



Me whakamahere i te wehenga i te hōhipera

Kei te hiahia ngā kaimahi hōhipera kia puta tino mōhio koe me ngā whakautu ki ngā pātai kei a koe. Ka āwhina tēnei pepa. Kua kōrerorero kētia pea ētahi kaupapa nā reira karekau pea he take ki a koe. He wāhi tuhi kōrero ina hiahia koe tō whānau rānei ki te tuhi kōrero.

1 Te wehenga i te hōhipera

- Mēnā he āwangawanga nōu, he pātai kāore anō kia whakahokia mō tō haumanu hauora, me kōrero ki tō tākuta, nēhi rānei.
- Tuhia ngā ingoa me ngā whakapānga o ngā tāngata ka hiahia koe ki te whakapā atu mō tō haumanu hauora i muri i tō wehenga i te hōhipera.



2 Ngā toronga whai muri

- Pātai atu ki tō tākuta, tō nēhi rānei ina hiahiatia kia hoki atu hei arowhai, hei whakamātautau rānei, ina āe, ki hea (ki te hōhipera, ki te whare tākuta rānei).
- Ki te hiahia koe ki te kite anō i tō tākuta whai muri i tō wehenga me mōhio koe mō āhea me te whakarite toronga.
- Ina tatari ana ki ngā hua whakamātautau, me rapu mō te pēhea e riro mai (hei tauira, ka waea atu tētahi ki a koe māu rānei e waea atu).





3 Ngā rongoa

- Rārangihia ngā rongoā me kai e koe, āhea kai ai, hei aha te rongoā, mēnā he pānga āpiti.
- Me mārama koe mehemea ka whakarerekē i te āhua o āu rongoā (mēnā he rongoā tāu).
- Mehemea kua whakaritea he rongoā hou mōu, me mōhio koe ina he utu atu anō mō aua rongoā.



4 Te tiaki i a koe anō

Ina hiahia koe ki te ui i ētahi pātai:

- he mea kia noho tūpato koe whai muri i tō wehenga i te hōhipera (ngā momo mamae, he pikinga kirikā, he pikinga mamae, he toto)
- he tohutohu motuhake kua hoatu ki a koe (mō te hokinga ki te mahi, mō te hautū waka, te hiki mea)
- ngā mahi māu kia mau ki te hauora pai (āta kai, kori tinana, whakatā)
- ā te wā kia taea e koe ngā mahi o mua te mahi anō
- mēnā me rerekē ngā mahi.

