

Ora'anga Tūmanava

MY HEALTH AND WELLBEING ARE INFLUENCED BY...

...my environment
when I was
very small...

...the food I eat
now, and in the
future...

PITO'ENUA



Physical

Mental &
Emotional

Spiritual

Social

Environment

...my lifestyle and
how active I am now
and in the future...

...my family
characteristics...



Waipapa
Taumata Rau
University
of Auckland



COOK ISLANDS
Ministry of Education
Maraurau o te Pae Api'i

