

# 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)*

# 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.*

