

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

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.

