



Health Navigator New Zealand

Video transcript:

Tauhi lelei te Agaga (Vaega III)

[Looking after your wairua (part 3)]

00:00

Ko te kakai ma fakahoa fakatahi o he meakai, ko he faiga lelei foki tena.

00:05

Ko te tauhiga lelei ia o te tino, vena foki te loto o te tagata.

00:09

E mafai ke lahi ni talatalanoaga, kafai e nonofo fakatahi I te laulau lahi.

00:13

Ma, ko te hauniga o na meakai

00:16

io, na vaega uma o te tapenaga o te meakai,

00:18

kafai koutou e fakapotopoto fakatahi i te umukuka, e ve ko he kaiga,

00:23

e lagona te fialia ma te fakatumulia o te ola fakateagaga o te tagata.

00:30

Ko he tahi vaega e mafai ke fakatino, e manaia foki na galuega taulima.

00:35

Ko tona uiga, ko te korowai,

00:42

pe ko te harakeke, pe ko te huihui,
pe ko he tahi fakatinoga lava e fialia koe kiei.