaka whakaauau,
 - te wā i tīmata ai te whakaauau,
 - te wā i mutu ai te whakaauau,
 - te pāmahana iho o te kai i te mutunga o te wā tunu,
 - mēnā i mate ki te tunu haere anō.
- Mēnā kei te whakaauau wera hei whakatāwara i ō kai, he **pūkete** ā-tuhi o:
 - te pāmahana hau whare/pouaka whakaauau,
 - te roa o te wā mō te whakaauau.





Te whakarite kei te wera ngā kai

He aha ngā mea me mōhio koe?

- Kaua rawa ngā kai me noho makariri, wera rānei e uru ki te wāhi pāmahana mōrea (5°C-60°C) kia kore ai ngā ngangara e tipu, ā, e māuiui ai te tangata.
- Me noho ngā kai wera ki runga ake o te 60°C kia kore ai e tipu ngā ngangara.
- Ina maoa te kai, mēnā ko te hiahia kia noho wera te kai, he mea nui kia kaua e uru ki te wāhi pāmahana mōrearea e tipu ai he ngangara, kia kainga, kia tere mātao rānei.

He aha te mahi māu?

- Me whai i ngā tohutohu a ngā kaiwhakanao mō te whakamahi utauta kia noho wera ai te kai (hei tauira: tāpu putunga kai, pouaka wera rānei).
- Me tunu mā te whai i ngā i ngā ture kei ngā kāri [porowhero] **‘Te tunu māriri i te kai’**, [porowhero] **‘Te tunu manu, mīti kōnatunatu me te ate’** me te [kārikiōrangi] **‘Te tunu mā te sous vide’** i mua i te rau ki ngā utauta pupuri mahana.
- Me tāmahana kai mā te whai i te kāri [porowhero] **‘Te tāmahana kai’**, i mua i te rau ki te utauta pupuri mahana (hei tauira, tāpu putunga kai, pouaka wera rānei).
- Me mātua wera haere i ō utauta ngā kai kia noho ki runga ake i te 60°C. Me whakamahi he ine pāmahana kua tōkarikaritia hei tiro tiro i te pāmahana o te kai.
- Me kaurori ngā kai wē kia mātua wera katoa ai me te kore wāhi makariri.
- Ina noho wera haere ana ngā kai mō te wā neke atu i te 2 haora, me tiro tiro te pāmahana i ia 2 haora kia mātua mōhio ai kei runga ake i 60°C.
- Mēnā e whakaatu ana te tiro tiro 2 haora kua heke te pāmahana o te kai raro i te 60°C, me tāmahana te kai ki runga ake i te 75°C me te whakapiki i te pāmahana o te tāpu putunga kai, pouaka wera rānei (me whai i te kāri [porowhero] **‘Te tāmahana kai’**). Mēnā kei raro iho te kai i te 60°C i te tiro tiro tanga whai ake, me porowhiu.
- Me mātua porowhiu ngā kai wera e noho ana raro i te 60°C mō te neke atu i te 4 haora.

K

Me Mōhio

D

Me Mahi

D

Me Mahi

- Ko ngā kai wera e noho ana i raro i te 60°C i raro i te 2 haora, me:
 - tino tāmahana ka whakarato kia wera (i runga ake i te 60°C), tērā rānei
 - tere te whakamātao ki raro i te 21°C, mā te whai i te kāri [porowhero] **‘Te whakamātao kai kua tunua’**.
- Kaua rawa e whakaranu ngā rourou tawhito me te hou kua tāmahanatia, ngā kai wera rānei hei kai wawe tonu.

S

Me
Whakaatu

He aha ngā mea hei whakaatu?

- Me whakaatu ki tō kaiwhakaū:
 - he pēhea tā koutou ko ō kaimahi whakarite ka noho wera ngā kai,
 - he pēhea tā koutou ine pāmahana ko ō kaimahi,
 - he pēhea tō koutou mōhio ko ō kaimahi kei te tika te tiro tiro i ngā pāmahana i roto i ngā wā e tika ana,
 - ka aha mēnā ka kite koe kei raro iho te kai wera i te 60°C.



Te kawē kai

He aha ngā mea me mōhio koe?

- Ina kawē ana i ngā kai me noho makariri, wera rānei, me whai koe kia kaua e uru ngā kai ki te wāhi pāmahana mōrea (5°C ki te 60°C) kia kore ai e tipu ngā ngangara. Me whai i ngā ture kei te kāri [kākāriki] **‘Te whakarite kei te mātao ngā kai’**, me te kāri [karaka] **‘Te whakarite kei te wera ngā kai’**
- I te wā e kawē ana ngā kai, ko te whakarite mō te waka e kawē ana ngā kai he wāhi kai tērā- me noho mā tērā, ā, me wehe i ngā kai pērā tonu i rō kīhini, rūma rokiroki rānei.
- Mēnā kei te tuku kirimana koe ki tētahi noa atu ki te kawē i ngā kawē, me mātua whakarite ka haumarū tā rātau kawē (hei tauira, i roto i ngā awhe wā/ pāmahana tika).
- Mēnā kei te whakamahi koe i tētahi ratonga tuku (hei tauira, te ōta kai tuihono me te kamupene kawē) hei kawē i ō kai, kei runga tonu i a koutou ko ō kaimahi te kawenga mō te whakarite he haumarū me te tōtika ō kai i te taenga atu.
- Me noho wehe ngā kai me ngā rawa ehara i te kai (hei tauira, ngā matū) kia kore ai e tāhawahawatia, e kino, e piro rānei te kai.
- Ka pā ngā whakaritenga kei tēnei kāri ki ngā pakihi katoa e whakamahi ana i tēnei mahere, e kawē ana i ngā kai mātaotao/pātiotio/ka rokirokitia.

He aha e hira ai te kawē haumarū i ngā kai?

- I te wā kawē, ka kino pea te kai, ā, kāore pea e tika i te mea ka whakakinotia, ka tāhawahawatia, ka tātāu rānei te pāmahana.

He aha te mahi māu?

Te whakarite kia noho wera ngā kai wera, kia noho mātao ngā kai mātao

- Me mātua kawē me te whakarato ki te pāmahana tika.
- Me kawē atu ngā kai mātao (ki te 5°C, i raro iho rānei), ngā kai wera rānei (i runga ake i te 60°C). Me mātua tiro tiro haere koe i tēnei.
- Me noho tio tonu ngā kai pātiotio kia mārō/totoka.
- Me whakamahi ko ngā utauta tōtika mō te kawē kai kia mōhio ai koe ka tika te pāmahana i te taenga atu: (tohu ko tēhea te mea ka whakamahia e koutou ko ō kaimahi)

K

Me Mōhio

D

Me Mahi

D

ngā pāhi/pouaka pareārai,
ngā rūma whakamātao kawē,
ngā utauta pupuri mahana,
tētahi atu _____

Me whakarite i mua i te kawē

- Me mātua whakahaere koe i ngā mea ka tāhawahawa pea i te kai (hei tauira, kaua te kararehe i uru ki ngā wāhanga o te waka mō te kai, kaua ngā matū e tata ki te kai).
- 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 (hei tauira, ngā paepae rōhi parāoa, ngā huarākau katoa rānei).
- Me porowhiu:
 - ngā kai kua kino,
 - ngā kai kua neke atu i te 4 haora e noho ana i te wāhi mōrearea.

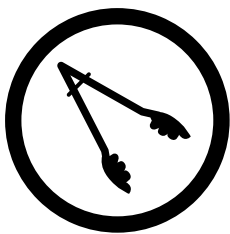
He aha ngā mea hei whakaatu?

- Me whakaatu ki tō kaiwhakau:
 - he pēhea tā koutou whakarite ko ō kaimahi ka noho ngā kai ki te pāmahana tika ina kawea ana,
 - he aha ngā tikanga ka whakamahia e koutou ko ō kaimahi kia pūmau ai te pāmahana me te mātua wehe i ngā kai ina kawea ana,
 - tō waka mō te kawē kai,
 - he pēhea e mōhio ai koutou ko ō kaimahi kei te noho haumarū me te tōtika ō kai ina kawea ana e hunga kē,
 - he **pūkete** o te pāmahana i kawea ō kai mātao/pātiotio, wera rānei mēnā kāore i whakamahia i roto i te 4 haora o te uru ki te wāhi mōrearea.



S

Me
Whakaatu



Te whakaatu kai me te tiki kai a ngā kiritaki mā rātau

He aha ngā mea me mōhio koe?

- Ka kino pea ngā kai e whakaaturia ana mēnā ka tāhawahawatia e te hunga māuiui, e ngā kākahu paruparu rānei.
- Ka taea e ō kiritaki te heri ngangara mai ki roto i tō pākihi kai. Ka taea ngā ngangara kino te whakawhiti atu ki ngā kai mā ngā hamuti, ruaki me ētahi atu wai tinana (hei tauira, toto me te hūpē) o te tangata māuiui.
- Ka piki te tūpono o te whakawhiti a ngā kiritaki i ngā ngangara ki ō kai i ngā whakaatu tiki kai kāore e tika te whakariterite (hei tauira, te toro ki runga i ake i ngā kai).
- Kaua e whakaatu, e hoko rānei i ngā kai kua hipa i tōna Rā Mōnehu.
- He mea kei te mā ngā mea katoa ka pā ki te kai (hei tauira, ngā taputapu kai, tākai), ā, kāore e tāhawahawatia te kai.
- Ka māuiui pea te tangata i te kai mātaitai mata. Mēnā kāore te mātaitai e hokona ana e koe i te haumarua ki te kai, me whakamōhio atu koe ki ngā kiritaki mō tēnei.
- Mēnā kei te pānui koe i te mātaitai ora ki te hoko, he ture kei reira hei whai māu, kei roto ēnei i te wāhanga **Me Mahi** kei raro.

He aha te mahi māu?

- Ko ngā kai ka kainga tonutia e tīpakohia ana e ngā kiritaki me mātua: (tohu ko tēhea te mea ka whakamahia e koutou ko ō kaimahi):
tākai i mua i te whakaaturanga, tērā rānei
me whakamaru ki ngā ārai matihe me ngā uhi.
- Mēnā kei te whakaatu kai wera koe, me mātua whai koe i ngā ture mō te **‘Te whakarite kei te wera ngā kai’** [kāri karaka]. Mēnā kei te whakaatu kai wera koe, me mātua whai koe i ngā ture mō te **‘Te whakarite kei te wera ngā kai’** [kāri kākāriki].
- Me mātua whakarato taputapu rato i ngā wā katoa. Kaua rawa ngā kakau o ngā taputapu e pā ki te kai. Me whakakapi ngā taputapu ina paruparu (hei tauira, ki te taka i te kiritaki ki te papa), ki te huria rānei te rourou, rīhi rānei.
- Me whai taputapu rato kai anō mō ngā kai whai matū whakaputa mate pāwera anake e rārangi ana i Me Mōhio kei te kāri [kākāriki] **‘Te Wehewehe Kai’** me ngā kai kāore e whai matū whakaputa mate pāwera.

K

Me Mōhio

D

Me Mahi

D

Me Mahi

- Me auau te tiro tiro ko ngā kai e whakaaturia ana mā ngā kiritaki tiki i ā rātau ake kai kei roto i te Rā Monehu.
- Mēnā he whakaatu mātaimai ora tāu me mātua:
 - whakahaere e ai ki ngā tohutohu a te kaiwhakanao,
 - me 3.3% te waitote (he wairewa tēnei o te 33g tote kua rewa ki te 1L wai),
 - auau te whakarerekē i te wai kia pai ai te mauri o te wai me te whakakore i ngā mea kē (hei tauira, ngā paruparu, kōhatu, anga, ērā mea),
 - tiro kāore e nui atu i te pāmahana i te 10°C.
 - me ngā mātaimai kua mate, pakaru rānei.
- Mēnā me tunu e ngā kiritaki ngā mātaimai i mua i te kai, me mātua kōrero atu koe mō tēnei. Me whai i ngā ture i roto i te kāri [karaka] **‘Te tākai me te whakamau tapanga ki ō kai’** mō ētahi mōhiohio anō.

S

Me
Whakaatu

He aha ngā mea hei whakaatu?

- Me whakaatu ki tō kaiwhakaū:
 - he pēhea tā koutou whakarite ko ō kaimahi he haumarū ngā kai e whakaratoa ana ki ngā kiritaki (hei tauira, te tiro tiro i ngā rā Mōnehu, te whai i ngā whakaritenga mō te noho wera, mātao rānei o ngā kai),
 - he pēhea tā koutou ārai ko ō kaimahi i ngā kai ka tīkina atu e ngā kiritaki mā rātau tonu kia kaua e tāhawahawatia.
 - he pēhea tā koutou tiro tiro ko ō kaimahi me te tiaki i te whakaatu mātaimai ora.
 - he pēhea tō whakarite ka mōhio ngā kiritaki ki ngā mātaimai mata kāore e pai kia kainga i mua i te tunu.





Te mōhio he aha kei roto i ō kai

He aha ngā mea me mōhio koe?

- Me mātua mōhio koutou ko ō kaimahi, ā, me mōhio ki te kōrero atu ki ō koutou kiritaki he aha kei roto i ā rātau kai kia whiriwhiri ai rātau i runga i te mōhio. E tino hira ana tēnei mō te hunga he mate pāwera kai tō rātau.
- Me mōhio koutou ko ō kaimahi he aha kei roto i ngā kai whakauru ka whakamahia e koe me ngā kai ka hokona e koe, kia tika te kōrero atu ki ngā kaimahi.
- He maha ngā matū whakapāwera kai noa me mātua mōhio koe. Arā ko ngā: pīnati, mawhiti, kaiwhao, ika, miraka, hēki, kurutene, witi, hoi, hehame, rupini, pākati pungatara, amana, nati Parihi, kahunati, hānati, makatēmia, pīkana, nati paina, pistachios, wōnati.
- Me mōhio koutou ko ō kaimahi ki te ingoa whakapāwera e hiahia ana hei whakaahua i ngā whakapāwera i roto i ō kai mai i te rārangi i runga ake.
- 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. Me mōhio koe ko ēhea ngā kai e hokona ana e koe e pā mai pea ngā pānga pāwera.
- Mēnā ka huria e koe he kaiwhakauru, kaiwhakarato rānei (hei tauira, ka huria te momo kaiwhakauru), me tirotiro e koe ngā kai whakauru me te whakarite kāore he whakapāwera hou, tāpiri rānei i roto.
- Kua hangaia e MPI tētahi aratohu hei āwhina i a koe kia mārama ai ki ngā ture mō ngā whakapuakanga whakapāwera. Me whai i (www.mpi.govt.nz/dmsdocument/50725-Allergen-labelling-Knowing-whats-in-your-food-and-how-to-label-it)
- He ture kei roto i te Australia New Zealand Food Standards Code (te Tikanga) mō ngā momo matū kai (hei tauira, ngā tāroki) ka taea e koe te tāpiri ki ētahi kai. Mēnā kei te tāpiri koe i ngā matū kai, tirotirohia te Tikanga (wāhanga 1.3), pātai rānei ki tō kaiwhakaū mō ētahi atu mōhiohio.
- He ture hanga kohuke kei roto i te Tikanga e hāngai ana ki ētahi kai ka mahia pea e koe (hei tauira, ngā tōtiti, ngā pai mīti, ērā mea). Tirotirohia te Tikanga, pātai rānei ki tō kaiwhakaū mō ētahi atu mōhiohio.



He aha te mahi māu?

- Tirohia ngā tapanga o ō kai whakauru. Me mātua mārama koe ki ēnā.
- Puritia ngā taipitopito o ngā kai whakauru ka whakamahia e koe (hei tauira,

D

Me Mahi

me tuhi me te whai haere i ō kai whakauru) kia mōhio ai koe he aha ngā whakapāwera me ngā matū kai e whakaaetia ana.

- Me kōrero atu ki ō kaimahi ko ēhea ngā kai kei roto ko ngā matū whakaputa mate pāwera e rārangi ana i roto i te Me Mōhio. Me mātua mōhio rātau ki te hira o tō rātau mōhio ki ngā mate pāwera me ngā matū whakaputa mate pāwera.
- Ko te kaiwhakahaere o ia rā, te ingoa/tūranga rānei o tangata kei a ia te mahi: _____ (tohu ina tika ana) me mātua mōhio ia ki te kōrero ki ngā kiritaki mō ngā mea kei roto i ā rātau kai.
- Me mātua tiro tiro e koutou ko ō kaimahi ngā kai whakauru katoa kei roto i ngā kai, tae atu ki ngā wairanu, ngā kīnaki ka whakaratoa, ka kīnakihia rānei ki te kai kia mōhio ai koe ko ēhea he whakapāwera kei roto.
- Tirohia ngā whakaritenga matū kai i roto i te Tikanga mēnā e whakamahi ana koe i ngā matū kai (hei tauira, ngā tāroki) hei mahi i ō kai me te whakarite kāore e nui atu ngā matū kai e whakamahi ana koe i ngā tepenga kei te Tikanga.
- Tirohia kei te whakaūhia ngā whakaritenga hanga kohuke i roto i te Tikanga (mēnā e tika ana).

S

Me Whakaatu

He aha ngā mea hei whakaatu?

- Me whakaatu ki tō kaiwhakaū he pēhea tō mōhio he aha kei roto i ngā kai whakauru ka whakamahia e koe.
- Ka pātai atu pea tō kaiwhakaū ki ngā kaimahi kia kōrero atu rātau mō ngā kai kua whai matū whakaputa mate pāwera.
- Ō tohutoo hei whakaatu i pēhea tō ū ki ngā ture matū kai, hanga kohuke hoki mēnā e hāngai ana ki a koe.



Te tākai me te whakamau tapanga ki ō kai

He aha ngā mea me mōhio koe?

- Ehara i te mea me whakamau tapanga ki ngā kai katoa, engari mō ērā kai, me mātua ū ngā tapanga ki te ture kei roto i te Australia New Zealand Food Standards Code (te Tikanga).
- Kāore koe e herea ki te whakamau tapanga ki ō kai mēnā:
 - kāore ō kai i te tākaia,
 - i mahia, i takaia, i hokona hoki ō kai ki te wāhi kotahi,
 - i tākaia ngā kai i mua i tō kiritaki,
 - he wāhanga i tapahia, te katoa rānei o ngā huarākau, huawhenua (engari ia mēnā he hoko toroihi kākano),
 - ko ō kai he kai mō te kai tonu ka tukuna atu ki tō pakihi kua tākaia kētia, ā, kua reri tonu ki te hoko,
 - ka hokona ki tētahi huihuinga mahi moni,
 - ka whakaaturia ō kai mai i tētahi pouaka ratonga kāore nei e āhei atu te kiritaki.
- Ahakoa kāore e whakaritea kia mau tapanga ō kai me mōhio koe ki te kōrero atu ki ō kiritaki, te whakaatu rānei kia tata atu ki te kai:
 - he aha kei roto i ngā kai,
 - ngā tauākī whakatūpato (me whakaatu), ngā tauākī tohutohu me ngā whakapuakanga pāwera.
 - mēnā ka mahia mai ngā kai, he kai taiapu rānei kei roto (me whakaatu), he whakauru kua raweke ā-iratia.
- Ko ngā kai i mahia mai i tētahi wāhi kotahi, ā, i takaia ki tētahi atu wāhi me whai tapanga.
- Kua hangaia e MPI ngā aratohu hei āwhina i koe ki te hanga i ō tapanga kai. Ka kitea ēnei i konei: (www.mpi.govt.nz/food-business/labelling-composition-food-drinks/documents/)
- Ka kino haere pea ētahi kai i roto i te wā, ahakoa he pai tonu pea te āhua, te rongo me te reka. He mea nui te whakamōhio atu ki tō kiritaki mō te rā me pau ō kai, mā te tātai i te hounga me te tuku i tētahi rā Pai i Mua, Rā Mōnehu, I Tunua i Te/Tunua Mō rānei (mō ngā parāoa anake tēnei). Me mātua whakarite ka tika tō tataui i tēnei rā.



K

Me Mōhio

He aha te take me tātai te hounga o tētahi kai?

- Mēnā kāore i te whakaratoa ō kai kia kainga tonutia, ā, kāore pea e haumarū i roto i te wā, me whiriwhiri pea e koe te hounga o tētahi kai kia pai ai tō hoatu i tētahi tohu rā.
- 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’** (www.mpi.govt.nz/dmsdocument/12540-How-to-determine-the-shelf-life-of-food-Guidance-document)
- 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 pai hei whakamahi me te kai kia noho haumarū ō kai.



He aha i hira ai te whakamau tapanga?

- Mā ngā tapanga ka taea e ō kiritaki te tuku whakatau pai, haumarū hoki. Ka whakamōhio atu hoki ēnei ki ō kiritaki me pēhea te putu, te whakamahi i te kai, ā, me te wā me whakapeto (mēnā e tika ana).
- He mea 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.

D

Me Mahi

He aha te mahi māu?

- Mēnā me mātua whakamau he tapanga ki ō kai me whakauru ko te:
 - ingoa o te kai,
 - tuakiri wāhanga/rourou,
 - ingoa me te wāhinoho o tō pakihi o Aotearoa, Ahitereiria rānei,
 - ngā tauākī tohutohu hāngai, tauākī whakatūpato, whakapuakanga pāwera hoki,
 - ngā here mō te rokiroki me te whakamahi,
 - rārangi kai whakauru,
 - tohu rā (hei tauira, Rā Mōnehu, Pai i Mua, ērā mea),
 - 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 te hua i ngā kai kua raweke ā-iratia, ngā kai taiapu iratuki rānei.
- Me mau ngā taipitopito o ngā kai whakauru e whakamahia ana e koe ki roto i ō kai.

D

Me Mahi

S

Me
Whakaatu

- Me tika te whakamau tapanga ki ō kai, mō ō kaimahi me ō kiritaki (hei tauira, te rā me pau ngā kai).
- Me whakamahi e koe ngā tākai me ngā taonga tākai (hei tauira, rāwhi) kia kore ai ngā ngangara me ngā mate pāwera e uru ki ngā kai.

He aha ngā mea hei whakaatu?

- Me whakaatu ki tō kaiwhakaū:
 - he pēhea tō koutou mōhio ko ō kaimahi ko ēhea ngā mōhiohio me whakauru ki ō tapanga kai,
 - ō tapanga kai.
- Ka uia pea koe e tō kaiwhakaū i pēhea tō tātaitai i te houna o ō kai.



Te hokohoko i ō kai ki ētahi atu pakihi

K

Me Mōhio

He aha ngā mea me mōhio koe?

- Ka taea anake e koe ō kai i mahia e koe te hoko atu ki tētahi atu pakihi mēnā:
 - kāore e huria te kaupapa o tāu mahi (arā, te hoko tōtika i ō kai ki ngā kiritaki), ā,
 - kāore koe e mate ki te whakarerekē i ō kai (hei tauira, ka huria e koe te āhua mō tākai, whakamau tapa rānei).
 - Ko ngā pakihi e whakaratoa ana e koe ka āhei anake te hoko hāngai atu i ō kai ki ā rātau kiritaki, kaua ki ētahi atu pakihi. Ko ngā tauira o ngā tāngata e taea ana tēnei mahere te whakamahi ko ngā peka hoko pai, keke, aha atu, aha atu, ki ngā whare kawhe, toa pūtia e hoko ana i ngā tōtiti, teiki, aha atu, aha atu ki ngā wharekai.
- Ina wehe atu ō kai i tō wāhi pakihi, kua kore e taea e koe te whakarite kei te haumarū, kei te tōtika – ka whakawhirinaki atu koe ki ētahi kia tutuki tēnei māu.
- Me mōhio koe ki ngā ingoa me ngā taipitopito whakapā o ētahi atu pakihi e auau ana tō whakarato kia taea e koe te tono kia whakahokia mai ngā ki te pā mai he raruraru.
- Me mōhio te hunga ka whakapeto i ō kai he aha kei roto. Mēnā kei te whakarato koe ki ētahi atu pakihi e hoko ana i ō kai, me rawaka tō tuku mōhiohio ki a rātau kia taea e rātau ngā pātai katoa te whakautu mō ngā mea kei roto i ō kai.
- Mēnā ka kitea koe ko te nuinga o ō kai e mahia ana e koe kei te hokona ki pakihi kē, kei te whai pea koe i te mahere hē. Whakapā atu ki MPI (foodactinfo@mpi.govt.nz) mō ngā āwhina.
- Mēnā e hiahia ana koe ki te tuku i ō hua kai ki tētahi pakihi i roto i ngā tākai e whakatauhia ana e rātau (hei tauira, tō rātau moko) kaua mā te tikanga onāiane e hokona ana e koe, tē taea e koe tēnei mahere te whakamahi. Whakapā atu ki MPI (foodactinfo@mpi.govt.nz) mō ngā āwhina.

D

Me Mahi

He aha te mahi māu?

- Mēnā e whakarato ana ki tētahi atu pakihi kai, me mātua pupuri koe i ngā taipitopito o:
 - ngā pakihi e mōhio ana koe kei te whakarato kai ki a rātau,

D

Me Mahi

- ngā hua kai i whakaratoa ki a rātau,
- te rahinga o ngā kai i whakaratoa ki a rātau,
- te rā i whakaratoa e koe ki a rātau.
- Me mātua rawaka tō tuku mōhiohio ki ngā pakihi e hoko ana i ō kai kia taea e rātau ngā pātai katoa te whakautu mō ngā mea kei roto i ō kai. Me whai i ngā kāri [karaka] **‘Te tākai me te whakamau tapanga ki ō kai’** me [karaka] **‘Te mōhio he aha kei roto i ō kai’**.
- Me mātua kōrero atu koe ki ngā pakihi e whakarato ana koe me pēhea te whakarite kei te haumarū ō kai, ā, e hia te roa e putu ana i mua i te whakamahi, te porowhiu rānei.
- Kaua rawa koe e huri i ō tākai, ngā tapanga kai rānei ki tērā e mahia ana mō āu ake kiritaki, ahakoa ka tono tētahi pakihi e whakarato ana koe i tēnei. Ki te pērā, me mātua huria e koe tō rēhitatanga pakihi.
- Mēnā ka kitea e koe kei te hē tētahi mea me ō kai i whakaratoa e koe ki tētahi pakihi, me whai koe i ngā kāri [whero] **‘Te tono kia whakahokia mai ō kai’** me te [whero] **‘Ina hē tētahi mea’**

He aha ngā mea hei whakaatu?

- Me whakaatu ki tō kaiwhakaū te **pūkete** o ngā taipitopito i hopukia e koe i te wāhanga **Me Mahi**.
- Me whakaatu, me whakamārama rānei ki tō kaiwhakaū:
 - he pēhea tō mōhio kei te hoko tōtika atu ngā pakihi e whakarato koe i ngā kai ki ā rātau kiritaki anake,
 - he pēhea te tākai me te whakamau tapanga (mēnā e hiahiatia ana) i ngā kai e whakaratoa ana e koe ki ētahi atu pakihi.

S

Me Whakaatu





Te whakapai me te kati

He aha ngā mea me mōhio koe?

- Ka tipu ngā ngangara ki ngā papa me ngā utauta paruparu (hei tauira, ngā momihau, ngā kakau kūaha, ngā puruma, ērā mea), ā, ka taea te whakawhiti ki ō kai, e māuiui ai ō kiritaki.
- He rerekē te horoi me te patuero. Tē taea e koe te patuero kia oti rā anō i a koe te horoi.
 - Ka whakakorehia e te horoi ngā paru, hinu me te nuinga o ngā ngangara mai i ngā papa.
 - Ka patua ngā ngangara kino e toe ana i ngā papa mā te patuero.
- Mā te whakakore i ngā para ka whakaiti i te mōrea o te whakaparuparu i te tangata/kākahu, te tāhawahawa i ō kai me te kukume mai i ngā kīrearea.
- Me whakamahi e koutou ko ō kaimahi te wai mā mō te horoi.
- Me horoi ngā papa ka pā ki te kai me ngā utauta i ia rā ka whakamahia. Ki te kore e whakamahia ngā papa ka pā ki te kai mō ētahi rā, mai i tētahi wāhanga tau ki tētahi, me horoi i mua i te whakamahi anō hei whakakore i ngā puehu me ngā paru i tau ki reira i waenga whakamahinga.
- E tūtohua ana te whakamahi i ngā papanga whakapaipai ruke noa, papanga horohoroi rānei i muri i te whakamahinga.
- Me mātua whakarite koutou ko ō kaimahi kei te haumarua me te tōtika tonu ō kai i te mutunga o te rā. Ko ngā kāore i te pēnei, me tika te whakarite.

He aha e hira ai te horoi me te patuero?

- Ka taea te whakawhiti ngā paru me ngā ngangara ki te kai mā ngā papa kai paruparu, nō reira he mea nui kia noho mā ēnei.
- Kāore e whakakorehia ngā ngangara katoa e te horoi, nō reira me patuero e koe ngā papa mō te kai hei patu i ngā ngangara 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 pea ngā wāhi paruparu e ngā kīrearea pērā i ngā kioreiti, kiore, kēkerengū hoki e taea ana te hōpara tahumaero.

D

Me Mahi

He aha te mahi māu?**Me tiroiro i ō kai i te mutunga o te rā**

- Me porowhiu ngā kai kua tae ki tōna Rā Mōnehu.
- Mō ngā kai i te noho wera hei whakaatu, me whai i te kāri [karaka] **‘Te whakarite kei te wera ngā kai’**.
- Me porowhiu ngā kai, ngā kai whakauru i tāhawahawatia rānei.
- Me porowhiu ngā whakapūkara, panipani rānei.
- Me porowhiu ngā toenga whakatote, wairanu pīkara rānei.
- Me porowhiu ngā kai i pā ki te wai paru.
- Ko te rahinga atu o ngā toenga kai he pai mō te whakamahi ā muri ake, me mātua whakamau tapanga ka rokiroki tika (hei tauira, kei roto ngā kai makariri i te pouaka whakamātao, ka tiakina ngā kai kei tāhawahawatia (arā, i rō ipu).

Te whakapai haere i tō wāhi whakataka kai

- Ka taea te whakawhiti ngā paru me ngā ngangara ki te kai mā ngā papa kai paruparu, nō reira he mea nui kia noho mā ēnei.
- Me whakangita ngā ipu para, ka whakawātea i ngā rāpihi mai i ngā wāhi mahi kai i te mutunga o te rā, ā, ina kī ana.
- Me rite tonu te whakawātea i ngā rāpihi.
- Me rite tonu te horoi i ngā ipu para me te wāhi rāpihi.
- Me mātua horoi me te patuero e koutou ko ō kaimahi ngā papa katoa ka pā ki ngā kai.
- Me mātua whakamahi koutou ko ō kaimahi i te wai hopi wera, ngā matū horoi tōtika (hei tauira, taumata kai).
- Me whai i ngā tohutohu a te kaiwhakanao i ngā wā katoa ina whakamahi ana i ngā matū.
- Me mātua whakamahi koutou ko ō kaimahi i te wai mā mō te horoi i ō wāhi whakataka kai me ngā utauta me te opeope atu i ngā wai hopi wera me ngā matū horoi.
- Me kōmaka, horoi hoki/rānei i ngā kākahu (mēnā ka hiahia koe ki te tuku kākahu mā ki ō kaimahi).

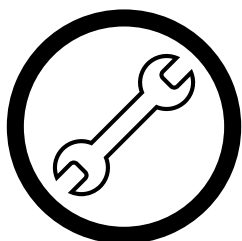
He aha ngā mea hei whakaatu?

- Me whakaatu ki tō kaiwhakau:
 - ō ritenga mahi ‘mutunga o te rā’ me te whakahaere taonga,
 - ō hātepe horoi, ā, he pēhea koe e mōhio ai kua mā, kua patuero ō papa me ō utauta,

S

Me Whakaatu

- he pēhea tā koutou tango para ko ō kaimahi,
- he pēhea tā koutou horoi ko ō kaimahi i ō ipu para me te wāhi rāpihi, ā, kei a wai te kawenga,
- he mā tō wāhi pakihi me ngā utauta, ā, kua oti te horoi i ngā kākahu ina tika ana,
- he pēhea tā koutou horoi ko ō kaimahi me te patuero i ō wāhi whakataka kai me ngā utauta,
- he pēhea tā koutou ko ō kaimahi whakamahi haumaruru i ngā matū.



Te tautiaki utauta me ngā whakaurunga

K

Me Mōhio

He aha ngā mea me mōhio koe?

- Mēnā kāore i hangaia tō wāhi me ngā utauta mō te whakamahi kai, kāore i te pai te āhua, kāore i te mahi tika hoki/rānei kāore pea e pai, e tika hoki/rānei ngā kai ka mahia e koe.
- Ka tukuna atu ngā utauta pakaru me tētahi whare tātarahake (hei tauira, he puare kei ngā papa, pātū hoki) ngā kīrearea me ngā ngangara ki ō kai. Ko te mutunga atu kāore e haumarū, e tōtika rānei ngā kai.
- Me mātua mā te wai ka whakamahia e koe mō te whakataka kai, te horoi ringa me te whakapai haere. Me auau te tirotiro me te tautiaki i ngā paipa wai, taika me ngā pūnaha tātari wai.

He aha te take he mea nui te tautiaki i ō utauta me ō whakaurunga?

- He mea nui te tautiaki auau i ngā whakaurunga me ngā utauta kia kore ai e raruraru.
- Ko tētahi tikanga noa o te uru atu o ngā ngangara, ētahi atu mea tūkinō rānei (hei tauira, matū, maramara karāhe, maitai, ērā mea) ki ngā kai ko te pakarutanga, wāwāhitanga, te tūkinotanga rānei. Ka tino hiahia ngā ngangara ki te huna me te tipu i roto i ngā matoe, matata, puare rānei, ā, mēnā ka kitea he wāhi huna e noho ai ngā kai, e whakatakahia, e whāwhātia ana rānei ka uru ki te kai i te nuinga o te wā, ā, ka kino.
- Ko ngā utauta (hei tauira, 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 ngangara 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 tirotiro i ngā mea kāore i te tino kitea.
- Ka iti iho te tika o ngā utauta ine (hei tauira, ngā ine pāmahana) i roto i te wa. Me mōhio koe kei te tika te pānui a ō utauta i te pāmahana kia mōhio ai koe kāore he ngangara i te tipu i roto i ō kai.

D

Me Mahi

He aha te mahi māu?

- Tirohia tō wāhi mō ngā tohu tupuheke (hei tauira, puare ngā papa, pātū hoki) ka tapitapi ina tika ana.

- Me tirotiro i ngā utauta hou, onāianeī rānei mō ngā tohu tupuheke, ā, ka tapitapi mēnā e tika ana.
- Me rite tonu te whakatikatika i ō utauta, ā, mēnā e tika ana me tōkarikari mēnā e tika ana e ai ki tō hōtaka tōkarikari (hei tauira, ine pāmahana, ine pH, ērā mea).
- Ko ngā pūhui me ngā matū tautiaki me mātua:
 - mau tapanga, putu, kati, whakamahi hoki e ai ki ngā tohutohu a te kaiwhakanao,
 - me rokiroki, me kawē hoki i roto i ngā ipu tino rerekē mai i ngā ipu kai.

Mō ngā putunga wai katoa

- Me mātua mahi tika ngā paipa wai kia kore ai e tāhawahawatia tō wai e ngā kararehe, manu, paruparu, para hoki.
- Me hīrere atu ngā wai i ngā wā katoa i muri i:
 - ngā tapitapinga, tautiaki hoki,
 - i te 7 rā e kore e whakamahia ana hei tango i te wai whakaroau,
- Mō ngā taika wai:
 - Me noho mā, me pai te hanga kia kore e taipū mai ai te parakiwai, me
 - Uhi kia kore ai e tāhawahawatia e te wai e ngā kararehe, manu, paru hoki.

Mō ngā putunga wai kei te whenua, mai i te whenua rānei

- Me mātua whakauru, whakahaere, tautiaki hoki e koe te pūnaha tātari wai mā te whai i ngā tohutohu a te kaiwhakanao.
- Me mātua whai koe i ngā tohutohu a te kaiwhakanao mō te whakakapi me te horoi i ngā tātari.
- Me hoahoa, me tautiaki ngā pokanga kia kore ai e tāhawahawatia mai i te papa.

Mō te putunga wai tuanui anake

- Me mātua kohikohi te wai mai i ngā tuanui mā me ngā kōrere anake i hangaia mai i ngā papanga haumarū (hei tauira, kaua ngā peita konumatā, korotā, ngā papa rakerake, ngā kōrere konukura).
- Me mātua whakaiti e koe te tūponotanga o te tāhawahawa ki tērā e taea ana. Arā:
 - te whakamau ārai ki ngā kōrere, me te
 - whakawātea atu i ngā peka me ngā otaota kua taumarū atu, me
 - te whakamau atu i ngā pūhihi me ngā rīhi arorangi kia kaua e tata ki atu ki ngā wāhi hopu wai, me

D

Me Mahi

S

Me
Whakaatu

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

- Me mātua whakauru, whakahaere, tautiaki hoki e koe te pūnaha tātari wai mā te whai (hei tauira, te whakakapi i ngā tātari) i ngā tohutohu a te kaiwhakanao.

He aha ngā mea hei whakaatu?

- Me whakaatu ki tō kaiwhakaū:
 - he aha tā koutou mahi ko ō kaimahi ki te tiro tiro kei te tika te hoahoa o tō wāhi me ngā utauta mō te whakamahi kai, ā, kei te mahi pai,
 - he pēhea te auau o tō whakahaere aroturuki tautiaki,
 - e tiro tiro ana koutou ko ō kaimahi i te aha ina tiro tiro ana i ngā aroturuki tautiaki,
 - he **pūkete** o ō tūmahi tauhere auau, tapitapi rānei, ko wai kei te mahi me te wā,
 - e hia te roa e mātai ana me te tautiaki i tō pūnaha wai me ngā taika. Ā, me hopu nā wai i mahi me te wā.
- Ka tiro tirohia e tō kaiwhakaū kei te tōkarikaritia e koutou ko ō kaimahi ō utauta ki tērā e hiahiatia ana.

Mō tāu ake putunga wai (o te whenua, tuanui rānei)

- Me whakaatu e hia te maha o tō mātai me te tautiaki (hei tauira, te whakakapi tātari) i tō pūnaha tātari wai.





Ina hē tētahi mea

K

Me Mōhio

He aha ngā mea me mōhio koe?

- Kāore e tutuki ngā mea katoa ki tērā e tūmanakohia ana. Me mātua whai koe i tētahi tikanga mō te whakarite i ngā raruraru ka pupū ake i roto i tō mahere.
- Me tautuhi koe i hea e hē ana, ko wai i roto, i pēhea te whakatika i te raruraru, ā, me ngā mahi hei whai mā koutou ko ō kaimahi kia kaua rawa taua hē e pā mai anō.
- Ko ngā kai kāore e kainga tonutia (hei tauira, ngā wairanu, ngā mīti mata, ērā mea) me tonono pea kia whakahokia mai ina whāwhā ana, ina mahi ana rānei i ō kai, me whai koe i te kāri [whero] **‘Te tonono kia whakahokia mai ō kai’**.
- Me mātua hopu koe ina hē ana. Me mātua pupuri e koe ngā pūkete mō te 4 tau i te iti rawa.

D

Me Mahi

He aha te mahi māu?

- Me wawe tonu te whakatika i te raruraru ina kitea he raru e whakararu ana i te haumaruru kai, tōtikatanga hoki/rānei. Me tuhi te mahi i oti i a koutou ko ō kaimahi.
- Mēnā ka hē tētahi mea, me tautuhi i tīmata mai te raruraru i hea, ā, e hia ngā wā i pupū ake. Me tautuhi mēnā kei te ngaro tētahi mea mai i tō mahere.
- Me whakamahi ō pūkete hei tiroiro i ngā wiki/rā kua huri. Me whakatau mēnā i hē tētahi mea i roto i tō mahere, hei tauira:
 - i teitei rawa te pāmahana o te pouaka whakamātao,
 - he tohu i reira ngā kīrearea,
 - kāore ngā kai i riro mai i te pāmahana tika,
 - kāore i tunua ngā manu ki te 65°C i te iti rawa mō te 15 meneti,
 - kāore i tāmahanatia ngā kai ki runga ake i te 75°C,
 - he pōturi rawa te tunu i ngā kai,
 - i kawea ngā kai ki te pāmahana hē.
- He kino, kāore i te tōtika rānei ō kai? Me whakamōhio atu i ō kiritaki? I ahatia e koe ngā kai kāore i te haumaruru, kāore i te tōtika rānei?
- Māu anō e whakatika te raruraru, me kōrero atu rānei te tangata nāna ake tērā mahi mō taua raruraru. Me rapu pea koe i ngā āwhina tohunga mēnā kāore e taea e koe te whakatika.

D

Me Mahi

- Me whakatikatika kia kaua rawa te raruraru e pupū ake anō.
- Me whai i ngā pūkete mārama, tika, whānui hoki mō te 4 tau i te iti rawa.
- Me whakamōhio atu ki tō kaiwhakaū mēnā kua kore e haumarū, e tōtika rānei ō kai ina whai ana i tētahi hātepe o tō mahere.

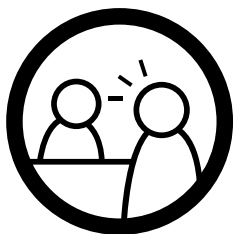
S

Me Whakaatu



He aha ngā mea hei whakaatu?

- Me whakaatu ki tō kaiwhakaū ō pūkete mai i ngā wā i pā mai he raruraru.
- Me mātua whakaatu ki tō kaiwhakaū tētahi **pūkete** o ēnei:
 - he aha te raruraru,
 - i aha koutou ko ō kaimahi ki te whakatika i te raruraru,
 - he aha ngā whakarerekētanga i whakaurua e koutou ko ko ō kaimahi kia kore ai e pā mai tō kaimahi anō tēnei raruraru,
 - i pēhea tā koutou whakarite ko ō kaimahi kei te haumarū ngā kai, kāore rānei i te hokona atu he kai kino, kāore i te tōtika hoki.



Te whakarite i ngā amuamu a ngā kiritaki

K

Me Mōhio

He aha ngā mea me mōhio koe?

- Me mātua mōhio mēnā ko te kaupapa o te amuamu mō te haumarū, tōtikatanga, kōunga rānei o te kai.
- Me wawe tonu te whakarite i ngā amuamu mō te haumarū, tōtika hoki/rānei o ngā kai e pā ana ki ngā kai i mahia, i hokona rānei e koe.
- Mēnā ka whai pānga te amuamu ki te haumarū, te tōtika hoki/rānei o ngā kai ka mate pea koe ki te tono kia whakahokia mai. Me whai i ngā ture i roto i te kāri [whero] **‘Te tono kia whakahokia mai ō kai’**.
- Me mātua whiwhi tangata koe ko tāna mahi he whakarite i ngā amuamu a ngā kiritaki.

D

Me Mahi

He aha te mahi māu?

- Me tohu ko wai te tangata hei whakarite i ngā amuamu (tohu kei a wai te kawenga mō tō mahere):
 - pouwhakahaere o ia rā, tērā rānei
 - ingoa, tūranga hoki/rānei o te tangata i tautapatia:
- Me whakatau mēnā ko te kaupapa o te amuamu mō te haumarū, tōtikatanga, kōunga rānei o te kai.
- Mēnā ka whai pānga te amuamu ki te haumarū kai, te tōtika hoki/rānei o tētahi rourou, tētahi momo kai takitahi rānei, me mātua:
 - wehe mai kia haumarū rā anō, me porowhiu rānei ngā kai ngā kai whakauru hāngai rānei,
 - me tirotiro ngā kai i taua wāhi anō, i mahia rānei i taua wā anō,
 - me tautohu i tīmata mai te raruraru i hea,
 - me whakatika te raruraru,
 - me whakarite kia kaua rawa te raruraru e pupū ake anō.
- Me whakamōhio atu ki tō kaiwhakāū:
 - mēnā i māuiui he tangata i kai i ō kai,
 - ka māuiui pea rānei mēnā ka kainga ō kai.



He aha ngā mea hei whakaatu?

- Me whakaatu ki tō kaiwhakaū tētahi **pūkete** o ngā mea katoa e whai ake mēnā ko te haumarū o te kai, tōtikatanga rānei te kaupapa o te amuamu:
 - ngā taipitopito whakapā o te tangata nāna te amuamu,
 - te rā me te wā i hokona,
 - ō kai i te raruraru me te tuakiri rourou/wāhanga,
 - te kaupapa o te amuamu,
 - te pūtake o te raruraru,
 - te mahi i whāia wawetia e koutou ko ō kaimahi me ngā mahi i oti i a koutou ko ō kaimahi kia kaua rawa e pā mai anō.



Te whaiwhai haere i ō kai

He aha ngā mea me mōhio koe?

- Ko te tikanga o te whaiwhai haere ka taea e koe te tautuhi me te whaiwhai haere i ngā kai ka hokona e koe, ki tētahi kaiwhakarato, ā, me te wāhi kei roto i tō pakihi.
- Mēnā kei te hoko kai ki tētahi atu pakihi, me kaha koe ki te whaiwhai haere i ngā kai kua whakaratoa e koe.
- Me whai haere koutou ko ō kaimahi ki te whaiwhai haere i ō kai me ngā kai whakauru mēnā kāore e haumarū, e tōtika rānei tētahi hua kai i mahia, i hokona e koe.
- E 2 ngā huarahi ki a koe mō te whaiwhai i ō kai:
 - ➊ me **hopu** i ngā mōhiohio katoa mō tō hua kai, kia tino taea te whaiwhai haere me te tono kia whakahokia mai (mēnā e hiahia ana) tērā rānei
 - ➋ kia iti noa **te tuhi** i ngā mōhiohio e hiahia ana, kia pai ai tō tono kia whakahokia mai ngā kai katoa mēnā ka pā mai he raruraru.
- Me mōhio ō kaimahi me pēhea te whai i te mahere (arā, te **hopu** i ngā mōhiohio i runga ake), ā, ki hea rapu ai i ēnei mōhiohio.
- He nui pea te utu o te kōwhiringa 2 i te mea ki te raruraru te haumarū o te kai, ka mate koe ki te tono kia whakahokia mai, te porowhiu rānei i ngā kai katoa kei tō pakihi i pā kinotia.
- Mō ētahi atu mōhiohio mō te tono kia whakahokia mai ō kai', me whai i ngā ture kei te kāri [whero] **'Te tono kia whakahokia mai ō kai'**.
- He mōhiohio tauwhāiti hei pupuri māu mō ngā kai ka kawea mai e koe.



He aha te mahi māu?

- Mō ngā kai katoa me kōwhiri i te (tohu ka aha koe):
 - Kōwhiringa 1: tuhia ngā mōhiohio katoa kia hāngai te tono kia whakahokia mai, tērā rānei
 - Kōwhiringa 2: kia iti noa ngā kōrero hei hopu, ā, ka tono kia whakahokia mai ngā katoa kua pā kinotia.
- Ki te kōwhiri koe i te Kōwhiringa 1:
 - me mātua whai koe i tētahi mahere ā-tuhi kia taea ai te whaiwhai haere ō kai, whakaurunga hoki/rānei, me te tono kia whakahokia mai mēnā he

K

Me Mōhio

D

Me Mahi

D

Me Mahi

raruraru ki te haumarū o ō kai, tētahi o ngā kai whakauru rānei kei roto i ō kai, ā,

- me mātua whai pūkete koe tae atu ki ngā taipitopito kaiwhakarato, momo, me ngā tuakiri rourou, ngā rā Pai i Mua me ngā Rā Mōnehu.
- Ki te kōwhiri koe i te Kōwhiringa 2:
 - me mātua hopu koe i ngā mōhiohio e whai ake:
 - te ingoa me ngā taipitopito whakapā o tō kaiwhakarato,
 - te momo me te rahinga o ngā kai,
 - te pāmahana o te kai (mēnā me noho ki tētahi pāmahana ake kia haumarū me te tōtika), ā,
 - tono kia whakahokia mai, me putu rānei i ngā kai katoa i tāhawahawatia pea.
- Mēnā he hoko kai mai koe i tāwāhi me mātua pupuri i ēnei pūkete:
 - te ingoa me ngā taipitopito whakapā o:
 - tō kaiwhakarato,
 - te kaiwaihanga i ngā kai,
 - he whakaahuatanga o ngā kai me te taonga hoko, momo me te tuakiri wāhanga, rourou rānei,
 - ngā mōhiohio e taea ai ngā kai te whaiwhai:
 - mai i te kaiwhakarato ki te kaiwhakauru rēhita,
 - i te wā kei te puritia e te kaiwhakauru rēhita,
 - ki te tangata ka whiwhi i ngā kai i muri mai (i tua atu i te kaiwhakapeto whakamutunga).



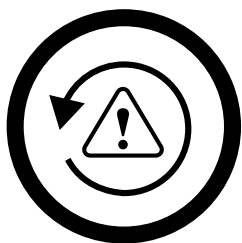
S

Me Whakaatu

He aha ngā mea hei whakaatu?

- He **pūkete** o ngā mōhiohio katoa e rārangi ana i te **Me Mahi** mēnā kei te hoko kai koe i tāwāhi.
- Ki te whai koe i te kōwhiringa 1, he **pūkete** o ngā mōhiohio tuakiri rourou/ wāhanga katoa.
- Ki te whai koe i te kōwhiringa 2, he **pūkete** o ngā mōhiohio iti rawa e hiahiatia ana.





Te tono kia whakahokia mai ō kai

He aha ngā mea me mōhio koe?

- Ka māuiui pea ngā tāngata i ngā kai kāore i te haumarū, tōtika rānei.
- Mēnā ka pā mai he hapa me tō hua kai, ka mate pea koe ki te tono kia whakahokia mai.
- E 2 ngā momo tono whakahoki:
 - 1 Taumata kiritaki – kei roto ko te whakawātea atu i ngā hua kua raru i te ara ratonga me te kōrerorero ki ngā kiritaki; tērā rānei
 - 2 Taumata tauhokohoko – kei roto ko te whakawātea atu i ngā hua kua raru i te ara ratonga.
- E 2 ngā pūtake mō te tono kia whakahokia ngā kai:
 - ka mate pea tō kaiwhakarato ki te tono kia whakahokia ngā kai:
 - 1 he hua kai, tākai rānei ka whakamahia e koe, tērā rānei
 - 2 ka mate pea koe ki te tono kia whakahokia mai ngā kai i mahia e koe mai i ō kiritaki i te mea kāore i haumarū, i tōtika rānei ō kai i tētahi mea.
- Kāore koe e mate ki te tono kia whakahokia mai ngā kai mēnā i kainga tonutia (hei tauira, he pai mai i tētahi toa tao parāoa, he kai i whakaratoa i tētahi toa kawhe). Mēnā he raru haumarū, tōtika rānei, me whakawātea ngā kai mai i te hoko ka porowhiu, ka waiho rānei me te mārama o te tapa kia kaua e kainga.
- Ka āwhina ngā pūkete e puritia ana e koe ā muri ake mēnā ka tono kia whakahokia mai ngā kai.
- He mōhiohio whaitake mō te tono kia whakahokia mai ngā kai i te paetukutuku a MPI: (www.mpi.govt.nz/food-business/food-recalls/food-recall-guidance-for-businesses/)
- Ka kitea he mōhiohio whaitake mō te whakahaere i tētahi tono whakataruna (meho) kia whakahokia mai ngā kai i konei: (www.mpi.govt.nz/food-business/food-recalls/doing-food-recall/)



He aha e hira ai kia pai ngā pūkete me te hātepe tono whakahoki kai?

- Mā te whai pūkete pai ka tere ake te whakahere i te tono kia whakahokia mai ngā kai, ā, kakama ake, he iti ake te utu me te pānga ki tō ingoa pai.

He aha te mahi māu?

- Mēnā kua mōhio koutou ko ō kaimahi kua tono kia whakahokia mai ngā kai kei tō pakihi e te kaiwhakarato, me mātua:
 - tautuhi koe i ō kai i whai pānga,
 - tautuhi mēnā e whakaaturia ana, e rokirokitia ana, i whakamahia rānei ngā kai e whakahokia mai ana, e whakamahia ana rānei hei kai whakauru ki ētahi atu kē,
 - tautuhi mēnā kei te whakamahia e tō pakihi te kai,
 - wehewehe i ngā kai ka whakahokia me te whakamau tapanga e kī ana 'PURITIA- kaua e whakamahi',
 - me kōrero atu ki tō kaiwhakarato e hia te nui o ā rātau hua kai e whai pānga ana kei tō pakihi kai,
 - whakariterite kia kohia, kia whakakorehia hoki/rānei ngā hua kai whai pānga.
- Mēnā i mahia, i hokona e koutou koutou ko ō kaimahi ngā kai kāore i te haumarū, tōtika rānei, me mātua oti i a koe ēnei katoa:
 - Me kohikohi mōhiohio, me mārama ki te raruraru.
 - Te tautuhi ko ēhea ngā hua me ngā rourou kua raru (pea).
 - Te tautuhi kei hea ngā hua kua raru.
 - Me whakatārewa i ngā hua kua raru.
 - Me whakamōhio atu ki tō kaiwhakaū mō te raruraru, me waea atu rānei ki 0800 00 83 33 ka tono ki tētahi Kaiwhakarite Kai, īmēra rānei ki Food.Recalls@mpi.govt.nz.
 - Me whakahaere i tētahi aromatawai mōrea. Me whakatau ka aha. Me whakaoti i te Puka Aromatawai Mōrea Tono Whakahoki Kai (ka kitea i konei: (www.mpi.govt.nz/food-business/food-recalls/food-recall-documents/) ka īmēra atu ki tō Haumarū Kai Aotearoa (NZFS) (Food.Recalls@mpi.govt.nz).
 - Me mātua pūrongo ki NZFS i roto i te 24 haora, me īmēra i ō aromatawai mōrea ki (Food.Recalls@mpi.govt.nz), me waea atu ki 0800 00 83 33 ka kōrero ki tētahi Kaiwhakarite Kai.
 - Me whakarite mai me te tohatoha Pānui wāhi hoko (tono whakahoki taumata kiritaki).
 - Me kōrerorero ki ngā pakihi i whiwhi i tō hua (kiritaki me te tauhokohoko).
 - Me kōrerorero ki ngā kiritaki.



D

Me Mahi

- Me tirotiro e hia te nui o ngā hua i whakahokia.
- Me arotake me te tautuhi i ngā mahi whakatika/ārai.
- Me whakamōhio i tētahi Āpiha Tautuku Kai a NZFS i pēhea te tono kia whakahokia ngā kai.

- **Tono whakahoki whakataruna, meho rānei:** I te 1 o Hūrae 2023, me mātua whakamātautau koe i ō hātepe tono whakahoki mā tētahi āhuatanga tika, kotahi te wā i ia 12 marama.
- Me arotake i te whaitake o te tono whakahoki kai whakataruna me te tautuhi i ngā wāhi hei whakapai ake.
- Mēnā kua oti i a koe tētahi tono whakahoki kai i roto i te 12 marama, ā, he whaitake, kāore koe e mate ki te whakaoti i tētahi tono whakahoki kai whakataruna, meho rānei.

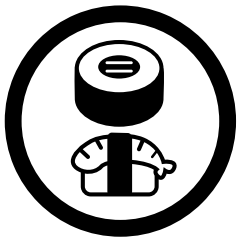
He aha ngā mea hei whakaatu?

- Mēnā kua tono kia whakahokia ngā kai a tētahi kaiwhakarato, me mātua whakaatu ki tō kaiwhakaū tētahi **pūkete** o:
 - tā koutou mahi ko ō kaimahi ki te whakawātea i ngā kai mai i tō pakihi.
- Mēnā me tono kia whakahokia mai ō kai, me mātua whakaatu ki tō kaiwhakaū tētahi **pūkete** o:
 - tā koutou mahi ko ō kaimahi ki te whakawātea i ngā kai mai i tō pakihi,
 - he Puka Aromatawai Mōrea Tono Whakahoki Kai,
 - he kape o te pānui tono whakahoki.
- Mai i te 1 o Hūrae 2023, tō tono whakahoki kai whakataruna (meho) ā-tau, mēnā he kai āu ka taea te tono kia whakahokia (hei tauira, ngā ō tunu, mīti pātio, ērā mea).

S

Me Whakaatu





Te mahi huhi (sushi)

He aha ngā mea me mōhio koe?

- Ka taea e koe te mahi huhi me ngā raihi kua whakawaikawatia, kāore i te waikawa rānei. Kāore pērā te roa o te pupuri i ngā raihi i mahia ki te raihi kāore i whakawaikawatia ki te huhi i mahia mai i te raihi i te waikawa.
- Ki te tāpiri wairewa winika ki ngā raihi ka whakawaikawatia. Kāore e tino pai te tipu o ngā ngangara kino i roto i ngā raihi kua whakawaikawatia.
- Me mātua tika i a koutou ko ō kaimahi te pH o ō raihi kia kore ai koe e tūkinō i ō kiritaki (arā, mēnā he waikawa rawa te raihi (he iti ake i te 3.0 te pH) ka wera pea i a koe te korokoro o tētahi tangata, mēnā kāore i te waikawa rawa (arā, he nui ake i te 4.3, ka taea e ngā ngangara kino te tipu).
- Tē taea ngā raihi parauri te whakawaikawa i te mea e aukati ana te kiri mārō o te pata i te uru atu o te wairewa winika.
- He ture anō kei reira mō te roa e noho ana te huhi ki waho o te whakahaere pāmahana (i waenga i te 5°C ki te 60°C). Kāore te ture 2-haora/4-haora e pā ki te huhi i mahia mai i te raihi kua whakawaikawatia.

He aha te take he rerekē ngā wā whakaatu o te huhi:

- Mā te takai i te raihi kua whakawaikawatia ki ētahi kai whakauru (hei tauira, he rōra nori), ka whakaiti i te mata o te kai ka tuwhera ki ngā ngangara. Ko ngā kai kei runga raihi kua whakawaikawatia (hei tauira, nikiri) ka nui ake te tuwhera ki ngā ngangara nō reira te taea te whakaatu mō taua wā anō.
- Me mātua whakarite ngā kaiwhakauru mō te mahi huhi (hei tauira, heihei), me rokiroki, e ai ki ngā whakaritenga tauwhāiti (hei tauira, me mātua pēnei te tunu i te heihei mā te whai i te kāri [porowhero] **‘Te tunu manu, mīti kōnatunatu me te ate’** me te kāri [porowhero] **‘Te whakamātao kai kua tunua’**).

He aha te mahi māu?

Te mahi raihi kāore i te waikawa mā te whakamahi raihi mā, parauri rānei

- Me whai i te kāri [porowhero] **‘Te whakamātao kai kua tunua’** hei whakamātao i te mīti.
- Kaua rawa e waiho te huhi, te onikiri hoki/rānei ki runga ake i te 5°C mō te wā neke atu i te 4 haora.

Te mahi raihi kua whakawaikawatia

- Me mātua whakawaikawa ko te raihi mā anake.

D

Me Mahi

- Me mahi me te tāpiri i tētahi rahinga winika ki ō raihi i te wā tonu ka maoa. Me mātua tuhi e koe te rahinga o te wairewa winika e whakamahia ana e koe.
- I te 30 meneti i muri i te whakawaikawa i ō raihi me whakamātautau e koe te pH mā te whakaranu i tētahi wāhanga wai 1 ki ngā wāhanga raihi e 3 kua whakawaikawatia (hei tauira, $\frac{1}{4}$ kapu wai mā ka whakaranu ki te $\frac{3}{4}$ raihi kapu me te winika).
- Te whakamātao i te pH o tō ranunga raihi kua whakawaikawatia mā te whakamahi i tētahi ine pH kua tōkarikaritia.
- Me mātua whai ia rourou raihi i te pH i waenga i te 3.0 me te 4.3.
- Me mātua whakamātautau koutou ko ō kaimahi i ia rourou raihi ka whakawaikawatia e koe engari ia mēnā ka taea e koe te whakaatu ka whakawaikawatia te raihi i tāu tikanga, ia wā. Tirohia te kāri [porowhero] ***‘Te whakaatu he whaitake te tikanga ka whakamahia e koe i ia wā’.***
- Me mātua whakamātaohia e koutou ko ō kaimahi te raihi kua whakawaikawatia mai i te 60°C ki te pāmahana rūma, 21°C (te mea makariri rawa rānei) i roto i te 2 haora, ā, ki te 15°C, iti iho rānei i roto i te 4 haora atu anō.
- Me mātua rokiroki e koutou ko ō kaimahi ngā raihi kua whakawaikawatia kua reri ki te whakamahi i rō huhi, ki ngā pāmahana i waenga i te 5°C me te 15°C kia kaua e roa atu i te 8 haora, ā, i muri mai me porowhiu.
- Kaua rawa koutou ko ō kaimahi e whakaranu ngā toenga raihi me ngā raihi kātahi anō ka mahia.

Kia haumaruru te whakaatu i te huhi i mahia mai i te raihi kua whakawaikawatia

- Me mātua rokiroki koutou ko ō kaimahi:
 - ngā wāhanga nikiri i waenga i te 5°C me te 15°C kia kaua e roa atu i te 8 haora, ki te kore me porowhiu,
 - ngā rōra nori i waenga i te 5°C me te 15°C kia kaua e roa atu i te 12 haora, ki te kore me porowhiu.

(Kāore i roto i ngā wā i runga te wā whakamātao i te wā kei runga ake te raihi i te 15°C. Ka tīmata anake ēnei wā ina eke te raihi ki te 15°C, i raro iho rānei.)

He aha ngā mea hei whakaatu?

Me whakaatu ki tō kaiwhakaū:

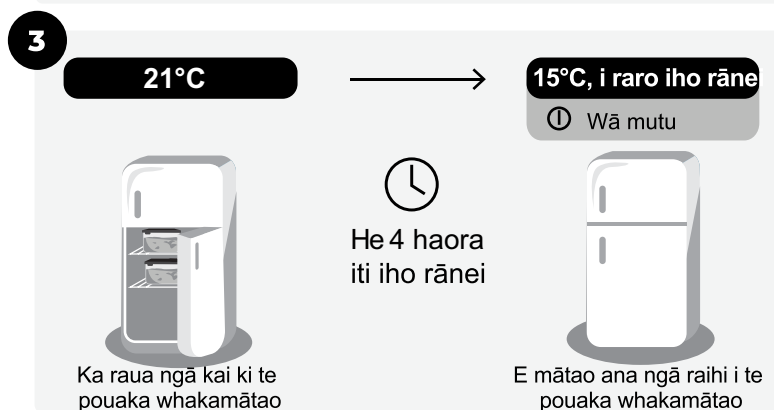
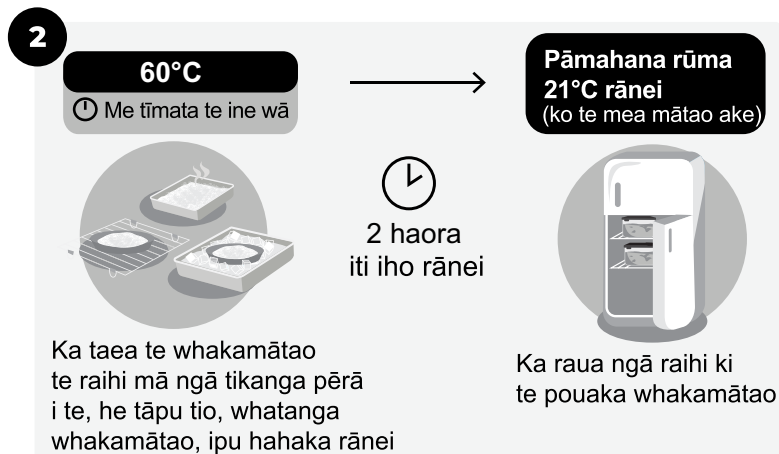
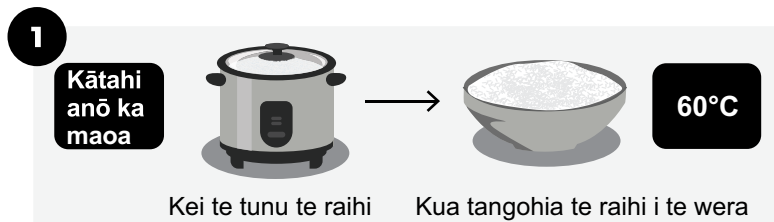
- he pēhea tā koutou mahi huhi ko ō kaimahi me ngā raihi kua whakawaikawatia kia haumaruru,
- he pēhea mahi huhi ko ō kaimahi me ngā raihi kua whakawaikawatia kia haumaruru:
 - he pēhea tō mahi i te wairewa winika,
 - he pēhea tō ine i te pH o tō raihi,
 - he **pūkete** o ngā inenga pH o tō raihi,



S

Me Whakaatu

S

Me
Whakaatu

6 haora tapeke kia whakawaikawatia te raihi mai i te 60°C - 15°C

Te putu raihi waikawa me te whakaatu huhi

Raihi kua whakawaikawatia 15°C e noho ana, tērā rānei kei raro -
Atu ki te 8 hāora



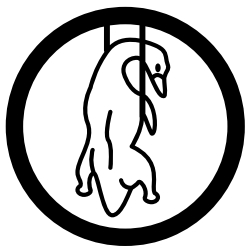
Nikiri - atu ki te 8 haora
Me te wā i raro te raihi i te 15°C



12 haora
Me te wā i raro te raihi i te 15°C



- he **pūkete** he pēhea tō whakamātao i ia rourou o ngā raihi kua whakawaikawatia.
- he pēhea tā koutou whakaatu huhi ko ō kaimahi kia haumaru.
- Mēnā ka taea e koe te whakaatu he whaitake tō tikanga whakawaikawa, me whakaatu ki tō kaiwhakaū ngā pūkete e hiahiatia ana mai i te kāri [porowhero] **‘Te whakaatu i tō tikanga i ia wā’**.



Te tunu rakiraki ā-Hainamana

K

Me Mōhio

D

Me Mahi

He aha ngā mea me mōhio koe?

- Ka tere te tipu o ngā ngangara kino kei roto i te wāhi pāmahana mōrea.
- Ka patua ngā ngangara e te wai kua paeratia. Ka āwhina te winika ki te ārai i te tipu o ngā ngangara i te wā e maroke haere ana te rakiraki.
- Mā te mau tonu i te kiri ka aukati i te uru atu o ngā ngangara ki runga me te tipu i runga i te mīti.

He aha te mahi māu?

Whakaritenga

- Me tino whakarewa i te rakiraki.
- Me tou atu te rakiraki ki roto i te wai wera, winika me ētahi atu kai whakauru (e ai ki tō tohutoa).
- Whakairia te rakiraki kia maroke ki tētahi wāhi mātao kia kaua e roa atu i te 6 haora.
- Tirohia te pāmahana o te rakiraki, me tētahi ine pāmahana kua tōkarikaritia, i te tīmatanga me te weherua i roto i te tukanga whakamaroke. Kaua rawa e nui atu te pāmahana o roto i te 25°C.

Te tao kai

- Me mātua tunu te rakiraki. (tirohia te kāri [porowhero] ***‘Te tunu manu, mīti kōnatunatu me te ate heihei’***).

Whakaatu/rokiroki

- Whakamahia te pīhuka whakairi hei waha i te rakiraki. Kaua rawa e pā ki te rakiraki.
- Me whakarite kei te mau tonu te kiri o te rakiraki. Kaua rawa e wāhi i te wā e whakaaturia ana, e rokirokitia ana. Ki te pakaru te kiri, me tapatapahi i te mīti ka whakarite kei runga ake i te 60°C kia whakaratoa rā anō.
- Me whakaatu, me rokiroki anake te rakiraki ki tētahi wāhi tino hauhau, mātaotao, maroke hoki kia kore ai te haukū haere (arā, kaua e rau ki ngā pouaka karāhe kati).

D

Me Mahi

- Kaua rawa ngā rakiraki e pā tētahi ki tētahi, ētahi atu hua kai rānei e whakaaturia, ina rokirokitia ana rānei.
- Mēnā i tūpono noa te pā o ngā rakiraki tētahi ki tētahi mō tētahi wā roa, me mātua tapatapahi e koe ka whakawera i ngā mīti ki te 75°C. Nō reira:
 - me whakarite kei te pāmahana te mīti o te 60°C, i runga ake rānei kia whakaratoa rā anōtia, tērā rānei
 - me whai i te kāri [porowhero] **‘Te whakamātao kai kua tunua’** hei whakamātao i te mīti.
- Kaua rawa e roa atu te whakaatu i te rakiraki tākai i te 5 haora.
- Me whakawātea me te whakakore i ngā rakiraki i whakaaturia mō te wā neke atu i te 22 haora.

Te whakamaroke

Me mātua:

- paera anō e koe te wai i whakamahia hei tautau i ngā rakiraki mēnā i mātao haere te ranunga,
- me neke ngā rakiraki he neke atu te pāmahana o roto i te 25°C i roto i te tukanga whakamaroke ki te pouka whakamātao kia heke rā anō te pāmahana ki raro i te 25°C,
- porowhiu ngā rakiraki i whakairia kia maroke ai mō tētahi wā roa atu i te 6 haora.

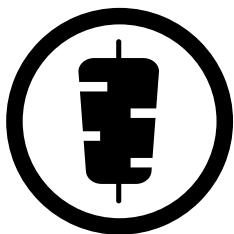
He aha ngā mea hei whakaatu?

- Whakaatu ki tō kaiwhakaū tētahi **pūkete** ā-tuhi o:
 - te pāmahana o ia rakiraki i te wā i whakairia hei whakamaroke me te wā i tīmatahia te whakamaroke,
 - te pāmahana o te rakiraki i te weherua o te tukanga whakamaroke, ā, me tāu mahi ki te whakaheke mēnā i piki kia teitei atu i te 25°C,
 - te wā i tangohia ai te rakiraki mai i te wāhi whakamaroke kia tunua.

S

Me Whakaatu





Te mahi i ngā kai kōhiku

K

Me Mōhio

D

Me Mahi

He aha ngā mea me mōhio koe?

- Kei roto pea i ngā mīti kōhiku mata ko ngā ngangara ka tāhawahawa pea i ngā kai me kai tonu.
- Me tino maoa te mīti katoa hei patu i ngā ngangara.
- Me tapahi anake ko ngā mīti mai i te kai kōhiku (doner kebab) ina tino maoa.

He aha te mahi māu?

Te whakarite i tētahi mataahi kai kōhiku

- Me whakamahi ko ngā mīti mata anake mai i tētahi kaiwhakarato pono.
- Me rokiroki ngā mīti ki raro i te 5°C kia hiahiatia rā anō.
- Me whakareri ngā mataahi kia wehe mai i ngā huamata, tautau, wairanu me ngā kai maoa.
- Me whakamahi ko ngā mīti rahirahi anake ina mahi ana i te mataahi.
- Me pare ngā mataahi i whakaritea mai i ngā paru me ētahi atu mea tāhawahawa.
- Kaua rawa e roa atu te mīti i mahia i te roa o ngā pūrere tahu.

Te tunu me te whakarato

- Me tino maoa ngā kai kōhiku i tunua ki tētahi rorerore poutū.
- Me tino maoa o waho o te kai kōhiku i mua i te waruwaru mai i ngā mīti rahirahi mai i waho o te mīti.
- Me hopu ngā mīti waruwaru i mua i te takanga ki te paepae turuturu.
- Me kā haere tonu ngā pātunu, kaua e whakaheke i te wā ka tīmata ki te tunu i te kai kōhiku.
- Ina tunua ana ngā mataahi mīti kōnatunatu mai i te āhua pātiotio, me tunu haere anō ngā mīti waruwaru ki tētahi pereti wera i mua i te whakamahinga.
- Ko ngā mīti waruwaru kāore i tino maoa me tunu haere anō ki te pereti wera, rorerore rānei.
- Mēnā kāore i pau te kai kōhiku i te mutunga me mātua:
 - porowhiu,
 - me tapahi mai rānei ngā wāhanga mata mai i te pūrou. Me tunu ngā

D

Me Mahi

wāhanga rahirahi ki te rorerore/pereti wera rānei. Whakamātaohia ngā mīti waruwaru, taupoki ka rau ki te pouaka whakamātao. I te rā o muri mai ka taea te tāmahana me te whakarato.

- Me mātua whakamātao ngā kai maoa ka noho ki te kōhiku, me whai i te kāri [porowhero] ***‘Te whakamātao kai kua tunua’***.

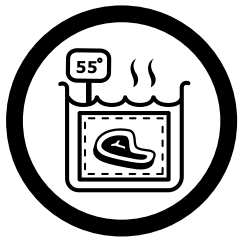
S

Me Whakaatu

He aha ngā mea hei whakaatu?

- Me whakaatu, me whakaahua rānei ki tō kaiwhakaū:
 - he pēhea tā koutou whakamātao tere ko ō kaimahi i ngā kai;
 - he pēhea tō mōhio i runga ake te kai i tāmahanatia e koe i te 75°C,
 - he pēhea tā koutou ko ō kaimahi whakarite ka noho wera ngā kai,
 - he pēhea tā koutou ine pāmahana ko ō kaimahi.
- Me whakaatu ki tō kaiwhakaū:
 - He **pūkete** ā-tuhi mō te āhua o tā koutou tunu ko ō kaimahi i ngā kai kia haumarū, tae atu ki:
 - ngā kai,
 - te rā i tunua.





Te tunu mā te sous vide

He aha ngā mea me mōhio koe?

- Ko te tikanga o te sous vide ka tunua ngā kai ki ngā pāmahana i roto i te wāhi mōrea (i te 60°C, i raro iho rānei). Ka taea tēnei te mahi kia haumarū – engari mā te āta whakahaere anake i tēnei tukanga. Ki te hapa tērā pea ka māuiui, ka mate rānei te tangata.
- Ki te tunua ngā kai ki tētahi pāmahana pāpaku ake ka roa ake te patu i ngā ngāngara.
- Mēnā he pāpaku rawa te pāmahana tunu, kāore e mate ngā ngāngara.
- Ka ora tonu, ka tipu ngā ngāngara kino ki te kore koe e whai i te wā me ngā pāmahana i raro.
- Ka hāngai anake tēnei hātepe mō ngā wāhanga mīti, manu hoki.
- Kāore e kapi i tēnei hātepe te katoa o ngā manu (hei tauira, heihei, rakiraki), ika, e tunua ana i roto i te umu sous vide, te tunu i ngā pāmahana i raro i te 55°C. Mēnā e hiahia ana koe ki te mahi i tēnei, me whakapā atu ki MPI (foodactinfo@mpi.govt.nz) mō ngā āwhina.
- Kaua rawa te katihau e wāhi ina tango ana i te pāmahana ā-roto o te mīti, te manu rānei i te wā tunu. Me whakamau he whakapiri ki waho o te pēke, ā, mā te wero i te ine pāmahana mā tēnei kāore e pakaru.

He aha te mahi māu?

- Ina whakareri ana i ngā wāhanga mīti, manu hoki kia tunua mā te sous vide, ko tā koutou ko ō kaimahi me mātua:
 - whakarite ka noho wehe ngā kai mata me ngā kai me kai tonu mā te: (tohu ina tika ana)
 - kore e whakamahi i tō katihau mō ngā kai me kai tonu mēnā e whakamahia ana mō ngā mīti mata,
 - horoi rānei me te patuero i tō katihau i waenga i te whakamahi mō ngā kai me kai tonu,
 - tapahi i ngā wāhanga mīti me ngā manu ki ngā rahinga ōrite kia ōrite ai te rahi, taumaha, hanga hoki,
 - rokiroki ngā hua kai mō te sous vide ki rō pouaka whakamātao hei whakamahi.
- Ina whakareri ana i tō tāpu wai, ko tā koutou ko ō kaimahi me mātua:

- tōkarikari ngā tāpu wai i ia marama i te iti rawa,
- whakarite ka hurihuri noa te wai,
- whakamahi anake ko ngā utauta tunu kai he tika, he ōrite te whakahaere pāmahana,
- whakawera tō wai ki te 55°C i te iti rawa mō ngā mīti whero me te 60°C mō ngā manu,
- pai te hurihuri o te wai i roto i tō tāpu wai,
- whakakapi te wai kei te tāpu wai i muri i ia rourou.
- Ina tunu ana mā te tikanga sous vide, ko tā koutou ko ō kaimahi me mātua:
 - rumaki katoa ngā mōkī me te whakarite he ōrite te tuari haere,
 - me auau te tuhi i te pāmahana tāpu wai, me whakamahi rānei he pūrangitaki raraunga ā-roto,
 - me whakarite kei runga ake te pāmahana tāpu wai i te 55°C ina tunu mīti whero me te 60°C ina tunu manu i ngā wā katoa,
 - me mātua eke ngā mīti, manu rānei ki te pāmahana o te tāpu wai i roto i te 4 haora, mēnā ka roa ake, me porowhiu.
 - me whakamātautau te pāmahana o te mīti, manu rānei i ngā wā katoa mā te whakamahi ngira ine pāmahana kua tōkarikaritia ki te wāhanga mātotoru rawa o te mīti, manu rānei,
 - me whakamātautau i ngā wā katoa te mīti, manu rānei kei roto i te wāhanga makariri rawa o te tāpu wai,
 - tirohia te pāmahana o te wāhanga mātotoru rawa o te mīti, manu rānei:
 - i te tīmatanga o te tunu i te rourou tuatahi, me
 - mua i te tīmatanga o te wā pupuri, ā,
 - i te mutunga o te tunu i te rourou tuatahi,
 - me tirotiro mēnā i pakaru te katihau i muri i te tango i te pāmahana,
 - me mutu te tunu i tētahi rourou i ngā wā katoa i mua i te tāpiri i ngā kai mātai ki te tāpu wai.
- Ina maoa ana te mīti me te manu, me mātua pupuri e koutou ko ō kaimahi ki rō pēke kia reri ki te whakamahi, ā, ka:
 - whakarato mai i te pēke,
 - me tango mai i te pēke, me paku hukihuki (me tunu rānei mā tētahi atu tikanga) ka whakarato wawe tonu,
 - me waiho ki rō pēke, ka whakamātao wawe tonu mā te whai i te kāri [porowhero] **‘Te whakamātao i ngā kai kātahi anō ka tunua’** ka rokiroki i raro i te 5°C atu ki te 2 rā (mēnā e whakamahi anake e koe te tikanga tunu-whakarato).

- me waiho ki rō pēke, ka whakamātao wawe tonu ka rokiroki i raro i te 5°C atu ki te 5 rā (mēnā e whakamahi anake e koe te tikanga tunu-whakamātao).

Me mātua whakamahi anake e koutou ko ō kaimahi te hiatonga wā me te pāmahana e whai ake: (ko ngā wā i raro he wā pupuri, ka tīmata anake ina eke tō kai ki te pāmahana e hiahiatia ana).

Te pāmahana o roto me ngā wā pupuri				
Te pāmahana o roto °C		Tunu-whakarato: Me whakarato wawe tonu, te whakamātao wawe tonu ka whakamahi i roto rānei i te 2 rā o te tunu		Tunu-Whakamātao Me whakarato wawe tonu, te whakamātao wawe tonu rānei ka whakamahi i roto rānei i te 5 o te tunu
		Ngā mīti katoa, hāunga ngā manu (Meneti/haora)	Manu Wā (Meneti/haora)	Mīti whero me ngā manu Wā (Meneti/haora)
Wāhi pāmahana mōrea	55	420 min / 7 hr	Kaua rawa e sous vide ngā manu ki ngā pāmahana i raro i te 60°C	Mēnā kei te kōmaka mīti whero sous vide, manu rānei mō te wā roa atu i te 2 rā, <u>kaua rawa</u> e tunu ki ngā pāmahana i raro i te 60°C
	56	296 min / 4 hr 56 min		
	57	208 min / 3 hr 28 min		
	58	147 min / 2 hr 27 min		
	59	104 min / 1 hr 44 min		
60		73 min / 1 hr 13 min	56 min	91 min /1 hr 31min
61		52 meneti	40 meneti	63 min / 1hr 3min
62		36 min	29 min	44 min
63		26 min	21 min	30 min
64		18 min	15 min	21 min
65		13 min	11 min	15 min
66		9 min	8 min	10 min
67		7 min	6 min	7 min

Ko ngā wā i runga ake he wā pupuri mōkito ina eke te hua kai ki te pāmahana kua tohua.

D

Me Mahi

- Me mātua whakamau tapanga koutou ko ō kaimahi ki ngā kai e mau ana te rā me te wā i mahia, he aha te momo kai, ā, mēnā he tunu-whakarato, tunu-whakamātao rānei, me te rā porowhiu.
- Mēnā kei te tāmahana i ngā wāhanga mīti whero, manu rānei kua tāmahanatia mā te tikanga sous vide, me tāmahana ki runga ake o te 55°C mō te mīti whero me runga ake o te 60°C mō ngā manu i mua i te whakarato kia kainga tonutia. Me porowhiu ngā toenga mīti whero, manu rānei i tāmahanatia engari kāore i whakaratoa, i kainga rānei.

Te whakaatu i tō tikanga

- Mēnā kāore koe i te hiahia ki te tango i te pāmahana o ia rourou ka tunua e koe, ka taea e koe te whakaatu ka mahi tō tikanga tunu i ia wā. Tirohia te kāri [porowhero] ***‘Te whakaatu he whaitake te tikanga ka whakamahia e koe i ia wā’.***

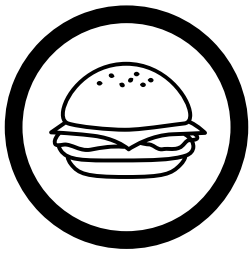
He aha ngā mea hei whakaatu?

- Me whakaatu, me kōrero rānei ki tō kaiwhakaū:
 - he pēhea tā koutou ko ō kaimahi tōkarikari i ngā tāpu wai i ia marama i te i te iti rawa,
 - he **pūkete** o:
 - ngā pāmahana tāpu wai i mau i te tāpiritanga o ngā kai ki te wai,
 - te wā i eke ai te kai ki te pāmahana o roto i tīpakohia,
 - te roa o te wā pupuri i te ekenga o ngā kai ki te pāmahana kai i tīpakohia,
 - te pāmahana o roto o ngā kai i te tīmatanga me te mutunga o te wā pupuri,
 - te wā whakamātao (mō ngā kai i whakamātaotia, i rokirokitia mō muri ake).
 - Mēnā ka taea e koe te whakaatu he whaitake tō tikanga tunu sous vide, me whakaatu ki tō kaiwhakaū ngā pūkete e hiahiatia ana mai i te kāri [porowhero] ***‘Te whakaatu i tō tikanga i ia wā’.***

S

Me Whakaatu





Te whakarite mīti whero mō te kōnatunatu, ā, he whakarato kia āhua-maoa, kia mata rānei

Mātanga

He aha ngā mea me mōhio koe?

- Ka kapi anake i tēnei tukanga te mīti whero – kau, reme me te tia. Kāore e kapi i te tukanga te poaka, heihei, rakiraki, ate rānei.
- Me whai anake tēnei tukanga mēnā e whakaratoa e koe te mīti whero kia āhua maoa, mata rānei.
- Ka kitea ngā ngāngara i te mata o ngā wāhanga mīti. Ka hōrapa ngā ngāngara mai i te mata puta noa i te mīti i te kōnatunatu.
- Ka māuiui te tangata i ētahi ngāngara kino torutoru noa.
- Ko te tikanga anake e haumaruru ai te mīti i te tunu kia āhua maoa, kia mata rānei ko te patu i ngā ngāngara kei te mata o te mīti i mua i te kōnatunatu.
- E 3 ngā tikanga hei whakaiti i te maha o ngā ngāngara kei waho o te mīti – me paku hukihuki, rumaki, patuero rānei.
- Ko ngā ngāngara e huna ana i raro i te puku, i rō puare, ā, i waenga i ngā taha o ngā mīti. Te whakamahine a waho o te mīti mā te tango i ngā wāhanga e ārai ana i te patu ngangara mā te paku hukihuki, rumaki, wairewa patuero rānei.
- Ko ngā kai whakauru tāpiri katoa ka whakamahia me te mīti whero i patuerotia (hei tauira, ngā whakahā, here, ērā mea) me haumaruru, tōtika hoki te whakamahi.
- Ehara i te mea me whai koutou ko ō kaimahi i ngā tohutohu mō te tunu mīti kōnatunatu whero kei te kāri [porowhero] ***‘Te tunu manu, mīti kōnatunatu me te ate heihei’*** mēnā ka whai koe i tēnei hātepe.

He aha te mahi māu?

- Me mātua kōwhiri e koe tētahi o ēnei tikanga e whai ake:
 - paku hukihuki,
 - rumaki,
 - wairewa patuero rānei.
- Me mātua whakamahi e koutou ko ō kaimahi ko ngā wāhanga mīti me te mata māeneene. (hei tauira, ngā tino tapahi o te sirloin, rump, thick flank, silverside, topside).
- Ko tā koutou ko ō kaimahi me mātua:
 - poroporo ko ngā taha, ngā taha puku, puare rānei i mua i te hukihuki,

K

Me Mōhio

D

Me Mahi

rumaki, patuero rānei kia ōrite te mahi i te mata katoa o te mīti, tērā rānei

- tapahi, poroporo rānei ki ngā wāhanga iti ake (arā, kaua he taha puku, puare rānei) i mua i te hukihuki, rumaki, patuero rānei kia ōrite te mahi i te mata katoa o te mīti.

Paku hukihuki

- Ina paku hukihuki ana, ko ngā mata katoa o te mīti (tae atu ki ngā mōmona) me mātua pā ki te pereti wera, rorerore, parai rānei kua hinuhinu.

Te rumaki

- Ina rumaki ana, ka taea te rumaki te mīti me te kore tākai i runga, i roto rānei i tētahi pēke katihau. Ki te whakamahia e koe tētahi pēke katihau, me pā ngā mata katoa o te mīti ki te pēke.
- Me kapi katoa te mīti i te wai, wairenga rānei kei te paera haere, mō te:
 - 30 hekona i te iti rawa mēnā kāore i roto pēke, tērā rānei
 - 60 hekona i te iti rawa rānei mēnā kāore i roto pēke katihau.

Mō te paku hukihuki me te rumaki

- Me tere tonu tā koutou whakamātao ko ō kaimahi i te mīti i paku hukihukitia, i rumakina rānei mā te:
 - rau i ngā mīti ki tētahi wē totoka tio,
 - rau i te mīti rānei ki te pouaka whakamātao,
 - rau i te mīti rānei ki te pouaka whakatio.

Te whakamahi wairewa patuero

- Ina patuero ana, me mātua whakamahi e koe tētahi o ngā matū e whai ake: (tohu ina tika ana)
 - waikawa miraka
 - waikawa peroxyacetic (POAA)
- Kaua rawa koutou ko ō kaimahi e whakamahi i tētahi kukūtanga iti ake, nui ake rānei o te wairewa patuero.
- Me mātua kapi te katoa o te mīti i te wairewa patuero. Me mātua pā ngā mata katoa o te mīti ki te wairewa patuero.
- Me mātua whakamahi e koutou ko ō kaimahi tētahi wairewa patuero hou mō ia wāhanga mīti ka patuerotia e koe.

D

Me Mahi

Te whakamahi waikawa miraka

- Me māua whakamahi e koutou ko ō kaimahi tētahi wairewa kei waenga i te 2–5%.
- Me tou atu e koutou ko ō kaimahi te katoa o te mīti ki te wairewa mō te 9 hēkona. Me whakamahi te wairewa ki te 55°C.

Te whakamahi i te POAA

- Me whakamahi e koutou ko ō kaimahi he kukūtanga i waenga i te 150—220 wāhanga mō ia miriona.
- Ko te kukūtanga o te hauwai waikuratei me mātua 75 wāhanga mō ia miriona, iti iho rānei (me mōhio: mēnā kei te whakamahi kukūtanga kua whakaritea kētia, kāore koe e mate ki te mahi i tēnei).
- Me tou atu e koutou ko ō kaimahi te katoa o te mīti ki te wairewa mō te 10—15 hēkona (kaua e roa atu i te 30 hekona) i te pāmahana rūma.

Mō ngā tikanga katoa

- Ko ngā miti katoa kua oti te paku hukihuki, rumaki, patuero rānei me mātua whakamahi i roto i te 48 haora.
- Me mātua whakamahi ngā mīti kōnatunatu papatahi i roto i te 24 haora, me whakatio wawe tonu mō muri ake.
- Me mātua whakamahi ngā mīti kōnatunatu papatahi i roto i te 24 haora.
- Ko ngā miti katoa kua oti te paku hukihuki, rumaki, patuero rānei me mātua rokiroki ki te 5°C, iti iho rānei i te wā kāore i whakamahia, whāwhātia rānei.

S

Me Whakaatu

He aha ngā mea hei whakaatu?

Me whakaatu, me whakaahua rānei ki tō kaiwhakaū:

- he pēhea tā koutou ko ō kaimahi tino whai i te tikanga i tohua e koe i ia wā,
- he pēhea tā koutou patu ko ō kaimahi i ngā ngangara kei waho o ngā wāhanga mīti,
- he pēhea tā koutou whāwhā ko ō kaimahi i te mīti i muri i te paku hukihuki, rumaki, patuero rānei,
- he pēhea tā koutou whakarite ko ō kaimahi ka whakamahia te mīti kua oti te paku hukihuki, rumaki, patuero i roto i te 48 haora,
- he pēhea tā koutou kōnatunatu mīti whero ko ō kaimahi kia haumaruru me te whakamahi i ngā mīti kōnatunatu papatahi i roto i te 24 haora,
- he pēhea tā koutou kōnatunatu mīti whero ko ō kaimahi.

Te tikanga wairewa patuero

- Me whakaatu, me whakaahua rānei ki tō kaiwhakaū:
 - he pēhea tā koutou whakataka kai me ō kaimahi me te whakamahi i te wairewa patuero,
 - he pēhea tō koutou mōhio ko ō kaimahi kua whakamahia e koe te:
 - matū tika, me te
 - kukūtanga tika, me te
 - pāmahana tika, me te
 - roa o te wā tika hei patu i ngā ngangara.