Silverbeet, Saturday mo Sunday

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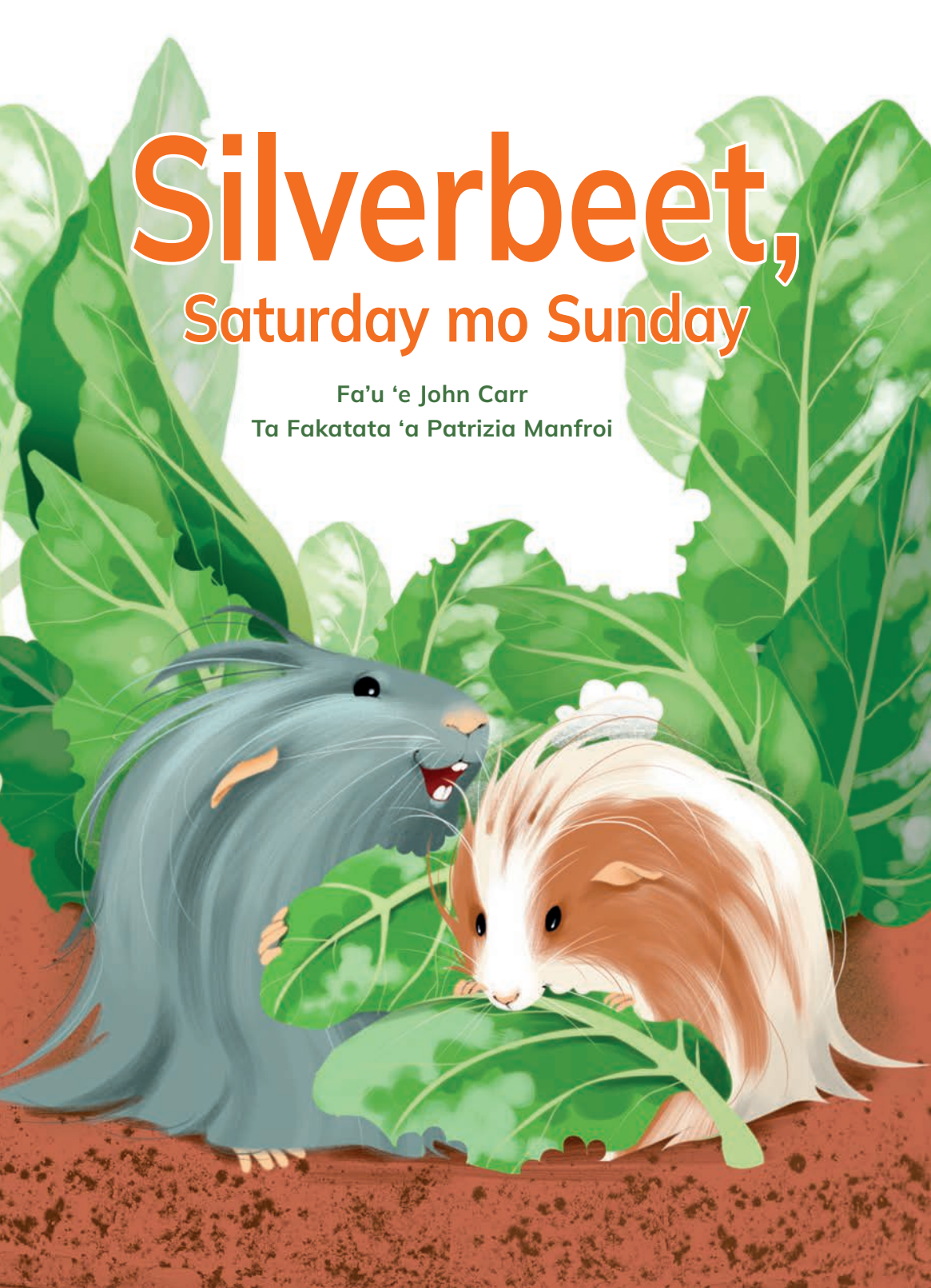

‘Oku ma’u ‘a e ngaahi naunau tokoni fakafaiako moe ngaahi ngaue fekau’aki moe laukonga ‘i he: spca.nz/schools

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Ministry for Pacific Peoples
Te Manatū mō ngā Iwi ō te Moana-nui-ā-Kiwa

Silverbeet, Saturday mo Sunday

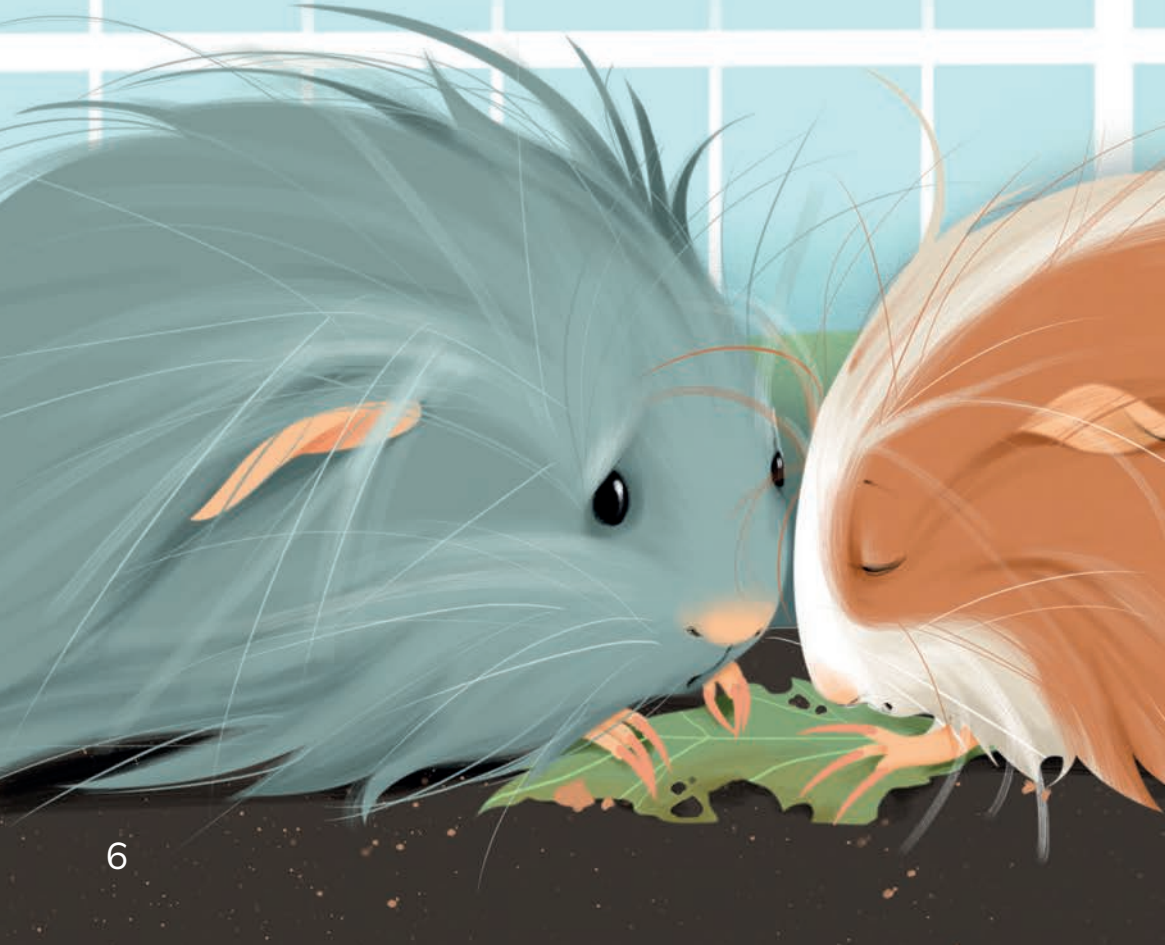
Vahe 1

Ko Saturday mo Sunday ko e ongo tautehina. Na'a na nofo fakatah he 'api 'o Bailey. Na'e fakahingoa 'e Bailey kinaua ko Saturday mo Sunday koe'uhi ko 'ene manako 'i he faka'osinga 'o e uike.

'Oku 'i ai 'ena ki'i feitu'u fakamalohisino 'i he loto'ata'ata he tu'afale mo 'ena ki'i fale nofo'anga 'oku ma'a mo fo'ou. 'Oku 'i ai 'ena ki'i mohe'anga mo e vai ma'a kena inu. Pea 'oku lahi 'ena mohuku, vesitapolo moe me'akai ke kai. 'Oku lahi 'ena me'a va'inga pea lahi mo hono tokangaekina ki naua 'e Bailey mo 'ene fa'ee. Ne tutu'u ma'u pe hona pesipesi nima pea polisi ma'u pe mo hona fulufulu he 'aho kotoa.

Ne kamata liliu e me'a kotoa 'i he kamata ngaue 'a e fa'e 'a Bailey. Ne 'i ai e ngaahi kaungame'a fo'ou 'a Bailey pea toe tanaki mai mo e ngaahi me'a fo'ou 'oku tokanga ki ai. NE 'ikai ke toe lahi ha taimi kenau feohi ai mo Saturday mo Sunday. Ne 'ikai ke toe fa'a fakamaau 'ena ki'i fale. Kuo mae pea ta'e'aonga e mohuku. Kuo fihi 'ena fulufulu. Pea kuo loloa mo 'ena pesipesi.

Pea kuo 'ikai ke toe ma'u 'e Saturday mo Sunday 'a e fiefia mo e mo'ui lelei, neongo na'a na kei malu pe pea mo kei fafanga ki naua.



Sunday

Vahe 2

Kuo hoha'a 'a e fa'e 'a Bailey 'i he si'isi'i 'a e taimi kuo na feohi ai pea moe ongo ki'i kuma. Na'a ne laukonga fekau'aki pea mo 'Amelika Tonga 'oku 'i ai e fanga ki'i kuma 'oku nau nofo tau'ataina 'i he vao. Pea ne fakakaukau 'oku sai ange ha fakafoki 'a Saturday mo Sunday ki he vao. Ka na'e 'ikai ke ne 'ilo'i ne fakatouia 'a e ongo ki'i kuma ke nofo kolo. 'E 'ikai ke lava ke na mo'ui iate kinaua pe.

Ne si'i loto mamahi 'a Bailey 'i hono tukuange atu kinaua ki he vao 'i he paaka. Hange pe ko 'ene fa'e, na'e pehe pe 'e Bailey ko e lelei taha 'eni 'oku na fai. Ne 'ikai ke na 'amanaki 'oku 'ikai ngata he ta'e taau 'ena me'a na'e fai ka 'oku maumau lao foki.

Pea si’i puli atu ‘a Saturday mo Sunday ki he vaota. Na’a na ‘alu fakataha pe. Me ‘ikai ke ‘i ai ha mohuku, hala ha malu’anga, hala ha me’akai. Fakafokifa ange pe kuo na fanongo ki he longoa’a. ‘Oku ‘alu pe mo ofi mai pea ‘oku ha’u hangatonu kiate kinaua.

Ne tu’u ma’u ‘a Saturday mo Sunday ‘i he’ena ilifia. Ne fu’u ofi ‘aupito ‘a e le’o. Pea ne puhi’i ‘aki kinaua ‘a e pelepela moe kelekele. Pea na lele ‘osi atu ‘aki ‘a e vave taha moe mama’o taha.

‘I he puli atu ‘a e halanga pasikala kuo na takoto pelepela, ilifia pea na ta’elata.

Vahe 3

“’Ei Wiremu! ‘Oku ke sai’ia he jellybeans? Ko ‘eni ia au ke ‘oatu!” ko e kaila mai ia ‘a Koro.

Na’e manako ‘aupito ‘a Wiremu he jellybean ka ‘oku ne ‘ilo’i ko e va’inga peia ‘ene kui tangata.

“Ko ho mo’oni Koro?” Ko e ‘eke atu ia ‘a Wiremu mo sio ki he fanga ki’i me’a lanu ‘uli’uli ‘i hono nima. ‘Oku hange tofu pe ko e fotunga ‘o e jellybean ka ‘oku ‘ikai ke ngingila ia. Pea ‘oku ‘ikai ke nanamu ia ‘o hange ko e jellybean.

‘Oku ou sai’ia au he kalasi lanu kulokula,” ko Wiremu ia mo kata pe.

Pea kata ai pe mo Koro mo li ‘a e fanga ki’i me’a lanu ‘uli’uli ki he ngoue. “’Oku ‘ikai ko ha’aku me’a ia ‘a’aku,” ko ia ia. “Mahalo ne ‘i ai ha taha ne ‘a’ahi mai.”

Pea ne tuhu atu ki he ki’i la’i ‘akau ‘oku tu’u mai mei he kelekele.

“Koe taha na’a ne kai ‘eku silverbeet ko ia ‘oku ‘a’ana!” ko ‘ene lau ia.

Pea ne mahino kia Wiremu. “Ko ho ‘uhinga ko e fanga ki’i me’a lanu ‘uli’uli ko e fakaveve ‘a e manu?”

“Koia hono kotoa masii,” ko Koro atu ia. “’Oku hange ha te’e kumaa. ‘Oku si’i keu tui ‘oku ‘i ai ha ki’i me’a pehe ‘oku nofo holo heni! ‘A ia kuo ‘iai ‘eta ngaue ke fai. Te ta ngaahi ha ki’i tauhele!”

“’Oku tapu ke kaiha’a ha taha mei he’eku vesitapolo,” ko Koro ia. “Kapau ‘e tuku e ki’i tauhele he loto ngoue mo ha silverbeet ‘i loto kou tui ‘e ma’u e ki’i kaiha’a.”

Na’e taumu’a ‘a Koro mo Wiremu ke ngaue ‘a e fo’i palani ka ‘i he’ena takitaha ‘uhinga. Ne fiema’u ‘e Koro ke malu’i ‘ene vesitapolo. Ka na’e fiema’u ‘e Wiremu ia kene tauhi ‘a e ki’i kuma.

‘I he’ena ‘a’ahi atu ki he tauhele ‘i he pongipongi na’e ma’u mai ai ‘a e ki’i kuma.

Ne si’i pakau ‘a Saturday pea pelepela mo hono fulufulu. Kuo loloa hono nifo pehe ki hono pesipesi pea kuo ‘ikai ke lava ai ke lue fakalelei. Pea ha’u ‘a Wiremu moe vai moe silverbeet.

“Mai ma’a ‘aku?” ko e kole ia ‘a Wiremu. “Teu ta’ofi ke ‘oua toe ‘alu ki he ngoue.”

“’Oku mata’i puke,” ko Koro ia. “Mahalo ko ha ki’i manu ha taha. Kuou tui ‘oku sai ange ke ‘ave ki he SPCA.”

Vahe 4

Pea ne ‘ave ai ‘a Saturday ki he senita ‘a e SPCA ke sio ki ai ‘a e toketa. Na’e faito’o ai ‘ene kutu, liha moe kutu fisi. Ngaahi fakalelei hono nifo. Kosi mo hono pesipesi. Pea tele mo hono fulufulu pea toki tui atu ‘ene ki’i saketi ke mafana kae ‘oualeva kuo toe tupu mai hono fulufulu.

‘I he hili ha ngaahi ‘aho kuo ne mata mo’ui mai. Kuo ne kai mo inu. Pea kamata ke sino mai. Kuo maama mai hono mata pea ne longomo’ui.

Pea pehe ai ‘e Justine ka ko e mataotao ki he fanga manu kuo mo’ui lelei ‘a Saturday ke kau fakataha atu moe toenga ‘oe fanga kumaa.

‘I hono fua atu ki he toenga ‘o e fanga kuma he SPCA na’e namu’i ai ‘e Saturday ‘a e me’a angamaheni. Pea mahiki hono telinga mo ‘a hono mata. Kuo kamata ke ngaungaue holo mei he ki’i kato fafa. Pea ki’i tangi he fanga ki’i tangi angamaheni ‘oku fai ‘e he fanga kuma ki he fanga kuma kehe.

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Pea ne tuku hifo ‘e Justine ‘a Saturday ‘i he tafa’aki ‘o e fu’u kuma lahi ange. Ko e ki’i kumaa ni ne ‘omai he taha mei he kakai ‘oe kolo. Na’e ‘ilo’i ‘e Saturday ‘a e ki’i kuma ko ‘eni. Ko Sunday!

Ne fakatokanga’i ‘e Justine ko e ongo ki’i kuma ko ‘eni ‘oku na maheni. Pea ne vakai ki he fakaikiiki ‘oe feitu’u moe taimi na’e ma’u ai kinaua. Na’a ne pehe ai mahalo pe na’a na nofo fakataha.

Pea ne tuku kinaua ‘i loto he ki’i ‘a ‘oku lahi ange mo lahi ai e me’a va’inga, tanolo moe me’akai. Pea siofi ‘e Justine ‘ena to’onga ‘i he’ena nofo fakataha. Na’a na fe’ofo’ofa ni. Pea ne fakapapau’i ai na’a na tupu fakataha. ‘O ne fakakaukau ai ‘e fiema’u pe ke ‘ave fakataha pe ki naua hano pusiaki’i.

Vahe 5

Ko e ‘osi ‘eni e uike ‘e ua talu mei hono tuku atu ‘a Saturday ki he senita ‘a e SPCA pea ne ‘ikai ke tuku ‘a e fakakaukau ‘a Wiremu kiate ia. Pea ne fakatotolo ai fekau’aki mo hono tauhi ‘a e fanga ki’i kuma. Na’a ne ma’u ai mo e ngaahi me’a mahu’inga fekau’aki pea moe tu’u mama’o ‘a e ki’i kuma ke tala ki he’ene kui tangata.

Pea ne fakaha kia Koro ‘a e ki’i vitio he ‘initaneti. Na’e ngaue’aki ‘e he ki’i tama ngoue ‘a e tu’u mama’o ‘a e kuma ko ha fafanga ‘i he taimi fakama’a.

“Teu lava ‘o ngaahi Koro,” ko ‘ene pehe mai ia. “Pea ta hanga ‘o ui ko e Jellybean Juice. ‘E manakoa ho’o vesitapolo ‘i he ki’i kolo! Ko e me’a pe ‘oku fiema’u ko e ki’i kumā.”

Pea kata ai ‘a Koro.

“Ta ‘oku sai mokopuna,” ko ia ia. “Ta fetu’utaki ki he SPCA ke faka’eke’eke pe ko e ha e me’a ‘oku hoko ki he ki’i kaiha’a silverbeet ‘oku ke sai’ia ai.”

Pea ne ta leva ‘a Koro ki he SPCA ‘o faka’eke’eke fekau’aki mo Saturday. Pea ne talanoa mo Justine. ‘O fakamatala ai fekau’aki mo Sunday moe ‘uhinga ke pusiaki’i fakataha kinaua. Pea ne ki’i hoha’a ai ‘a Koro.

Ne ki’i fakamama’u e manava ‘a Wiremu ‘i he’ene fanongo atu ki he telefoni.

“Ki’i kuma ‘e ua! ‘E toe lahi ange ai e me’akai,” ko Koro ia.

Mamali pe ‘a Wiremu ke fakahekeheke’i ‘a Koro. “Ko e toe lahi ange ai foki moe Jellybean Juice,” ko ia ia. Ne kata ai pe ‘a Koro pea ne ‘ilo’i aipe ‘e Wiremu ‘oku loto kiai.

Na'e 'alu atu leva 'a Koro mo Wiremu ki he SPCA ke alea'i e pusiaki.

"Teke fakahingoa kinaua ko hai?" ko e 'eke atu ia 'a Justine.

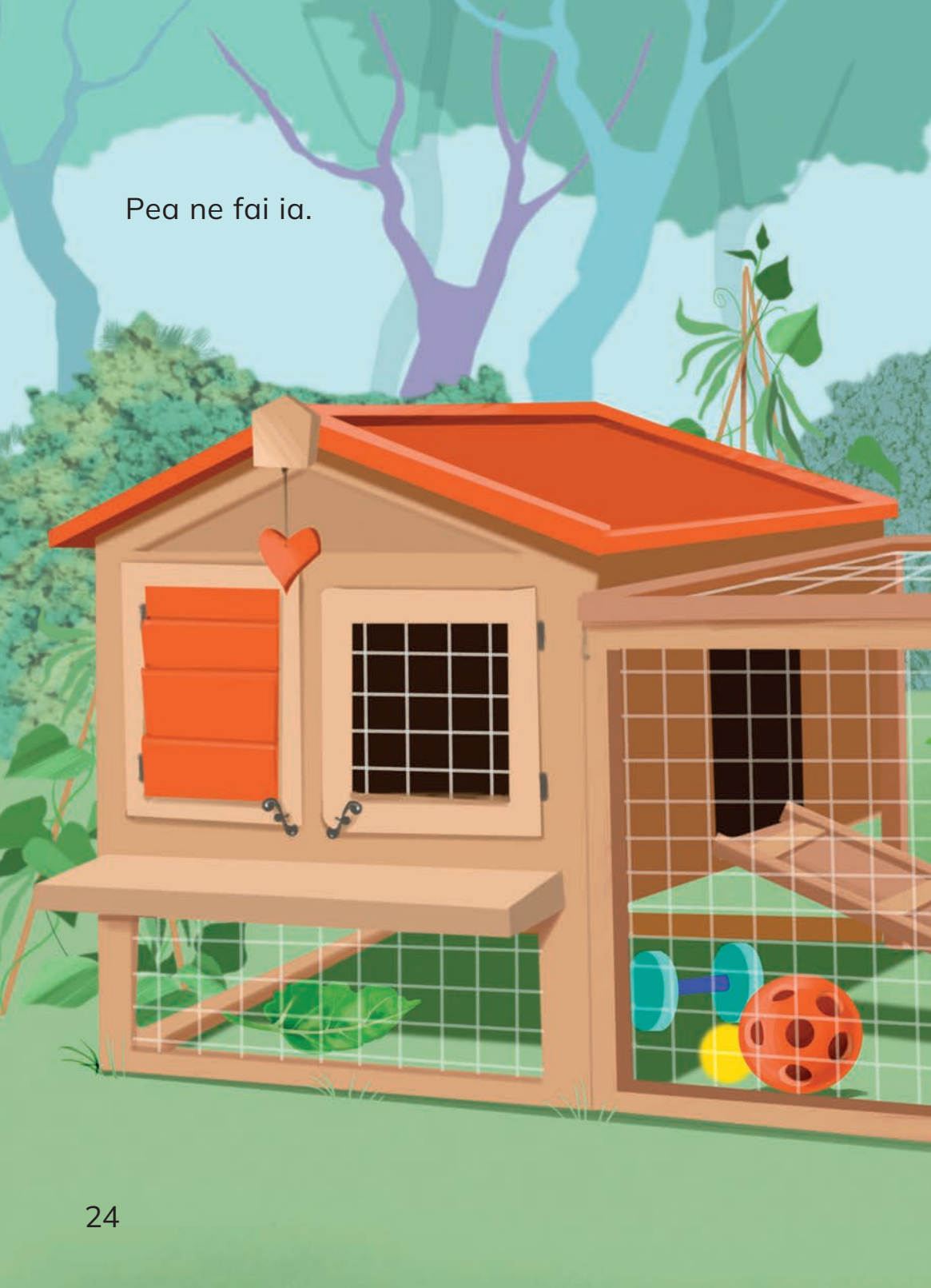
"Salt mo Pepper," ko Wiremu ia, "he 'oku sai'ia 'a Koro he fakamasima mo pepa 'ene silverbeet."

Pea talaange 'e Justine 'e toe nofo 'a Salt mo Pepper he uike 'e taha. Kae 'oua leva kuo ne fakapapau'i 'oku na mo'ui lelei mo maau ki hono pusiaki'i.

"'E tuku mai ai ha taimi keu fo'u 'ena ki'i nofo'anga," ko Koro ia. "Ka 'oku 'ikai teu fakapapau'i teu lava 'o langa ha nofo'anga lahi fe'unga mo kinaua. 'E fakasi'isi'i ai 'eku ki'i ngoue."

"Teke malava pe!" Ko Wiremu ia. "Ta langa ha ki'i fale fungavaka - ki 'olunga mo fakalaka he ngoue."

Na'e mamali pe 'a Koro. "OK," ko ia ia. "Teu fai ia."



Pea ne fai ia.

Tauhi ‘oe Kuma Tauhi Fakamatala moe Fakaikiiki

- ‘Oku lahi ‘a e hingoa ‘oku ui ‘aki ‘a e fanga ki’i kuma. ‘Oku ui ‘a e kuma fefine ko e sows pea ui e kuma tangata ko e boars pea ui leva ‘a e fanga ki’i pepe ko e pups.
- Ko e fanga ki’i kuma ‘oku nau lalata ‘aupito. ‘Oku fiema’u kenau nofo fakataha mo ha ki’i kuma ‘e taha ke ‘oua ‘e ta’elata.
- Ko e kalasi kuma ko ‘eni ‘e ‘ikai lava ia ‘o mo’ui ‘i he vao. ‘Oku nau fakafalala ‘iate kitautolu kenau kai, inu, malu, tauhi, pea mo mo’ui lelei.
- ‘Oku fiema’u kenau kai palanisi ‘aki ha mohuku, vesitapolo (hange ko e kale, pasili moe spinach), me’akai kehekehe pea mo ma’u ha vai inu ma’a ma’u pe.
- ‘Oku mahu’inga ‘a e Vitamin C ki he mo’ui lelei ‘a e ki’i kumaa. ‘Oku fiema’u ia ke fe’unga ‘a e Vitamin C ‘oku ne keina he ‘oku nau tatau pe moe tangata ‘i he ‘ikai ke nau lava ‘o fa’u fakaenatula ‘a e Vitamin C.
- ‘Oku fiema’u ke ‘i ai ma’u pe ‘a e mohuku fo’ou ‘i he taimi kotoa pe. ‘Oku mahu’inga ‘a e mohuku ki honau halanga me’akai ke mo’ui lelei pea pehe ki honau nifo. ‘Uhinga he ‘oku tupu ‘a honau nifo pea ‘oku mahu’inga ke tauhi lelei hono loloa ‘i hono kai ‘a e mohuku, musie pea moe vesitapolo lau’i’akau.
- ‘Oku fiema’u ke ‘iai ha ‘elia lahi kenau fakamalohisino kiai, va’inga pea mo langatoi ‘i ai pea pehe ke malu kenau malolo pea mo ongo’i malu mei ha fili pea mo e feliuliuaki e ‘ea.
- ‘Oku fiema’u kenau fakamalohisino ma’u pe, ako’i kinautolu, fakalelei’i honau ‘atakai pea mo ‘enau fakahoko honau to’onga fakaenatula moe fanga kuma kehe, ‘eva, faofao, toitoi, tulimanu, lamulamu pea mo punopuna.
- Fetu’utaki ki ha toketa he vave taha kapau ‘oku puke, lavea pe kuo faikehe ‘ene to’onga.

‘A’ahi ki he spca.nz/kids ki he fakaikiiki fekau’aki mo hono tauhi ‘oe fanga ki’i kumaa ni.

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