

Te whakatipu i tō umanga i roto i Ngā rāngai Kai me te Kaka

1. Kia mōhio ki ō pūtake, ka whai i tōu ake ara

Mā te mārama ki ō uara, ō kaingākau me ō pūkenga ka puta ō pūtake 'he aha i pēnā ai ō mahi':
"He aha au e pīrangī ai ki te mahi i tēnei?"

2. Kia mōhio ki ō uara

Ko ngā mea hira ki a koe koia ō uara.
E whakarato ariā ana mō te mahi whaitake.

Pūkaha taiao

Hangarau kai

Pūkaha matū

Ngā kaupapahere

Pūhangā hangarau me te tāhiko

Haumaru koiora

Pakihi

Pūtaiao ngāherehere

Whakamākete

Ngā pūkenga me te mōhiotanga hangarau

Kia takatū mō tō umanga mahi

Ngā kaiakatanga ahurea

Ngā pūkenga mō te whiwhi mahi

Reo matatini me te pāngarau

Matatika pāpori

Āwhina tangata

Hākinakina i waho

Pānui

Pūtaiao

Ahurea me te tuakiri

Whānau

Toitūtanga

Pāngarau

Panoni āhuarangi

Toiora tangata

Whakaputa painga

Ngā pāhopori

Oranga kararehe