**Basic Tikanga/Customs**

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| 1 | Pillows | Pillows are not to be sat on, only for the head |
| 2 | Body Parts | The head is the most tapu part of the body |
| 3 | Meal Preparation | Food is to be made in the kitchen of the whare only, except Maori Hangi, and for everyone else BBQ, Lamb on spit |
| 4 | Storage of Food | Only in proper storage areas such as fridges, deep freezers, cupboards but not in close proximity to toilets |
| 5 | Washing of Tea Towels | Tea towels should never be washed in with any other clothes or towels |
| 6 | Prints on Tea Towels | No heads of people (Tapu parts of the body) |
| 7 | Placement of Food | Never close to wash areas, toilets, clothes washing rooms, clothes dryers |
| 8 | Other | * Tapu can be placed upon, or lifted. Whakanoa is the process of lifting the tapu * A female cannot step over a male while he is lying down, and vice versa for male with female * Karakia / Whakamoemiti can be said before meals, before bed time, and any time where it is sought before a kaupapa |