

# Te Wā Kai

**Paramanawa** *snack*

**Kai o te Rānui** *lunch*

**Huawhenua** *vegetable*

**Huarākau** *fruit*

**Inu** *drink*

**Nohotū** *sit up straight*

**Pereti** *plate*

**Paparahua** *dining table*

**oko** *bowl*

**Kāuta** *kitchen*

**Ko te wā kai tēnei** *It is time to eat*

**Kua horahia te kai** *The food is spread out (ready)*

**Kaua e whāwhā i te kai** *Don't touch the food*

**Kia manawanui!** *Be patient!*

**Mā wai te kai e whakapai?** *Who will bless this food?*

**Me karakia tātou** *We (all) should say grace*

**He aha hei paramanawa māu?** *What would you like for a snack*

**He inu wai mōu?** *Would you like a drink of water?*

**Kua mutu tō kai?** *Have you finished eating?*

**Me hari tō pereti ki te tūpapa** *You should take your plate to the bench*



## Kiwaha

**Kaua e noho paratī** *Don't sit all spread out, fill up the seats sitting beside people first*

**Kua eke** *I have had enough to eat (or no more to be said in discussion)*

**Kua puta a Pito** *I am full*

**Inā te reka** *That's very tasty*

**Inā te ora o te tangata** *This is the essence of life*

*(generally said from a guest who is appreciative of the meal received)*



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# Te Wā Kai

## Karakia

Kua horahia te kai

Nā ngā atua i homai

Tane-māhuta,

Haumia-tiketike,

Rongomātāne,

Tangaroa

Kia ora

*The food is laid out*

*Given from the atua*

*Atua of the forest,*

*of uncultivated foods,*

*of cultivated foods,*

*of the ocean*

*We give thanks*

## Karakia

E Rongo, e Rongo

Homai ngā tipu

Hei whakakī te tinana

Hei oranga

Au eke, au eke

Hui ē, tāiki ē

*Rongomātāne*

*Give us plants*

*To sustain the body*

*For health*

*Draw together and affirm*



# Te Wā Kai

## Whakataukī

### He riri anō tō te kai

*This whakataukī is a warning to eat slowly so that you don't choke or get a sore tummy!*

### E mua kai kai, e muri kai hūare!

*Come early to the table and have the pick of the food; If you are late you may miss out (and only have saliva to eat)*

*A good whakataukī to encourage kids to come to the table.*



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