

Ngā tini ingoa o te tuna

He maha rawa ngā ingoa o te tuna nā runga i te āhua o te rahi, te tae, te pakeke me ētehi atu mea. Kei tēnā iwi, kei tēnā iwi ōna anō ingoa mō ngā momo tuna.

Hei taurira ēnei:

- **Hao:** e 30 cm pea te roa
- **Pāpaka:** he iti, he tuna mangu ka hopungia i te tīmatanga o te hekenga, engari whakahokia ai nā tō rātou itinga
- **Puhi:** he whīroki, he tuna tinana pakari, he teatea te kiri; he inati te rahi ka mau i te hekenga
- **Riko:** 1 m te roa, he āhua karera tōna tuarā
- **Paranui:** he kākarauri, he kiri mātotoru
- **Matamoe:** he tuna nui; he parauri, he kiwikiwi ōna tae
- **Kōkopu tuna:** (he ingoa anō hoki tēnei mō ngā 'Galaxias'): 1.8 m te roa, e 30 kg pea te taumaha o tēnei momo tuna
- **Kūwharuwharu/ōrea/kirirua:** he nui tēnei momo, ka tupu kia 2 m te roa, kia 50 kg pea te taumaha
- **Tahimaro:** he tuna nui, he pango hoki; he tuna āta wawao i tōna kāinga noho, he tukituki hoki
- **Ruahine:** he mātotoru te tinana, he tuna pakikau nui; hopungia ai i te hekenga o te tuna. Whakahokia ai ēnei momo.

He iti te wehewehe a te Pākehā i te momo tuna – he 'pakikau roa', he 'pakikau poto' rānei, ka mutu i reira.



Photo: Philippe Garbeaux



Tuna ā tātou taonga

He taonga whakahirahira te tuna ki te Māori, engari nā runga i ngā kōkiritanga o te wā kua heke haere ētahi momo.

Whakatauaēki: Kei mate a tuna, pērā ki te moa

For the English version go to
www.doc.govt.nz/tuna

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Whakapapa

He maha ngā kōrero orokohanga mō te tuna i Aotearoa. E kī ana tētehi kōrero he tamaiti a Tuna nā Te Ihorangi, ā, nā Ranginui rāua ko Papatūānuku a Te Ihorangi. Ko Ngōiro rāua ko Tuere ētehi atu o ngā tamariki a Te Ihorangi.

Te noho taonga mai

He tino taonga te tuna ki te tangata whenua. Inā noa atu ngā kōrero mōna i ā tātou kōrero tuhituhi. He maha hoki ngā marae hōrapa nei i te motu e whakarākai ana i ngā whakairo ki te tuna i te taha tonu o ō rātou tūpuna. I whakawhirinaki atu ō tātou tūpuna ki te tuna hei kai, ka mutu, he mea āta whakarite ngā hui rangatira kia tū i te wā e hopungia ai te tuna. He kaitiaki i ngā manga, i ngā awa me ngā roto. He pātaka kōrero, he kaitohu hoki rātou i te wairua o te taiao.

He kai

Ko te tuna tētehi o ngā kai pūmua matua ki ō tātou tūpuna. He tino putunga o te hinu 'omega 3' me ētehi atu ngako, he ngāwari ki te hopu, ā, makuru ana te riro mai.

Whakaputungia orangia ai te tuna i ngā pātaka tuna mō te tekau mā rua marama neke atu, ā, ka kaingia i te wā e pīrangitia ai. Kōtutungia ai, pāwharangia ai mō te hia nei ngā marama. Nā te mea he pēnei rawa te ngāwari ki te rokiroki i te tuna, ka māmā noa iho te whātoro atu hei kai pūmua i te wā o te kore hiko, o te kore whata tio.

Nā te mea he huhua ngā momo rahi o te tuna, he huhua anō tōna whakaritenga hei kai, arā, he rorerore, he tunu, he kōhua, he whakaauau, he petipeti, he parai, he tunu ki te koromahu – kei a koe te tikanga o te tunu. Nā te mea e makuru ana tēnei kai, e taea hoki te whakamātautau engari kāore e taea te pēnei i ētehi atu ika, mīti rānei, he moumou te mutunga iho.

Te mahi kai

Nā te mātauranga o te Māori i mōhio ai ia ki te tiaki me te hopu tuna i kore ai i pā he mate ki tōna rahinga. Nō te aronga a te Māori ki te taiao tōna mōhio ki ngā hurihanga oranga, ki ōna kāinga noho me ōna hekenga. I ēnei rā kei te tangata whenua tō rātou anō mana hopu tuna ki ngā nōhanga tuna i ō rātou rohe mō ngā hui rangatira, ā, e 20% te whiwhinga mai i te puna ika

tauhokohoko. Ahakoa rā, he rōnaki tonu te heke haere o te tuna. Nā konā kua whakatau ētehi iwi ki te whakaiti i te hopunga, ki te whakatū rāhui rānei i ō rātou rohe. He maha tonu ngā iwi huri noa i te motu kua tatū kia kua e mau i a rātou te rahinga tauhokohoko kua tohua ki a rātou, mei kore tēnei e āwhina ki te whakapiki ake i te rahi o te tuna tērā e mau mō ngā hui.

Te Whakatuwheratanga o Raukawa, Māehe 1936.



He tuna ora, he wai ora

Mā te tuna ia ka mōhiotia e te iwi te kounga o te wai me te nōhanga. Nā te mea ka raru te tuna pakikau roa i te para, ko tō rātou oranga tētehi tohu o te oranga o te rohe e noho rā rātou. He mea āta tiro tiro te tuna mehemea kua pā te mate ki te kiri, ki ngā pakikau me te waha. I te wā ka kino te paru o te wai, ka kapi katoa ngā ngutu o te tuna i te hekaheka, ā, e kore pea e taea e ia te kai. Ki te pērā rawa te kino, ko te mate pea te otinga atu.



Tuna pakikau roa me te hekaheka i ngā ngutu.
Photo: Alton Perrie

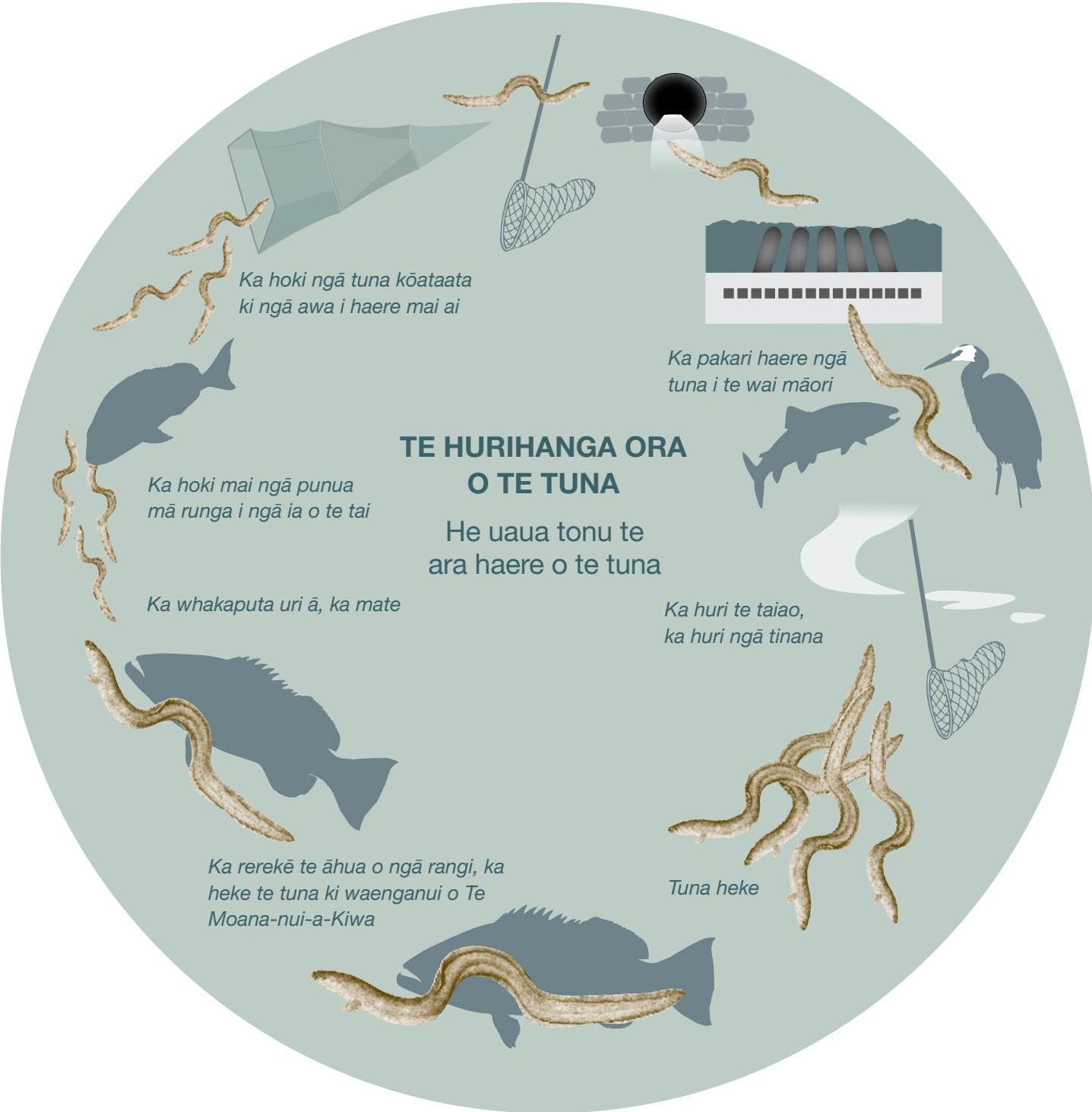
I mua rā he nui te mātauranga i ākona ki ngā whakatupuranga mā te kōrero me te mahi ā-ringa. I ēnei rā, nō te toa hokomaha te nuinga o ā tātou kai, nā konei i heke ai te ākona o te mātauranga o mua mō te wāhi ki ngā kai. He mea hira te whai kia mau tonu ēnei ara e rua o te ako, arā, mā te kōrero me te mahi. Me he kaingākau koe ki te whai i tēnei momo mātauranga, me whakapā atu ki tō hapū, tō wānanga rānei.



Te momo tuna

Ngā rerekētanga o tētehi tuna i tētehi atu

Tuna pakikau poto	Tuna pakikau roa
Te maha ngā tae, kei waenga i te parauri me te oriwa te nuinga	He parauri pāpango/ he pango
He 1 m te roa o tōna tupu, ka 3.5 kg pea te taumaha	1 m ki te 2 m te roa. Ka 20 kg te taumaha, neke atu rānei (me uaua ka kitea he mea tino rahi i ēnei rā)
He iti te kurehe i te kiri ina whakapikongia	He nui ōna kūreherehe ina whakapikongia
Kei ngā whenua hakahaka ōna nōhanga i te nuinga o te wā	Mai i ngā whenua hakahaka ki ngā whenua tiketike ōna nōhanga, ko ētahi kei ngā maunga rawa
Ka ora tonu i ngā wai paruparu	Kāore e tino ora i ngā wai paruparu
Kei mua paku atu te pakikau o runga e toro ana, tēnā i tō raro	Kei mua noa atu te pakikau o runga e toro ana, tēnā i tō raro
He iti, he pūhihi te upoko, he mātotoru, he pāmārō tōna tinana	He rite te whānui o te upoko ki tō te tinana



**TE HURIHANGA ORA
O TE TUNA**

He uaua tonu te
ara haere o te tuna

*Ka hoki ngā tuna kōataata
ki ngā awa i haere mai ai*

*Ka hoki mai ngā punua
mā runga i ngā ia o te tai*

Ka whakaputa uri ā, ka mate

*Ka rerekē te āhua o ngā rangi, ka
heke te tuna ki waenganui o Te
Moana-nui-a-Kiwa*

*Ka pakari haere ngā
tuna i te wai māori*

*Ka huri te taiao,
ka huri ngā tinana*

Tuna heke

Ngā mōreareatanga ki te tuna

He tuatinitini te hurihanga oranga o te tuna, ā, i ngā huringa o tōna oranga ka whakawhirinaki atu ki ngā nōhanga rerekē hei kāinga, hei wāhi hekenga hoki mōna. Nā tēnei āhuatanga he uaua ki te hopu i runga i te tika i ēnei rā, nā te nui o ngā pēhitanga i ngā rawa me te nui haere o te tangata i Aotearoa.

Ko te pokenga, te whakatū matatara, te matenga o te māheuheu me te inati o te mahi tuna, he mōrearea katoa ki te rahinga o te tuna i Aotearoa. Nā ēnei āhuatanga katoa, me tino uaua e piki ai te rahi o te tuna ki te kore e āwhinatia, e tautokona e te tangata. Kia mōhio ake ai koe ki te mahi tuna i runga i te tika i tōu rohe, me whakapā atu ki tōu anō hapū. He tautoko nui te kore e hopu i ngā uwaha whakaputa uri. I te nuinga o te wā he uwaha ngā tuna nunui. Tēnā koa waiho ēnei kia mahi i tā rātou mahi. He tautoko nui anō te whakatō harakeke, pātītī, hei wāhi whāngai, hei taumarumarū hoki mō te tuna. Mehemea koe he tangata mahi īnanga, e taea hoki e koe te tautoko mā te tiro tiro i tō kupenga i te atatū, mō te tūpono he tuna 'kōataata' kei roto, ka whakahoki ai ki te awa. He takahi ture te hao īnanga i te pō, ka mutu, inā te nui o ngā momo tuna nei ka mau ki te kupenga. Me whai kia mōhio te tangata he takahi ture te mahi īnanga i te pō, he tūkino i te tuna tōna mutunga iho.