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

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| 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 and explanations can be presented in a number of ways that may include but are not limited to: oral presentations, visual presentations, written presentations, whakaari, waiata, and haka.
- 3 All resources of information must be referenced.

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.

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| Planned review date | 31 December 2027 |
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Status information and last date for assessment for superseded versions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 | 31 December 2024 |
| Review | 7 | 2 March 2023 | N/A |

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| 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.