

# E Whakarite ana i te kōhua kai

## Making a Boil-Up

Here are some words and phrases you can use when making a boil up with your child. See who can make the best looking dough boy. As always, praise your child when they are trying something new or difficult and they're more likely to keep trying. Karawhiua mai!



### He Rārangi Kupu (Vocab List)

Taumata 1 (Level 1)		Taumata 2 (Level 2)		Taumata 3 (Level 3)	
1. pork bones	wheua poaka	1. to add in	tāpiri(hia)	1. to make	hanga(ia)
2. potatoes	mahetau rīwai	2. boil	hū, kōhua, koropupū	2. tongs	pinohi
3. watercress	kuta, wātakerihi, kōwhitiwhiti	3. to go and get	tiki atu (tikina tau)	3. try (taste, experiment)	whakamātau(ria)
4. to wash	horoi (a)	4. to put in	rau(a)	4. to mix	whakaranu(mia)
5. to leave	waiho (tia)	5. dough boy	motumotu, tau poi	5. try (attempt, be eager, persist)	ngana
6. half	hau-rua	6. flour	parāoa parāoa puehu	6. to fill up	whakaki(a)
7. third	hau-toru	7. to peel (potatoes)	tahitahi(a)	7. steam	mamaoa
8. pot	kōhua	8. delicious	reka	8. to take off, take up, remove,	tango (hia)
9. salt	tote	9. baking powder	pēkana paura	9. to pick, pluck, break off	kato (hia)
10. sugar	huka	10. to knead	pokepoke(a)	10. half full	hangere

### He Rerenga Kōrero (Example Sentences)

1. Tahitahia ngā mahetau.	1. Peel the spuds!
2. Hangaia he pōro mai i te parāoa, ā raua atu ki te kōhua kai.	2. Make some from the dough mix, and put them into the boil up.
3. Tapahia koa ngā mahetau kia hau-whā	3. Cut the spuds in quarters please.
4. Kia ngana tonu koe.	4. Keep trying.
5. Ka wani kē to kōhua kai!	5. You're boil up is sweet as!
6. He hangere te kōhua.	6. The pot is half full.
7. Whakamātauria te kuta, Namunamuā	7. Taste the watercress. Its
8. Kia rua ngā wheua poaka māku. Kia hia ngā wheua māhau?	8. I'll have two pork bones. How many bones do you want?

## Kīwaha / Kīrehu (Colloquialisms / Idioms)

1. <b>Namunamuā!</b>	1. Yummy as!
2. <b>Mitimiti pai ngā ringa!</b>	2. Finger licking good!
3. <b>Te reka hoki!</b>	3. So delicious!
4. <b>Kei konā!</b>	4. An expression to praise someone's ability (e.g. That's the one, you've got it!)
5. <b>Ka wani kē!</b>	5. An expression to praise someone's knowledge or talent (e.g. You're clever / a master / genius!)

## Whakataukī (Proverbs)

1. <b>E kore te kūmara e kī ake ki a ia he māngaro.</b> "The kūmara does not announce it is tasty." – A person should not 'blow their own trumpet'.
2. <b>He puku moa!</b> "A stomach of a moa." – The saying implies that someone is gluttonous.
3. <b>Iti noa ana, he pito mata</b> "Although it is small, it is uncooked." – The reference is to the kūmara of which a small, uncooked portion may sprout to produce many more. In ancient times this saying might refer to the survival of a warrior whose companions had fallen. Today, it might be used for any small investment which it is hoped to reap a good return.
4. <b>Kai ana mai koe he atua, noho ana au he tangata.</b> "You are eating like a god while I am sitting here as a person." – This proverb illustrates a lack of hospitality. If visitors arrive as you are eating, they should be asked to join in. This rule holds whether the visitors are important or not. In ancient times it was thought that even a visitor who seemed common and ignorant might possess magical powers.
5. <b>Kia tau te mauri o te kai ki raro.</b> "Let the mauri of the food rest below." – The mauri of food crops, especially kūmara, was usually imbued in stone or carved wooden figure described as the <i>taumata atua</i> or abiding place of the gods who would watch over the plants. The saying also applied to diners who wanted to linger after their meal to allow the food to settle and be digested. Diners should not be expected to hurry through their meal and so not allow the mauri of the food to settle properly.

## Kīnaki (A Little Something Extra)

Ko Te Tunu Motumotu	
Ko ngā mea whakauru	Tohutohu
● 2 kapu – parāoa (flour)	● Tātarihia te parāoa, te pēkana paura me te tote ki tētehi kumete.
● 2 pūne tī – pēkana paura (baking powder)	● Rīringihia te wai me te kōrori kia ranu katoa ai ngā mea whakauru.
● 1 pūne tī – tote (salt)	● Pokepokea te parāoa kia tika ai tōna āhua.
● He wai	● Tangohia he wahanga paku noa, ā, pōkaia ia hei motumotu.
	● Raua atu ki te kōhua kai kia maoa. Mmm... Namunamuā!!!