



## Karakia mō te kai

Nau mai e ngā hua e hora nei

I Whakatupua-ā-Nuku

I Whakatupua-ā-Rangi

Tawhia ki ā Rēhua

Ki a tama i Te-Ao-Mārama

E Rongo whakairia ki runga

Kia Tina!

Tina!

Hui ē!

Taiki ē!

## Blessing for Food

We welcome the food that is before us

Nurtured by Papatūānuku

Nurtured by Rangi-nui

Food from Rehua

And presented to humanity

Elevated and fixed together by Rongo-mā-

Tāne Fixed!

United!

Affirmed!

---

This Māori incantation gives thanks to the Māori Gods Papatūānuku [Earth Mother], Rangi-nui [Sky Father], Rehua [Star associated with Summer], Rongo-mā-Tāne, Atua [God of the kumara and cultivated food].