







# E hia ngā hua KickStart e whakamahia ana e tō karapu parakuihi i te wiki?



Tuhia tētahi tohu ki te tātai papa mō ia pouaka i whakamahia i ia rā – tāpirihia te katoa i te mutunga o te wiki. Aroturukitia mō te 2-4 wiki hei whakatau i te toharite, ka whakamahi i ēnei raraunga hei whakarite i tō whakahou ā tērā wāhanga.

RĀ:	Mane	Tūre	Wenere	Taite	Paraire	Tāpeke o te wiki
Pouaka Miraka Anchor 1L						
Pouaka Weet-Bix 750g						

**Arotake Rawa: Tirohia ngā rawa kua whakarae i mua i te whakamutu i tō tono mō te mutunga o te wāhanga.**

 <p>Te maha o ngā kātene Wīti-Piki:</p>		 <p>Te maha o ngā pouaka Sanitarium Wīti-Piki:</p>		 <p>Te maha o ngā kātene Anchor:</p>		 <p>Te maha o ngā Anchor 1L:</p>	
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**Ko ngā hua KickStart Parakuihi ka whakamahi anake i ngā kura mō tō karapu parakuihi.**

Me pupuri ngā hua parakuihi e toe ana hei whakamahi mō te wāhanga e whai ake ana. Me whakamahi ngā hua tawhito i te tuatahi, ā, kia whakamahia i mua i tō rātou rā paunga. Tēnā koe mōu i tiaki ai i te toitūtanga o tō tātou kaupapa mā te tono i ngā mea e tika ana anake, me te whai wāhi ngātahi mai ki te karo i te mōumou kai. Whakapā atu ki te tīma Kick-Start Parakuihi kia whai āwhina koe ki te whakahaere rawa, ki te arotakenga rānei o te wāhanga