

# Pēhea te nui o te huka ka inumia e koe?



**I MŌHIO RĀNEI KOE?**

**Mō ngā inu wai reka, inu huarākau, inu hākinakina, inu pūngao rānei, e 5-7 tīpune huka kei ia karaehe 250ml**

## ko te wai māori te mea pai.

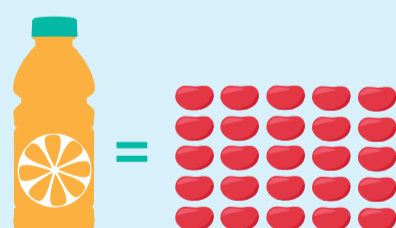
Ētahi atu inu iti huka, kore huka rānei:



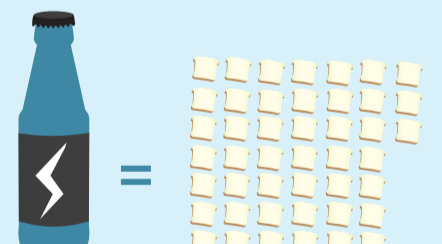
**Ki te inumia e koe tētahi pātara inu wai reka 600ml i ia rā, he rite tērā ki te 480 tīpune huka i ia marama, arā e 2kg huka**



**E \$60 tērā ka penapenatia i ia marama ina huri koe i te wai reka ki te inu wai anake**



**Kei te 350ml pātara inu huarākau he rite te nui o te huka ki 25 pini tiere**



**Kei te 350ml pātara inu pūngao i ia rā, i ia ra, he rite tērā ki te kainga o 45 pihī parāoa mā maha ake i ia marama, i ia marama**

He mea waitohu noa ēnei taturanga, ā, e takea mai ana i ngā inu whai huka kei te kaha paingia, ā, e wātea ana i te marama o Huitanguru 2014.