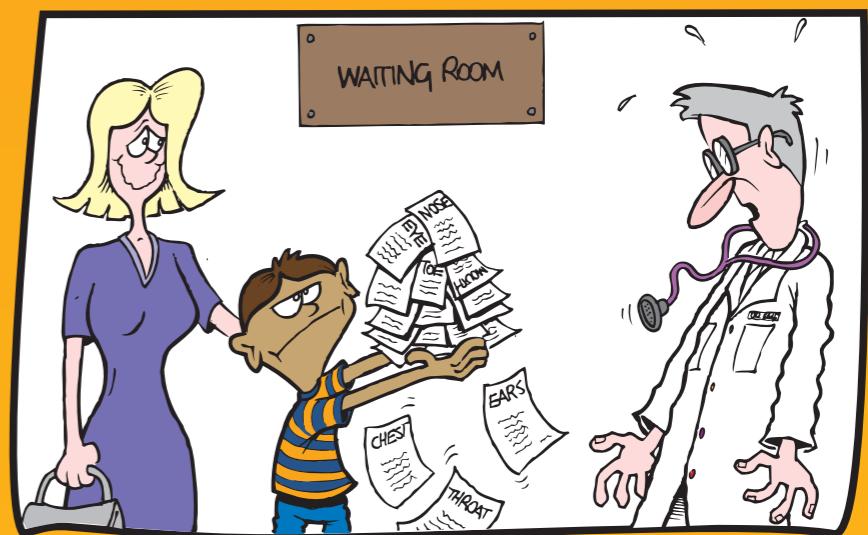


Te Whakanui i te RĀ O TE AO MŌ TE MĀTAI PŪNAHA AWHIKIRI i te rā 29 o Āperira

Ākona ētahi atu mōhiohio mō tō pūnaha awhikiri, ā, ka pēhea te pā atu o ngā kōpaka awhikiri matua ki ngā tāngata ki ū tātou hapori.

7 Ngā Tohu Whakatūpato e Āhea me whakaaro atu Ki te Kōpaka awhikiri matua



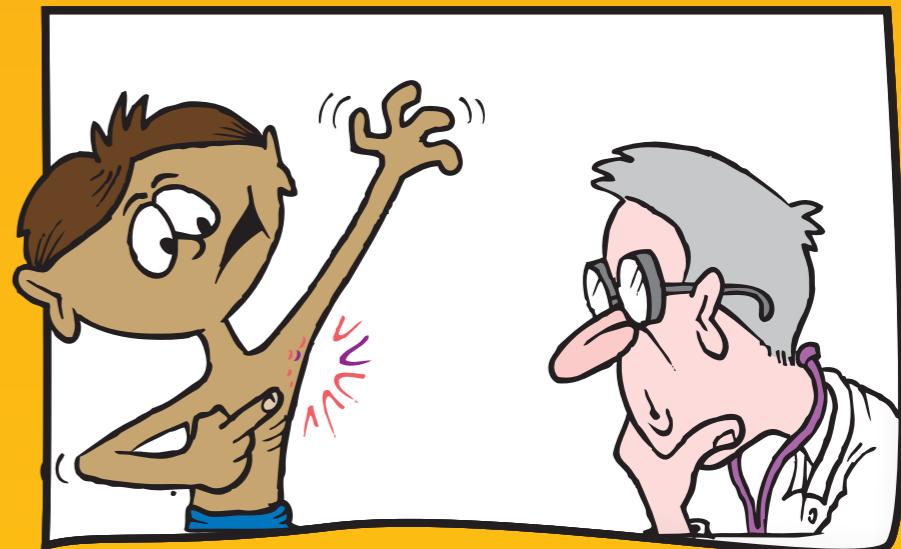
He maha rahi rerekē o ngā pokenga me whai rongoā



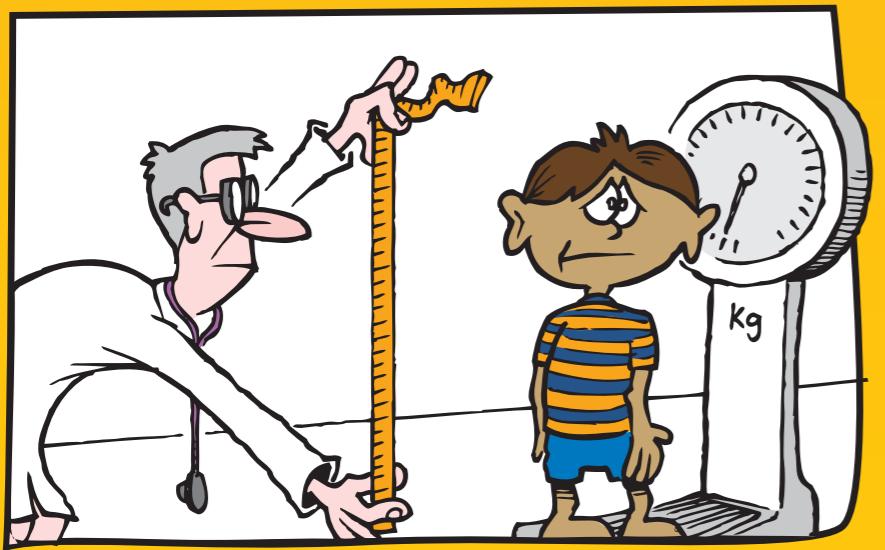
Ētahi atu tohumate rerekē e hāngai ana ki ngā pokenga



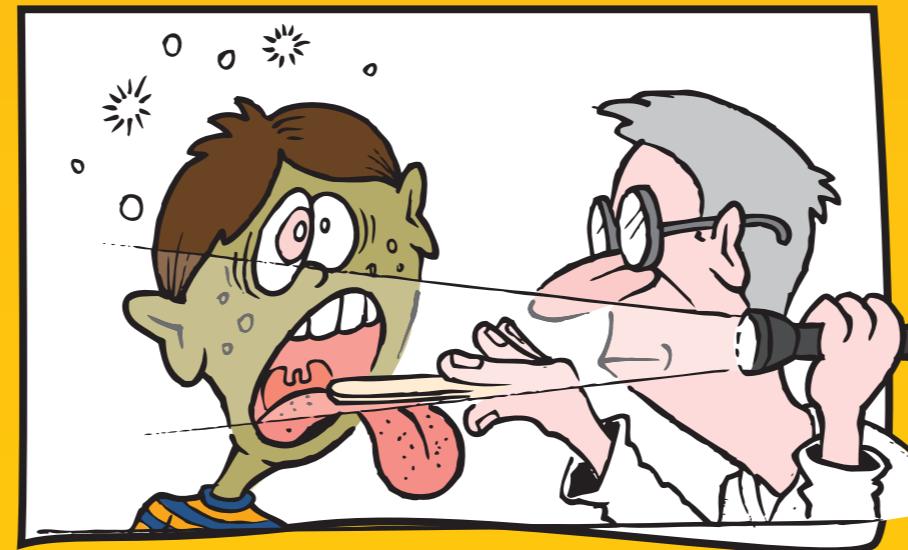
He pokenga i hua mai i ngā momo rauropi rerekē



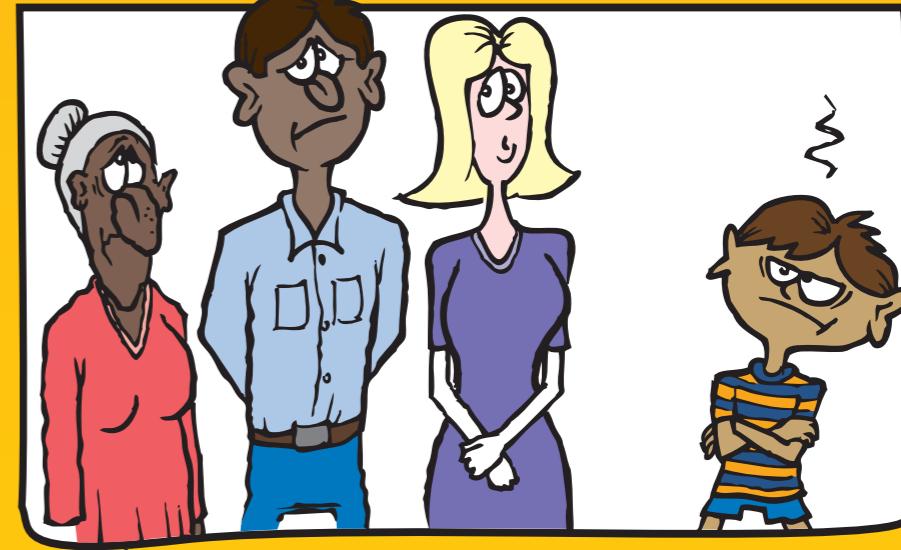
He pokenga ki ngā wāhi rerekē



He tamaiti kāore e tipu, e piki ai te taumaha e ai ki tērā e tūmanakohia ana



He pokenga kāore e urupare i te whakamaimoatanga e ai ki tērā e tūmanakohia ana



He hītori ā-whānau o tētahi kōpaka awhikiri, he pokenga rerekē rānei