

Title	Prepare a nutritionally balanced diet using kai tōtika Māori		
Level	3	Credits	4

Purpose	People credited with this unit standard are able to plan and prepare a family sized meal of kai tōtika Māori.
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Classification	Te Ara Hou ki te Ora > Hauora
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Available grade	Achieved
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Guidance Information

- 1 Glossary
Kai tōtika Māori refers to healthy Māori kai.
Family sized meal for the purpose of this unit standard is two adults and three children.
- 2 Descriptions, explanations, and observable actions can be presented in a number of ways that may include but are not limited to – kōrero, titiro, whakarongo, tuhituhi, whakaari, waiata, and haka presentations.

Outcomes and performance criteria

Outcome 1

Plan for the provision of kai tōtika Māori.

Range kai tōtika Māori may include but is not limited to – kai moana, kai ngahere, ngā kai o ngā awa me ngā roto.

Performance criteria

- 1.1 Plan includes the gathering of kai tōtika Māori according to tikanga practices.
- 1.2 Plan includes the preparation of kai tōtika Māori according to tikanga practices.
- 1.3 Plan includes identification of nutritional value of the selected kai tōtika Māori.

Range fat, protein, carbohydrates, sodium.

Outcome 2

Prepare a family sized meal of kai tōtika Māori.

Range kai tōtika Māori may include but is not limited to – kai moana, kai ngahere, ngā kai o ngā awa me ngā roto.

Performance criteria

2.1 Kai tōtika Māori is prepared according to the plan.

2.2 The disposal of waste is carried out according to kaitohu and local kawa.

Planned review date	31 December 2022
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	27 July 2001	31 December 2015
Revision	2	18 January 2005	31 December 2015
Rollover and Revision	3	12 December 2013	31 December 2018
Review	4	18 August 2016	31 December 2022
Revision	5	28 September 2017	31 December 2022
Rollover and Revision	6	25 November 2021	N/A

Consent and Moderation Requirements (CMR) reference	0226
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Comments on this unit standard

Please contact the NZQA Māori Qualifications Services mqs@nzqa.govt.nz if you wish to suggest changes to the content of this unit standard.