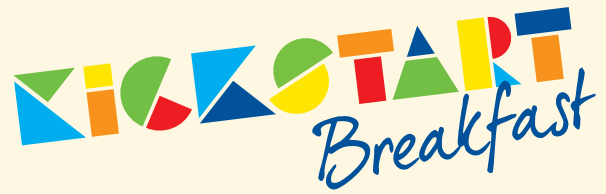


# Hangarua Aratohu



Tēnā koa whai atu i ngā aratohu mo hangarua mo to KickStart Breakfast rōpu, e whai ake nei hei āwhina ia mātou kia ngāwari haere ai tēnei mahi.

## Hangarua mo kāri ngātahi me ngā pouaka

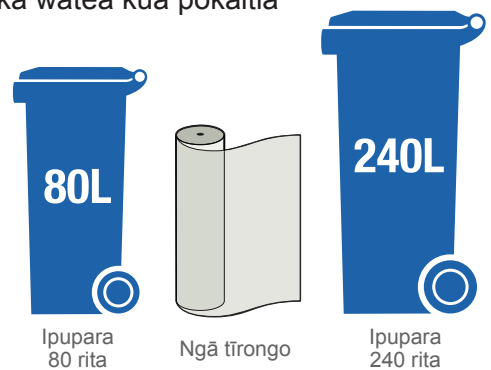
Tēnā whakauru atu te pouaka kawē pepemārō ki i te taha o ngā hangarua pepa o tō kura.

- Ngā pouaka nui mo ngā 12 x Anchor UHT pouaka Miraka
- Ngā pouaka watea o Weet-Bix
- Ngā pouaka nui mo te Weet-Bix
- Mēnā kaore anō he kaupapa hangarua pepa ki tō kura, whakapā atu koa ki KickStart Breakfast ki **0800 900 070**, īmēra rānei ki **KickStart.Breakfast@fonterra.com**

## Hangarua mo ngā Pouaka Miraka

### Kā whakaratoa e Fonterra:

- He ipupara hangarua **80 rita** mā hei porowhiu i ā rātou pouaka wātea kua pōkaitia i ā horoia te pouaka ma te wai.
- He tīrongo ipupara mā ngā ipupara hangarua 80 rita.
- He ipupara hangarua **240 rita** hei pupuri i ngā tīrongo kua ki mō te taenga mai ū te tangata whakarato miraka Anchor.
- Mēnā he Fonterra Miraka mo ngā kura ki tō kura, whiua hoki to pouaka miraka i ēnā ipupara **80 rita** me ngā ipupara **240 rita** mō te hangarua.



### Te Maka Ipuupara

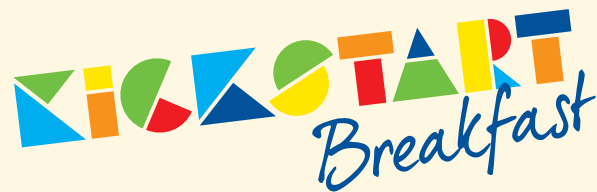
- Toutou i ngā tīrongo ki ngā ipupara hangarua **80 rita**, ka makaia atu ērā huri noa i te kura kia māmā noa te tareka e ngā tamariki e kainga ana te parakuihi.
- Waiho i te ipupara hangarua **240 rita** ki tētahi wāhi kua whakaaetia e koutou me te kamupene miraka kia tīkina atu e rātou mō te hangarua.

### Aratohu Hangarua mō ngā pouaka Miraka

## 8 ARATOHU MĀMĀ MŌ HANGARUA

- 1: Kautahangatia te miraka kia pau me horoia te pouaka ma te wai.
- 2: Hei mea iti rawa takapapa nga pouaka miraka engari ko te mea pai me ākai te pōkaitangata e ai ki ngā kōrero kei te Aratohu Tukuru.
- 3: Whiua te pouaka miraka ki roto i te ipupara **80 rita** mō te hangarua.
- 4: Kia kī te ipupara 80 rita, tangohia te tīrongo i te ipupara.
- 5: Tirohia kei te pēke ngā pōkai mai i te hōtaka pouaka miraka anake, kaua ētahi atu para.
- 6: Herea te tīrongo.
- 7: Purua te tīrongo ki te ipupara hangarua **240 rita**. Mā te tangata whakarato miraka Anchor e kohia hei te wiki e heke mai.
- 8: Maumahara i rīwhitia te tīrongo ki roto i te ipupara hangarua **80 rita**.

# Aratohu Hangarua



## TŪRANGA MARIU



### Tahi

Kautahangatia te miraka kia pau te katoa o te 1L pouaka miraka me horoia te pouaka ma te wai.



### Rua

Mārohatia ngā kono ki runga o te pouaka miraka.



### Toru

Takapapatia te pouaka, whakarunga i te taupoki, anga whakarunga hoki i te pūtake o te pouaka. Takapapatia mai i te takere, piki whakarunga ai.



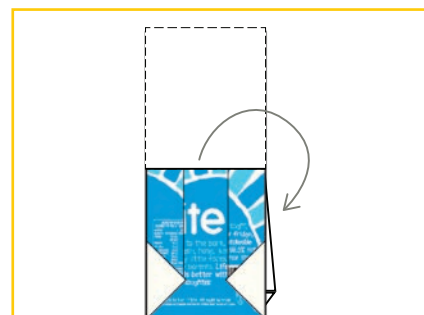
### Whā

Takahuri i te pouaka miraka.



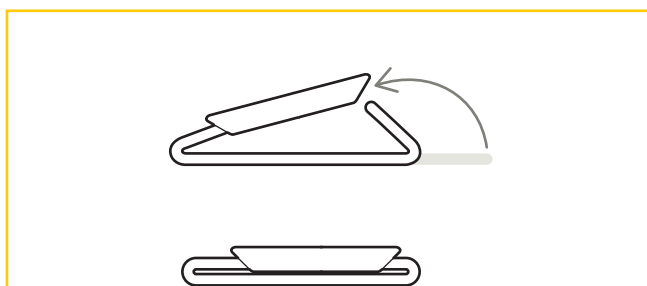
### Rima

Pōkaia ia taha o te pouaka miraka.†



### Ono

Whai atu te keo o te pouaka miraka i te runga o te pouaka miraka.



### Whitu

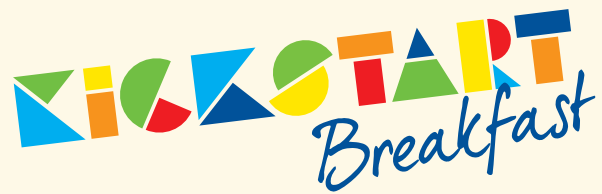
Tākaia te tīrepa o runga ki roto i te wāhi kua wātea mai i raro o te pouaka miraka. Pehia kia papatahi, kia rite ki te tapawhā.



### Waru

Whuia te pouaka miraka ki roto i ngā ipupara hangarau kia reri ai mō te whakahiatotanga.

# Aratohu Hangarua



## TŪRANGA ITINGA RAWA



### Tahi

Kautahangatia te miraka kia pau te katoa ō te 1L pouaka miraka me horoia te pouaka ma te wai.



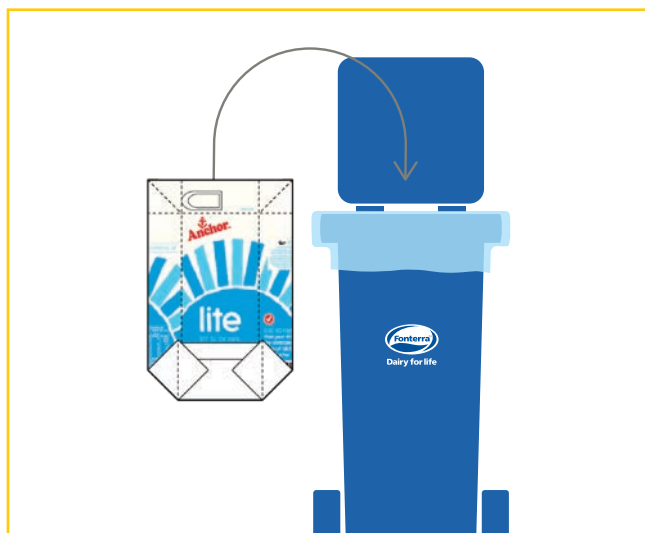
### Rua

Mārohatia ngā kono ki runga ō te pouaka miraka.



### Toru

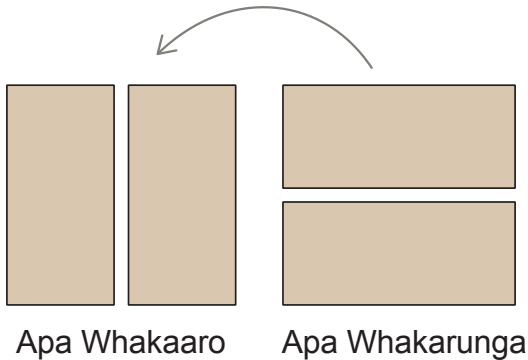
Takapapatia te pouaka, whakarunga i te taupoki, anga whakarunga hoki i te pūtake ō te pouaka. Takapapatia mai i te takere, piki whakarunga ai.



### Whā

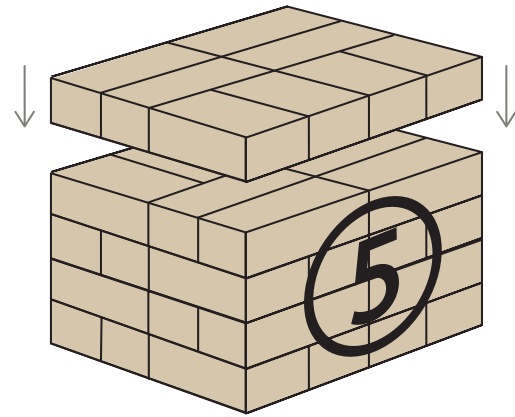
Whiua te pouaka miraka ki roto i ngā ipupara hangarau kia reri ai mō te whakahiatotanga.

## TIRO O RUNGA



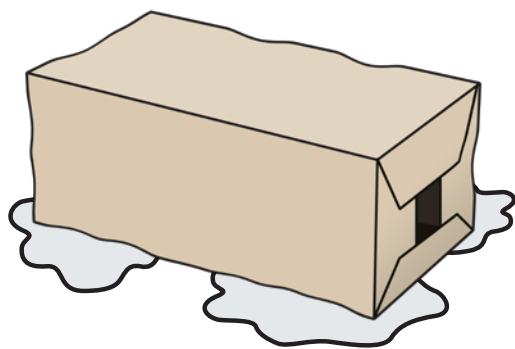
### Tahi

Kia kore e hingia ai ō kēhi miraka, whakamahia he pūnaha whīwhiwhi kia whakapūtia ō kēhi.



### Rua

Kaua e whakapūtia kia nui ake i te rima ngā kēhi te teitei.



### Toru

Kaua e whakapūtia ngā kēhi kua pakarū, ā turuturu rānei. Tēnā waea atu ki tō tangata wharato miraka Anchor mō tō rīwhi.

## Hurihanga Miraka

Mēna ka tae mai tētahi whakaratonga hou i mua i te whakaratotia ō te tohaina tuatahi, kaua e whakaputia ngātahi.

Whakaratotia te miraka karoa ō te tohaina tuatahi i mua i te nekenga kite tohaina tuarua.