

Aron kinakin te VCO?

- VCO e tari mainaina e kiraati tarakina n aiaron tarakin te ran ae itiaki
- Eaki tari memea ao e teimatoa raoiroinna inanon te maan ae 6 namakaina.
- Uarereke te kiriti/oera ni kamari-karika inanona

MWAKETE

- Europe, US, Asia, Pacific
- South Tarawa & Aban Kiribati
- Kiribati Local Producer
- KCDL



Bongan te VCO

Lauric Acid	Te acid man te ranben ae biri inanon ian te rara ao buoka butin te rara ao ni kawakina te korakora. E kuneaki naba aio n ranin mamman te tobwa.
Vitamin A	Buoka raoiroin am taratara nte bong, ao e kabatia tautian te ab-
Vitamin C	E kabatia tautian te rabwata ao e karurunga butin te raara inanon te
Energy	E kamwaita te korakora
Vitamin E	Totokoa reken te aoraki ae te kaentia/cancer, mamara ni buroo ao te tioka etc...
Cholesterol	Akea kiritina nakon te rabata. E buoka te rabata ni kamarurunga ao e taua mwaitin rawatam.
Vitamin K	Buoka te mamara nu buro, kamatoai riin te rabwata ao ka-uarekeke mwaitin te raara n nako man te ikoaki.
Iron	Kamarurunga riin rabatam



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VIRGIN COCONUT OIL



- ◆ **Tera Te VCO**
- ◆ **Bongan te VCO**
- ◆ **Aron Kinakin te VCO**
- ◆ **Mwakete**
- ◆ **Karaoan te VCO**



TERA TE VCO?

Te VCO bon te bwaa ae menaai ae reke man te ran ben ae tari kirati matana n aiaron taraan te ran ae kiraati matana.

Oin bukin karaoana:

1. Mwaiti aekan kabonganana iaon Kiri-bati ao n aban nako te Aonnaaba.
2. Tauraoui te rabakau iaon karaoana n aekaia nako
3. Teuana maibuakon te kabanea ni bongana ao bobuaka n oera ibukin te io-kinibwai nte Aonnaaba.

Bonganan te VCO.

- ◆ Ibukin te mooi ao te amarake (renganan te amarake ao e kona naba n nimaki n akea te rengarenga)
- ◆ Kabonganaki ibukin kabiran kunim ao katikiraoui iaon kunim (make-ups)
- ◆ Te bwaa n riring ao ni katoki aoraki
- ◆ Taua tamaroan iram ao kunim

Karaoan te VCO

Katikutiku (Fermentation Process)

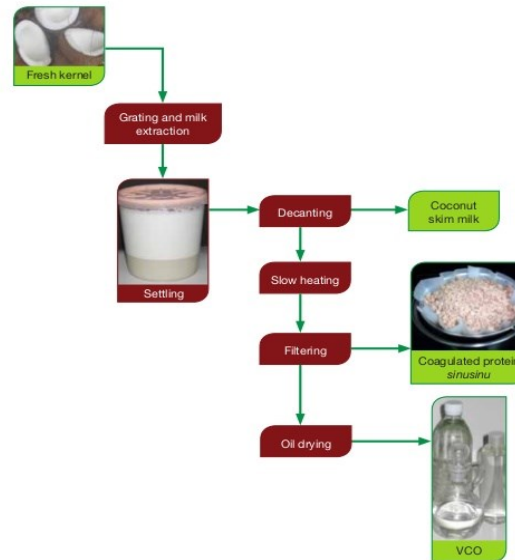
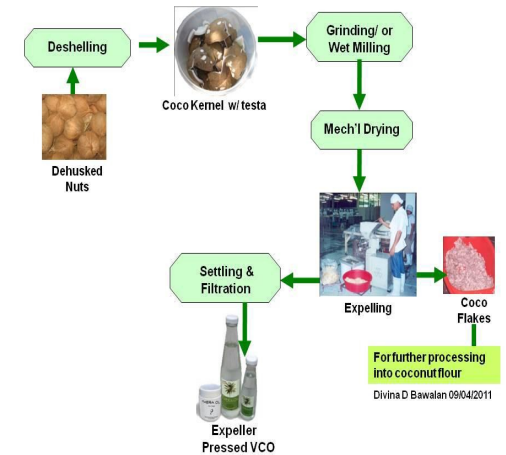


Figure 25. The modified kitchen method



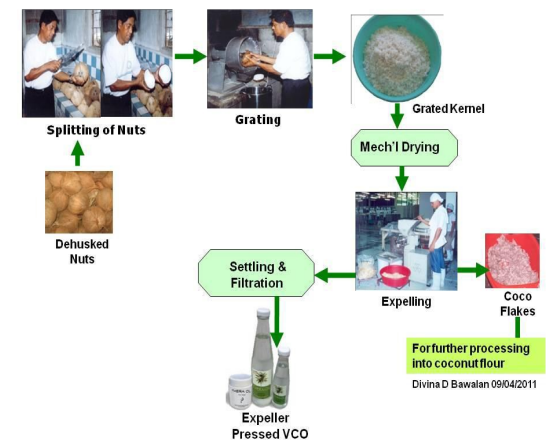
Figure 26. Hand squeezing of coconut milk using a cheese cloth

Karaoan VCO nte Mitin



Divina D Bawalan 09/04/2011

ARON TE KAUTUAI



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