

# 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 reo-communication:** recognising mathematical symbols and concepts, measuring, fractions, counting, numbers, questioning, using different materials to express ideas, reading for enjoyment as well as for purpose, understanding print carries a message
- **Mana aotūroa-exploration:** experimenting, moving body confidently and challenging themselves (eg. holding and using a knife, grater, peeler), curiosity