



# Kei mau tō aro ki te maki a te mauhere

Hē ātaahua te ika, he mīharo, he whakamīreirei ki te tirohangā karu, nā reira ētahi ka whakamau atu i te ika kia mātakina. Heoi anō ka aroha kē hoki, e kore rawa ngā matea ika e ngata i ngā kurawai. Whakamutu atu te whai kurawai ika.

## Herekoretanga

Matenui ai te ika ki te takiwā. Kāore te pupūri ika kia mōkaingia e eke ki te herekoretanga e ora kau ai te ika, pēnei i tōna kāinga māori taiao. Nā konei ka pupū te pōraruraru me te takeo.



## E rongo ana te ika

Hūkokikoki ana, pīroiroi ana te ika. Wheako ai te ika i ngā kare-ā-poto, pai mai, kino mai, pēnei i te pāmamae me te pākatokato.

## Matea pīroiroi

Arā ngā matea o te ika e pīroiroi kē atu ana iō te ngeru me te kurī, nā reira te ngāwari noa ihotanga o te takahi pōkerehū noa i tōna oranga.

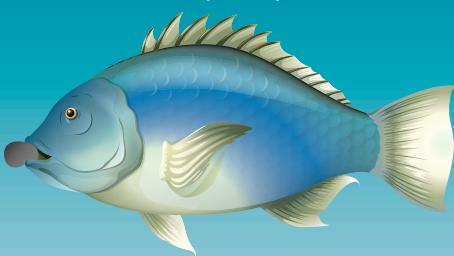


## Te hunga hoa me te whakapāpātanga

Kei te ika ūna hononga whīwhiwhi ki ētahi atu ika, me te huhua noa atu, manawa reka anō hoki o ngā whanonga pāpori i te taiao. Takoha whakaaro ai te ika ki ētahi atu, me te wairua atamai, otirā, ako ai te ika i ūna wheako me te mātai atu.

## Te koi o te hinengaro

He mahara mau roa kei te ika, ā, mōhio ana te ika ki te hāpai taputapu, e ū ana ki te wairua mākohakoha, ki te wairua mahi tahi me te mahi matarau.



He kōrero anō mō te ika mauhere



Tūhuratia te wāhi ki a koe hei āwhina ika e manaaki ana koe



Ākona te waihanga anamata mākoha mō ō tātou hoa kei raro i te kārewa wai.



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