

<b>Title</b>	<b>Explain and apply tikanga associated with hauora in the home</b>		
<b>Level</b>	<b>3</b>	<b>Credits</b>	<b>4</b>

<b>Purpose</b>	People accredited with this unit standard are able to explain: traditional tikanga associated with hauora in the home environment and the impact it had on Māori; the impact of evolving tikanga on the hauora of Māori whānau and their homes; and apply modern tikanga that would enhance the hauora of own whānau and home.
----------------	--

<b>Classification</b>	Te Ara Hou ki te Ora > Hauora
-----------------------	-------------------------------

<b>Available grade</b>	Achieved
------------------------	----------

---

### Guidance Information

- 1 Definitions of Māori words will be those relevant and in common usage in a Hauora context. However, the local iwi and/or hapū must verify the local dialect.
- 2 Definitions  
*Hauora* means the appropriate practices associated with the holistic wellbeing of an individual as a member of a whānau, hapū, and iwi. For the purpose of this unit standard, these practices are determined by service providers or entities that operate within a hauora context.  
*Hauora context* refers to hauora service provision for Māori.
- 3 The context of inquiries is limited to local rohe or takiwā. Where local rohe are also occupied by Māori with other iwi or hapū affiliations, the tangata whenua or mana whenua view takes precedence. However, these alternative perspectives should be encouraged in order to enrich and enhance understanding of key hauora concepts.

---

### Outcomes and performance criteria

#### Outcome 1

Explain traditional tikanga associated with hauora in the home environment and the impact it had on Māori.

**Performance criteria**

- 1.1 Explanation describes traditional tikanga used by whānau.
- Range may include but is not limited to – grandparents, parents, other whānau, food and food preparation, clothing, bedding, furniture, personal hygiene, tapu o te tinana; evidence of three is required.
- 1.2 Explanation describes the impact traditional tikanga had on Māori and their home environment.
- Range may include but is not limited to – food and food preparation, clothing, bedding, furniture, personal hygiene, tapu o te tinana; evidence of three is required.

**Outcome 2**

Explain the impact of evolving tikanga on the hauora of Māori whānau and their homes.

**Performance criteria**

- 2.1 Explanation describes personal attitude to application of traditional tikanga in the home.
- 2.2 Explain the attitudes of parents, peer groups, media, and role models to tikanga in the home.

**Outcome 3**

Explain and apply modern tikanga that would enhance the hauora of own whānau and home.

**Performance criteria**

- 3.1 Tikanga associated with three areas of the home environment is explained and applied.
- Range: may include but is not limited to – bedrooms, dining, kitchen, lounge, bathrooms, laundry, kai garden, outdoor play areas; evidence of three is required.
- 3.2 Tikanga associated with three areas of personal hygiene that would enhance personal hauora is explained and applied.
- Range may include but is not limited to – dental care, hair care, nail care, skin care, bathing routines; evidence of three is required.

3.3 Tikanga associated with two areas tapu o te tinana that would enhance personal hauora is explained and applied.

Range may include but is not limited to – upoko, waewae, makawe, kumu;  
evidence of three is required.

<b>Planned review date</b>	31 December 2022
----------------------------	------------------

#### Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	27 July 2001	31 December 2016
Revision	2	18 January 2005	31 December 2017
Rollover and Revision	3	12 December 2013	31 December 2017
Review	4	10 December 2015	N/A
Revision	5	28 September 2017	N/A
Revision	6	1 March 2018	N/A
Rollover	7	23 April 2020	N/A

<b>Consent and Moderation Requirements (CMR) reference</b>	0226
--	------

This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

#### Comments on this unit standard

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