

He paramanawa māhau?

Would you like a snack?

Here are some words and phrases to use when making snacks with your child. Try and make new sentences by joining some together and/or changing others slightly. Be sure to praise their efforts and achievements and they're bound to come back to help you again.



Kotahi Mano Kāika

He Rārangi Kupu (Vocab List)

Taumata 1 (Level 1)		Taumata 2 (Level 2)		Taumata 3 (Level 3)	
1. hunger, hungry	hiakai / mate kai	1. to spread	pani(a)	1. to tell, reveal, disclose	whāki(na)
2. thirst, thirsty	hiaunu / mateunu	2. to put in	rau(a) atu	2. tasty	māngaro
3. fruit	hua rākau	3. to place	waiho(tia)	3. left overs	toenga kai
4. butter (margarine)	pata (tata-pata)	4. drink bottle	pātara	4. to wrap	kōpaki(hia) whakakopa(ngia)
5. back-pack (e.g. school bag)	pikau	5. to put back, return	whakahoki(a)	5. snack	paramanawa
6. lunch box	pouaka kai	6. taste, flavour, odour	hā	6. to cut, slice knife (n)	kōripi(a)
7. scraps	para kai	7. prepare (as in a meal)	taka	7. pantry	whata-kai pātaka
8. to cut	tapahi(a)	8. satisfied (of appetite)	makona	8. fridge	pouaka makariri
9. to eat	kai(nga)	9. to present, lay before someone	tāpae(tia)	9. to choose	kōwhiri(hia)
10. to cover; lid (n)	taupoki(na)	10. to go and get	tiki atu (tikina atu)	10. to share, distribute	tohatoha(ngia)

He Rerenga Kōrero (Example Sentences)

1. What would you (2 people) like?	1. He aha mā kōrua ?
2. Offer the chips to your friends.	2. Tāpaetia ngā kotakota riwai ki ō hoa.
3. Eat up your entire apple please.	3. Kainga koa te katoa o tō aporo
4. First , butter the bread. Then cut it in half.	4. Tuatahi , pania te parāoa ki te pata. Kātahi , tapahia kia hau-rua.
5. You choose, fruit or biscuits?	5. Māhau e kōwhiri, he hua-rākau rānei , he pihikete rānei ?
6. Put the lid on your lunch box and then put it in your school bag.	6. Taupokina tō pouaka kai, kātahi raua atu ki tō pikau kura.
7. Put the leftovers in the fridge.	7. Waihotia ngā toenga kai ki te pouaka makariri.
8. Tell your cousins that afternoon tea is ready .	8. Whākina atu ki ō karanga-tahi, kua taka te paramanawa .

Kīwaha / Kīrehu (Colloquialisms / Idioms)

1. Me te wai kōrari	1. Delicious! (literally, as sweet as juice of the flax flower).
2. Te tokorima a Māui	2. “The five of Māui” – a reference to one’s fingers. If an apology is made for the lack of cutlery, one might say “Hei aha raa. Hai te tokorima a Māui” It does not matter. Leave it to the five of Māui.
3. Kua hemo i te mate kai	3. Absolutely starved
4. Kua tā te ihu	4. To have satisfied one’s hunger or thirst.
5. Te āhua nei ...	5. It looks like ...

Whakataukī (Proverbs)

1. Kotahi āu kai, kotahi ōu tangata. “You have a single meal and only one person.” – you thought only of providing for yourself and have nothing for others with you. A criticism of the selfishness of a person.
2. He whata kai kei te kakī. “A food platform in the throat” – said of one who apparently has a bottomless capacity for food.
3. Kainga te tahua a Rongo rāua ko Haumia “Eat the bountiful food of Rongo and Haumia”- Rongo was the god of cultivated foods and Haumia the god of uncultivated foods. This is an appropriate phrase to use when inviting people to come and eat.
4. He kiore puku-rua “A rat with a double stomach” – this saying describes a greedy person.
5. E kore te kūmara e kī ake he māngaro. “A sweet potato does not announce that it is tasty.” – A person should not blow his/her own trumpet.

Kīnaki (A Little Something Extra)

He karakia mō te kai

Nau mai e ngā hua e hora nei

He mea taka e te ringa wera, hei oranga tangata, hei hikinga wairua

Toitū te marae o Tāne,

Toitū te marae o Tangaroa

Toitū te iwi.

Haumi e, Hui e, Tāiki e!