

NGĀ TOHUTOHU MĀ NGĀ PĀKEKE NGONGŌ

MĀORI

Me pēhea te whakamahi i tō ngongō me tētahi puotongā • Me pēhea te horoi i tō ngongō

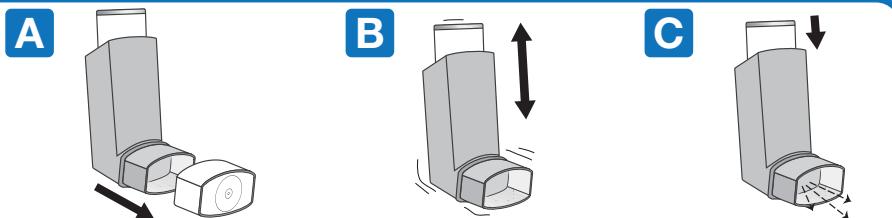
TE WHAKAMAHİ I TŌ NGONGŌ ME TĒTAHI PUOTONGĀ

ME PAPUPAPU TŌ NGONGŌ

Me papupapu tō ngongō i mua i tō whakamahi i tō ngongō mō te wā tuatahi, mēnā kāore rānei kia whakamahia mō te kotahi wiki neke atu.

Me tūtika te ngongō ka tango i te taupoki puehu kirihou mai i te ngutu o te ngongō. Rurerurehia te ngongō, ā, kia rua ngā pēhi i te kēne ki te hau takiwā hei papupapu i te ngongō.

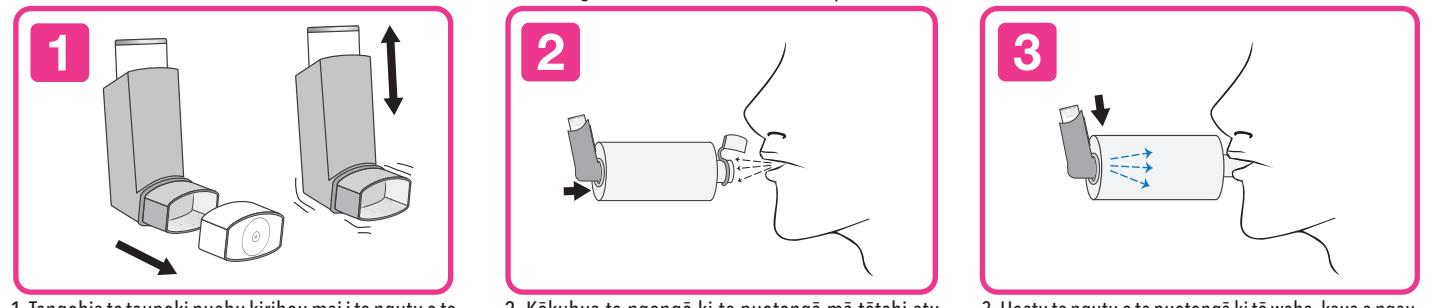
He pai kē ake te whakamahi i ngā ngongō horopeta ine i te mea he nui ake ngā rongoā ka uru ki ō pūkahukahu i te ngongō anake. E wātea ana ngā puotongā mō te koreutu mai i tō rata, i tētahi Kaiwhakaako Romahā rānei. Mēnā he puotongā tau, me whakamahi ēnei tohutohu e whai ake.



ME PĒHEA TE WHAKAMAHİ I TŌ NGONGŌ ME TĒTAHI PUOTONGĀ

He pai ake te whakamahi i ngā ngongō me ngā puotongā. Me whakamahi he puotongā me tō pūārai, ngā ngongō horopeta ine pēhangā pāhekoheko rānei. E tino tūtohua ana kia whakamahia he puotongā me tō ngongō whakakapi i tētahi huangō tino kino.

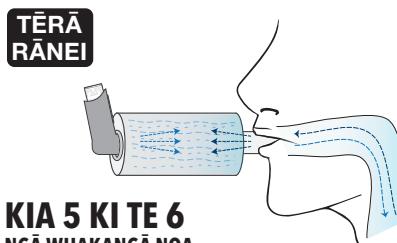
Me tuku kōrero ki tō tākuta mēnā he māharahara ū, he raruraru rānei ina whakamahia tō ngongō. Mēnā he rerekē ngā tohutohu a tō tākuta, me tūpato te whai i aua tohutohu.



1. Tangohia te taupoki puehu kirihou mai i te ngutu o te ngongō ka tirotiro mēnā kei te mā te ngutu. Tirohia te pūtatau horopeta kei tō ngongō mēnā kei tō pūrere tētahi. Kia kaha te rurerure i te ngongō ka papupapu mēnā e tika ana.

2. Kōkuhua te ngongō ki te puotongā mā tētahi atu pito o te ngutu. Kia nui te whakangā mā tō waha.

3. Hoatu te ngutu o te puotongā ki tō waha, kaua e ngau, ā, me kapi te ngutu puotongā i ō ngutu. Kia KOTAHİ te pēhi i te kēne hei tuku i tētahi horopeta ki te puotongā.



4. Kia āta nui te whakangā mā tō waha ka pupuri i tō hā mō te 10 hēkona. I a koe e pupuri ana i tō hā, tangohia mai te puotongā mai i tō waha. Kia ngāwari te whakahā atu.

TĒRĀ RĀNEI
KIA 5 KI TE 6
NGĀ WHAKANGĀ NOA

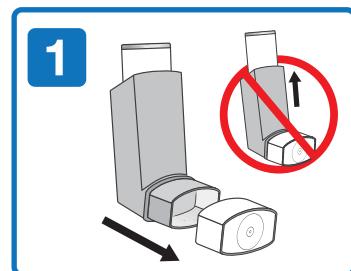
Kia 5 ki te 6 ngā whakangā noa i te wā kei tō waha te te puotongā. Tangohia mai te puotongā mai i tō waha ka āta whakahā atu.



5. Mēnā ka hiahariatia he horopeta anō, me whai anō i ngā hipanga 2 ki te 4. Kaua e pukā ngā hipanga 2, 3 me te 4. Me maumahara kia kaha tonu te rurerure i te ngongō i waenga horopeta.

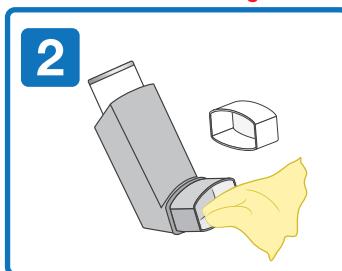
ME PĒHEA TE HOROI I TŌ NGONGŌ

Kia kotahi te horoitanga o te pūngutu kirihou i te wiki i te iti rawa. Me whai ko te tikanga e whai ake nei hei horoi i tō ngongō:

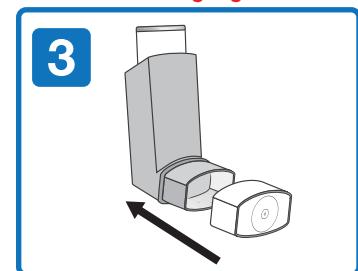


1. Tangohia mai te taupoki puehu kirihou i te ngutu o te ngongō.

KAUĀ TE KĒNE MAITAI E TANGO MAI I
TE PŪNGUTU KIRIHOU.



2. Me ūkui a roto, a waho hoki o te ngutu kirihou me te taupoki puehu ki tētahi puweru maroke mā.



3. Whakamaua anō te taupoki puehu kirihou ki te ngutu o te ngongō.



KAUĀ RAWA E HOROI, RUMAKI
RĀNEI I TĒTAHI WĀHI O TE
NGONGŌ KI TE WAI.

ĀWHINA TERE:
Horoiā tō puotongā i ia wiki. Tirohia ngā tohutohu horoi e tāpiri ana i te taha o tō puotongā.