

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.

