

# KŌWHIRIA NGĀ KAI REREKĒ I IA RĀ

Me kai ko ngā rahinga e  
tūtohutia ana mai i ia rōpū kai.



## PŪMUA

Kanopī, nati, kākano, ika me  
ētahi atu kaimoana, heihei,  
mīti whero hoki/rānei me te  
kore mōmona

1–2 rahinga\*

## HUAWHENUA ME NGĀ HUARĀKAU

Kia 3 ngā huawhenua,  
kia 2 ngā huarākau



## NGĀ KAI REKA

Mō ētahi wā noa ēnei, ā, kia iti ngā rahinga\*

Kāore koe i te TIAKI i a koe anō ki te kainga ēnei i ia rā

## WAROWAIHĀ

Parāoa, huapata, raihi,  
rimurapa, kihu parāoa  
(tōpanawhānui te mea pai)  
Kia 6 rahinga i te iti rawa\*



Nestlé healthy  
activeKIDS

A healthy tomorrow for today's children

[www.healthyactivekids.co.nz](http://www.healthyactivekids.co.nz)

## HUA MIRAKA

Miraka, tihi, iokete  
(mōmona iti te mea pai)  
2 rahinga\*



## WHAKATAURITETIA TŌ PERETI

½ Huawhenua  
¼ Pūmua  
¼ Warowaihā



Mō ētahi atu kōrero tirohia [www.healthyactivekids.co.nz](http://www.healthyactivekids.co.nz)

\*Recommended number of serves based on Ministry of Health, Food and Nutrition Guidelines.