

Rau meka 4.

Whakainu rongoā me te ātete whakainu rongoā

wormwise

te rautaki whakahaere ngoke ā-motu



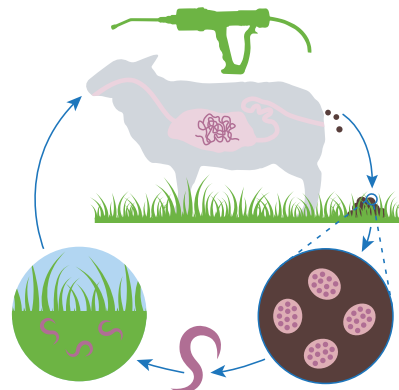
Kitea noatia ai te ātete i te whakainu rongoā, ā, kei te nui haere te pā mai i ngā whānau whakainu rongoā katoa (me ngā ranunga katoa), ā, he tino mōrea tēnei ki te whaihua o te pāmu kararehe.

Arā he mōrea ka puta ina tauritea te ātete i te whakainu rongoā i te wā e whakahaere ana i ngā noke kia kore ai e raru te whakaputa kararehe me te oranga kararehe.



Ka taea te mōrea o te tipu o te ātete i te whakainu rongoā te aromātai me te whai i ngā mahi hei whakaiti:

- Ko te ariā o te punanga werau e pā ana mō te taupori ngoke kāore e pāngia e te whakainu rongoā.
- Mā te whakamahi i ngā kararehe momo ōrite kāore āno kia whekwheku rongoātia hei hanga punanga werau e whakarite kei reira tonu ētahi ngoke ātete kore, ā, he tukanga whaitake tēnei mō te whakaroa i te ātete.
- He mea waiwai te mōhio ki ngā whakainu rongoā whaitake mō tō pāmu; ko te hua o te kore tōtika ko te kore whakaputaranga.
- Ki te whakamahia tonutia te whakainu rongoā kei te ngoikore haere ka whakanuitia ake pea te mōrea nui o te whakatere ake i te tipu o te ātete whakainu rongoā.
- Ko te tikanga ka nui ake te tōtika o ngā whakainu rongoā hanumi, ā, ka āwhina ki te whakaroa i te ātete patu werau.



Me noho te whakainu rongoā he wāhanga iti kotahi noa iho o tētahi mahere patu werau.