Te tunu kai Cooking



Kupu – Words

Hiakai – hungry

Tina – lunch

Māku – for me

Māu – for you

Reka – delicious

Mārau – fork

Māripi – knife

Koko – spoon

Pereti – plate

Rerenga whai take - Handy phrases

E hiakai ana koe? Are you hungry?

He aha te kai e hiahia ana koe? What would you like?

He tino reka ngā kai This food is delicious

Mā wai tēnei kai? Who is this food for?

Kei hea ngā mārau? Where are the forks?

E hia ngā kokoiti huka? How many teaspoons of sugar?

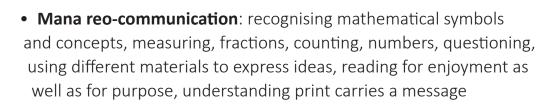
Tāwhiuwhiuhia ngā heki Whip the eggs

Haere mai ki te kai Come and eat

He inu māu? Would you like a drink?

What tamariki learn during cooking

- Mana atua-wellbeing: understanding about hygiene and food safety, knowledge about where food comes from, healthy eating options, what to look for in food labels.
- **Mana whenua-belonging**: taking part in caring for this place (eg. not only washing up/ tidying up, but knowledge about harvesting food, gardening, sustainability), linking home with Centre, cultural knowledge.
- Mana tangata-contribution: teamwork, patience.



• Mana aotūroa-exploration: experimenting, moving body confidently and challenging themselves (eg. holding and using a knife, grater, peeler), curiosity

