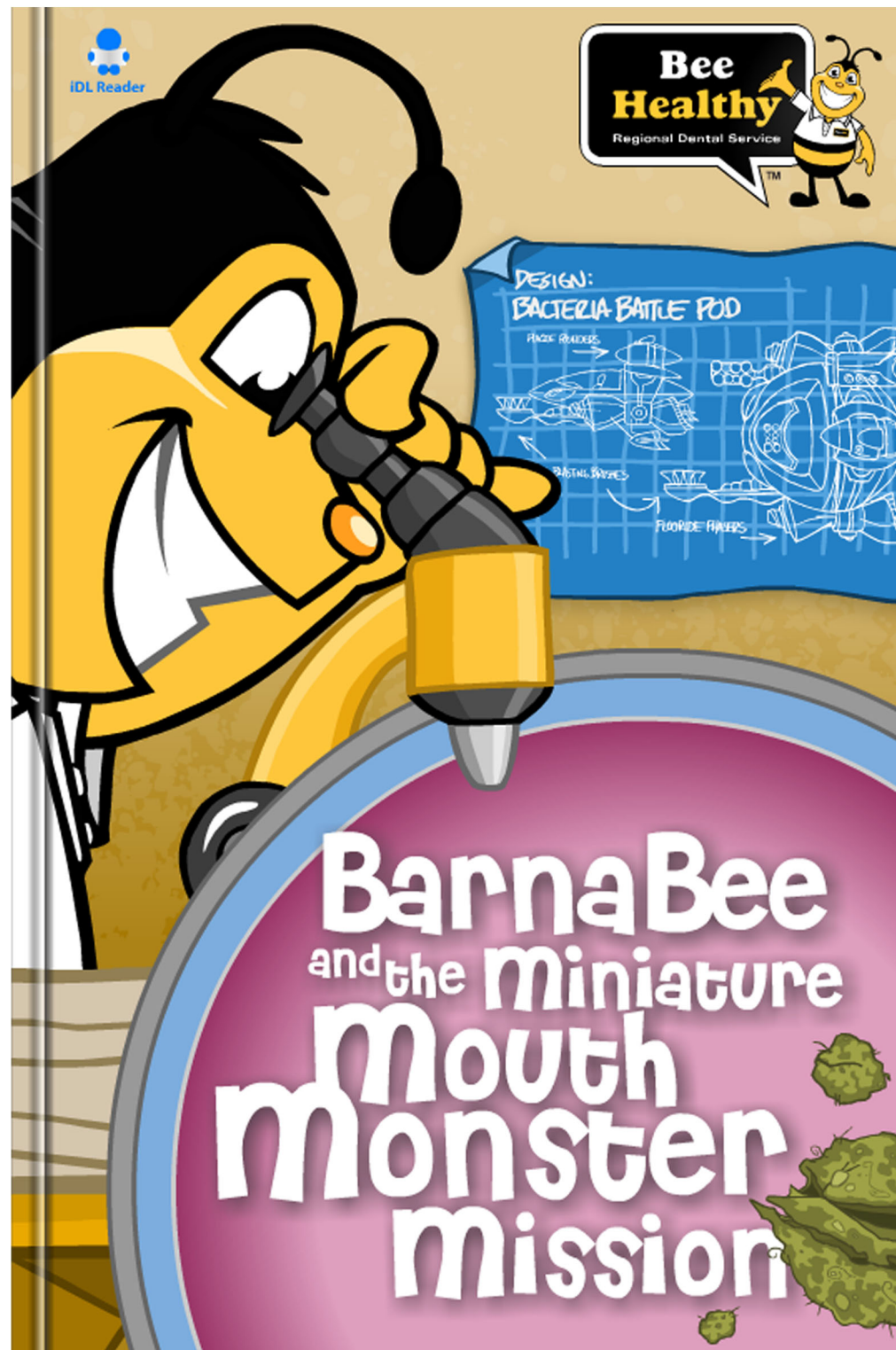




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Te Kaupapa o BarnaBee me te Taniwha Waha Paku



Contents

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Te Kaupapa o BarnaBee me te Taniwha Waha Paku

Written by

Frederic Stone



Kia ora rā! Ko BarnaBee tōku ingoa karanga. Nā, ko tēnei mea te niho he papai ki āu. Tēra pea kāore koutou e rata ki ngā niho, engari ahau! Otira, ko te whakapae kia rite ō koutou whakaaro ki ōku e hoa mā!

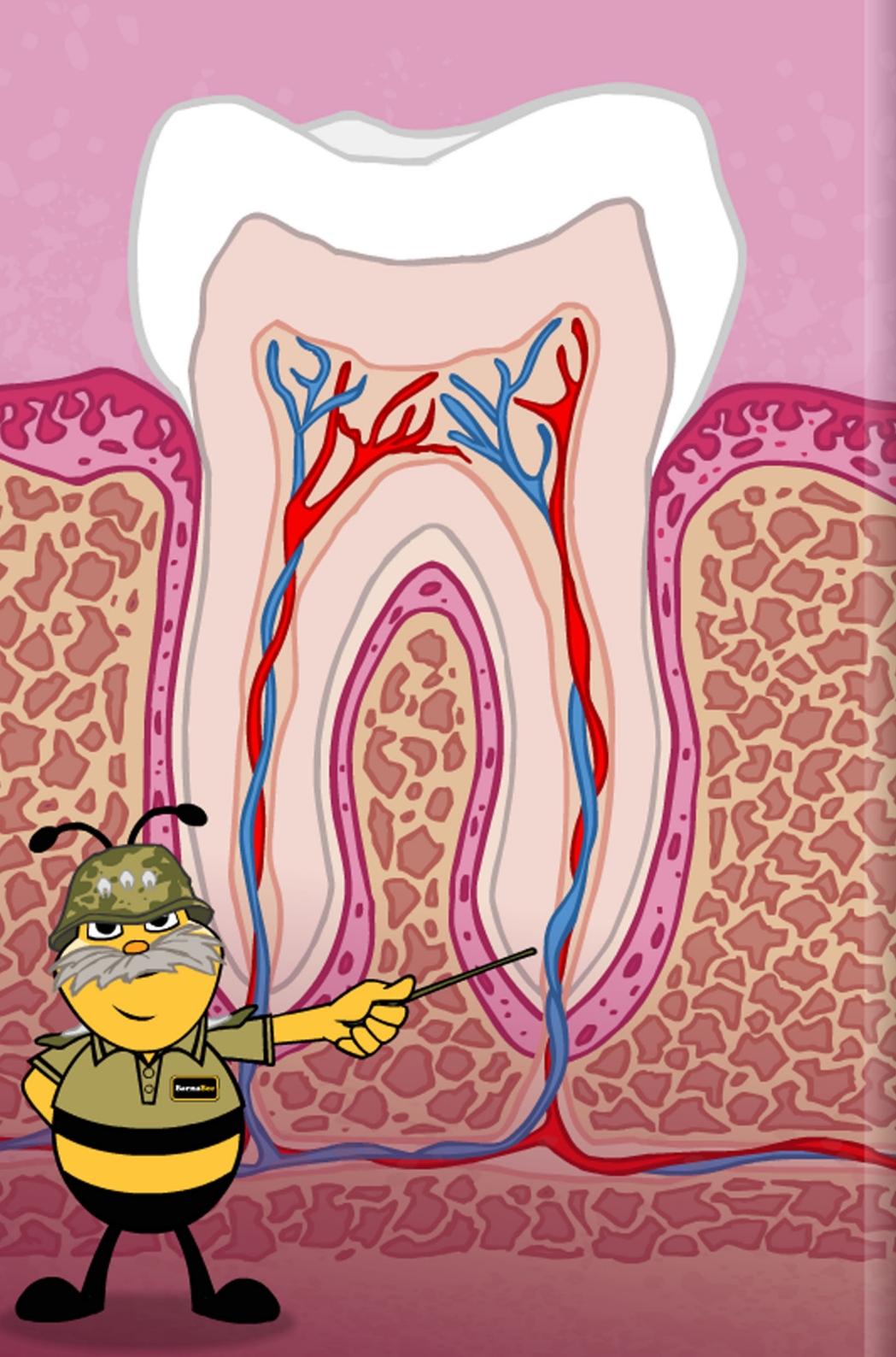
I tētahi rā paki o te Hōtoke i waho katoa aku hoa e mahi ana i te uru huarākau. Arā ahau e noho puku ana i roto i taku taiwhanga pūtaiao e wānanga ana, me pēhea te whakamīharo i te oranga o te [hāuora-ā-waha](#). I te wā i āu e whakāaro ana me te aniroa ō tōku roro, ka kōira whakataha au, e pīata mai ana te karu whakarahi. Tērā tōnu ka tau mai te whakaro nui!



Ko te whakaaro, ka pehea rā te āhua o te pakanga hei aukati i te **niho manehiko** i raro i te karu whakarahi.

Ātiu ake te whakaaro. Tēra pea ka hangaia e au he mīhini whawhai, kātahi ka tingongo kia kitakita? Ina ko au te kaiurungi o te mīhini, kei āu ngā momo rākau o te riri e mau ai ki aku matimati.

Ko ngā parāehe patu **kera**, ko nga pū **aho**, ko ngā pao manehiko. Ka tāea tonu e au te whakahāere i te ope taua me ngā mīhini whahai.



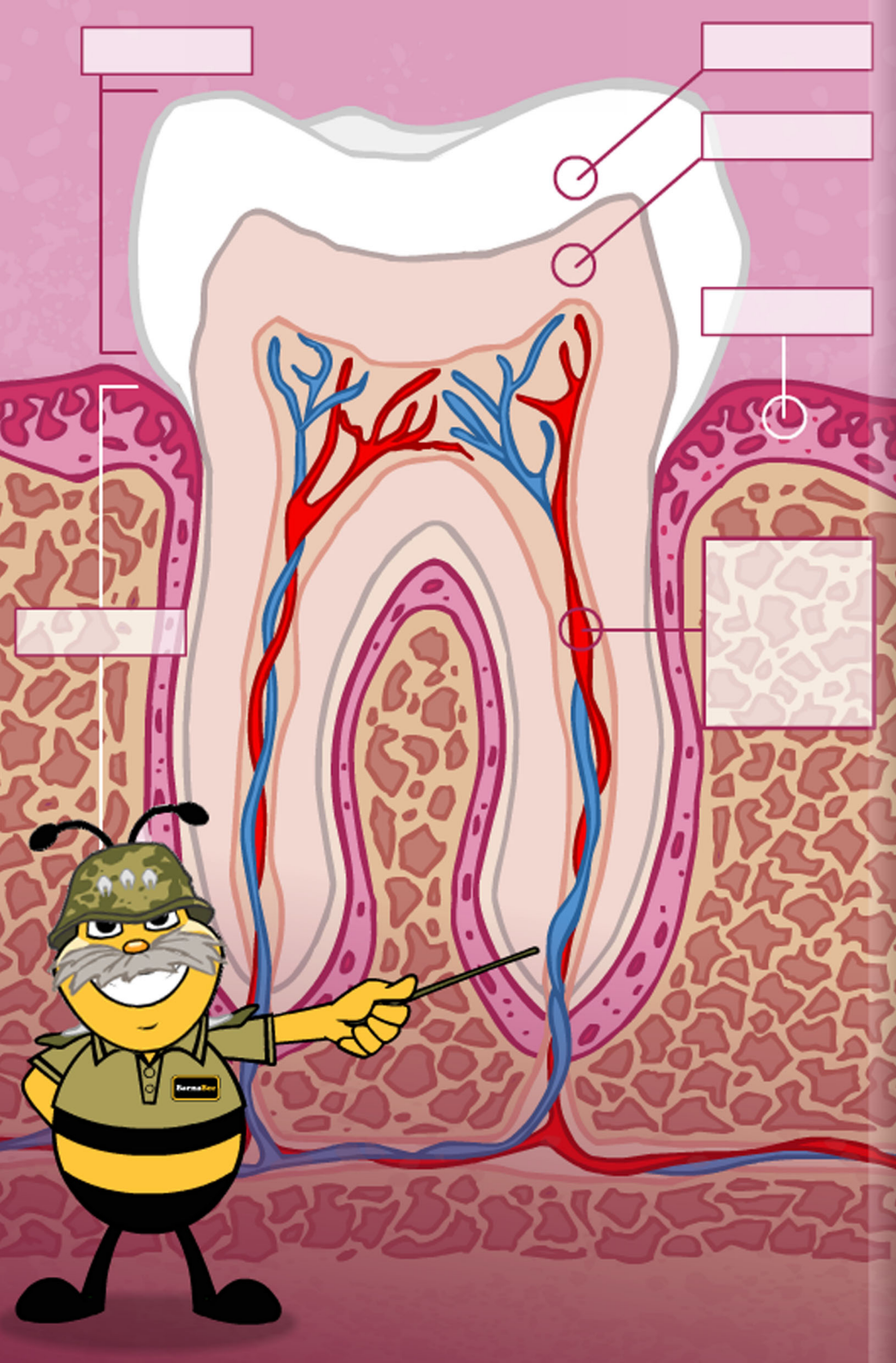
Hei kaitātaki mo tēnei ope taua, ka kauhau ahau ki aku hoa.

E aku hoa no te ope taua **2B**.

Nga Pii toa! Ka riro mā tātou tēnei whakatakanga hei kawē. Koinei te niho! Mā tātou e tiaki mo te hemo tonu atu. Tāria ake ngā kōrero mōna.

E rua ngā wāhanga o te niho. Ko te **karauna** kei runga i te **tako**, ā, ko te **aka** kei raro i te tako. Ka rere akonga tārua ki te aka ngā **tūtohu io** me ngā ia toto. I reira te kaitiaki **Dentine**.

He māro ake te Dentine i te kōiwi, ka ūhia tēnei i te **pakiri** ma. Akohia kia mau!



Tēna, kia kitea pēhea te koi o ēnei hoia.? Kia tika te whakaingoa i te niho. E rua ngā meneti kei a koutou... Kia rite... Timata!

Toia, ā, ka tukua ngā whakautu ki te pouaka tika i mua i te rua meneti. Ki tō mōhio kua tutuki pai te whakaingoa o te niho, tāpuhia te pātene i runga i tō karaka mai tō kiore. Kou Angitu!

Tūtohu io la toto = Nerves & Blood Vessels

Dentine = Dentine

Pakiri = Enamel

Tako = Gum

Aka = Root

Karauna = Crown



I reira tonu aku whakaaro.
I te whakaongaonga te kaupapa
[hauora-ā-waha](#) i tēnei wā. Tēna kua
tutuki te titiro ki ngā niho, me tahuri
aku whakaaro ki te ako mo te [kera](#).

Otira he tikanga tonu me mōhio
koe ki ō hoariri i mua mai o te
pakanga.



Kua tauherehia he kōrero
whakamārama mo te hoariri ki roto ki tō
rorōhiko.

E ai ki ngā kōrero, Neke atu ki te ono rau
o ngā tūmomo rerekē e kawea ana i te
kotahi miriona o ngā **mea moroiti** i roto
katoa i ia ritamanomano o te hūare (te
tuha) o te waha.

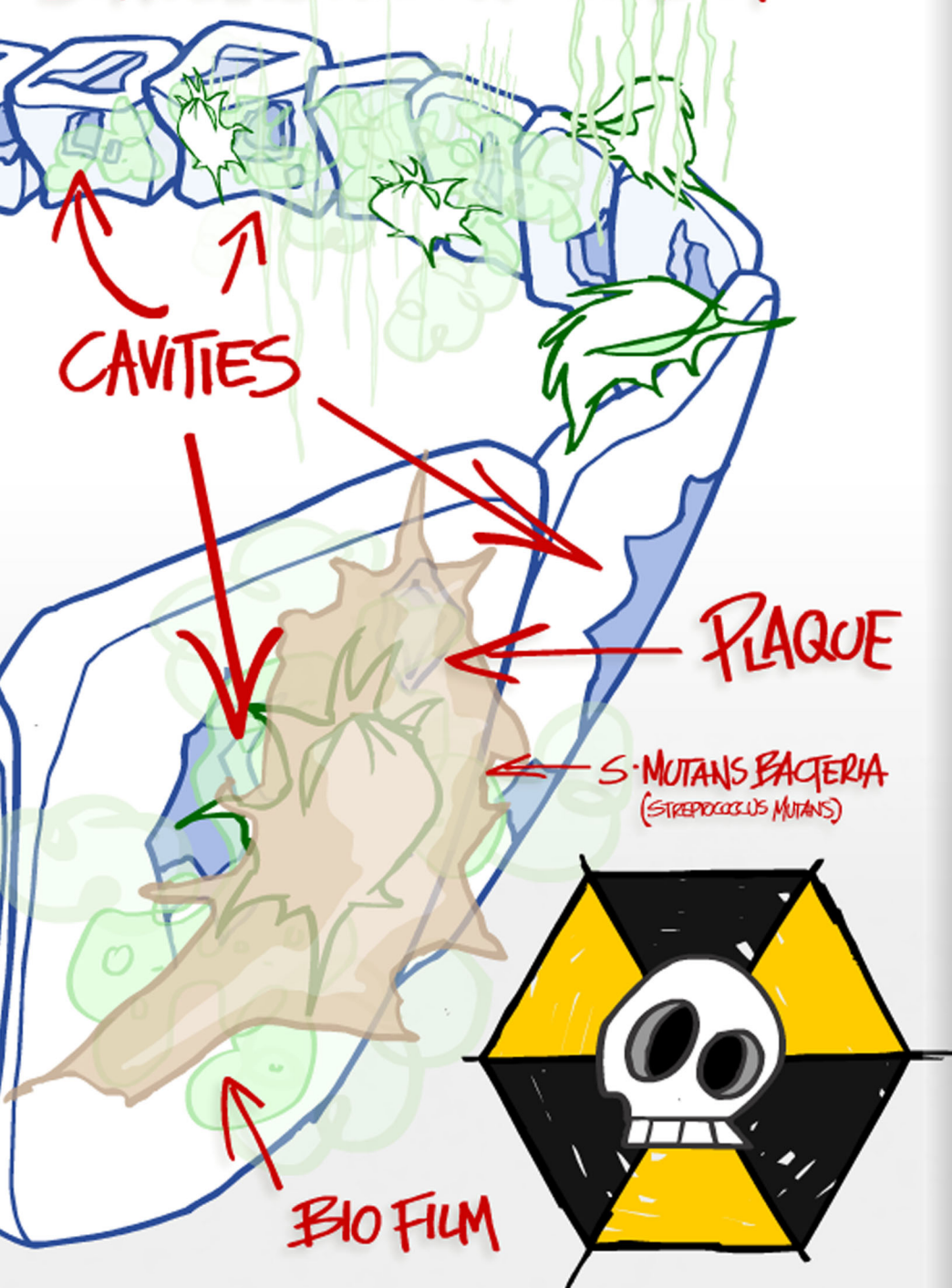
Ko te maringanui he **hoahoa** te nuinga
o rātou.

I tēnei rangi ka hangai te titiro ki ēnei
ngārara. '**Streptococcus mutans**' arā
'**S.Mutans**' te ingoa poto. Ko rātou ngā
ngārara ka tuha i te **waikawa** e waimeha
nei i te **pakiri**. Ka noho **ka whakakapi** ia
rātou ano.



Ka whāngai ngā [S.Mutants](#) i ngā kai e ngākau nui ana te tangata, tēra ko te [huka](#). Ahakoa he aha te [kīnaki](#). He mana ano tā te [waireka](#), te [inu takaro](#) ki a rātou ngā hoariri hei whakakī i ngā nama [kia pakari](#) hoki te tū.

S. MUTANS ATTACK STRATEGY



"Ko te maringanui, kua mohio kē tātou i tō ratou māhere whakararu. Ka whakapiri atu rātou ki te **rehu** ki te mata o te niho. Ā, ia rātou e kai nei i te **huka**, ka kūtere ake he mana **waikawa**.

Mai tēnei ka kainga rawahia ā waho o te **pakiri** me te **dentine**, aru atu ki waenga nui i te **io** o te niho. I te kore rātou e kaha wehe i roto i te tekau mā **rua haora**, e **kore** e tāea te whakatika i ngā tukinokatanga o te niho. Inā ka waiho i a rātou kia piri, ka hangāia he ārai mō rātou, e mōhio nei ko te **niho manehiko** (Plaque) me tōna kaha. Kia kaua tātou e tuku i ngā **S. Mutants** kia whakaū ki runga i te niho! Mārama?"

"Ae e Tā!"

"Kāre au i te rongō i a koe!"

"AE E TĀ!!!"

"Kei runga noa atu"



Tēra e pōhēhetia ana e kore e tāea! Me pēhea e toa ai i te taha o ēnei hoariri. I tāua wā tonu ka maumahara ake ahau i te mihini whawhai i te [kera](#); Koia ko te [aho!](#).

PLAN of ATTACK:

Against plaque forming bacteria

1. Restrict the enemy's fuel (sugar) supply.
2. Drink fluoridated water to make the environment difficult for the enemy to operate in.
3. Brush at least every 12 hours with full strength fluoride tooth paste (after breakfast and before bed) to keep the enemy from establishing a base on teeth.
4. Brush for 2 minutes each time to ensure all excess fuel cells (sugar) and enemies hiding between teeth and under the gum line are removed.
5. Have routine checkups at dental headquarters to make sure everything is in order.



Whakarongo ake! Mōhio pai ahau he mūrere, he taikaha ngā hoariri nei. Heoi, kia manawanui! Kei a tātou ngā tāonga aukati i te **niho kera** e mōhio nei mo te tangata. Kei te mārama tātou ko wai te hoariri, te whakakora, me tōna māhere whakararu. Kātahi nei, he māhere kua whakaritea mo tātou.

- 1: Tikina ngā whakakora huka o te hoariri.
- 2: Inuhia te wai aho hei whakararu i te hoariri.
- 3: Me parāehe i ngā niho i a tekau mā rua hāora me te aho pēniho. I muri mai i te kai o te ata, ā, i mua rawa i tō moe. Hei aukati i te hoariri kia kore e whakaū i runga i ngā niho.
- 4: Me paraehe koe i ō niho mo te rua meneti, kia mōhio ai kua whakakorehia ngā iho whakakora. Koia ko te huka. Me ngā hoariri e huna ana i wāenga niho, ā, i raro i te tako.
- 5: Hoki atu ki te pou niho kia tirotirohia ō niho katoa ia te wā.



Tēna e hoa mā, kia mōhio, kia mataara. Kia rite mo te pakanga nui e **rua meneti** te roa.

Ko te tūmanako, kāre kau he **huka** kei reira e rere ana. Kei te hāere mai ratou.!

Kia rite ngā rākau o te riri. Kokiri! Tukua ngā **paraehe** patu **kera**, tukua nga pū **aho**, tukua ngā pao **manehiko**.



Ka eke panuku, ka eke tangaroa!
Mai taua rā ki tēnei, ka ngākau nui aku
hoa mai te uru huarakau i ō rātou
niho. Ka whakatau he mea miharo
tēnei mea te hauora-ā-waha, arā te
tiaki niho.
Tāria te wā e haere ai au ki te mahinga
mōrearea a te **niho rei**.