

Ki te tēpu kai

At the dinner table

Here are some words and phrases to use during a meal or when teaching your child to set the table or clear up afterwards. As always, be sure to praise their good work and they'll want to do it again.



He Rāraki Kupu (Vocab List)

Taumata 1 (Level 1)		Taumata 2 (Level 2)		Taumata 3 (Level 3)	
1. a table	tēpu	1. to go and get, bring	hari mai (haria mai)	1. to be finished, exhausted, used up, consumed	pau/mahiti
2. to leave, put, place	waiho	2. to come and get	tiki mai (tikina mai)	2. to clear away	whakawātea (hia)
3. to leave, depart	wehe (a)	3. be straight, correct, right, stiff, vertical	tōtika / torotika	3. energy, spirit	korou
4. to wipe, a cloth (for wiping)	muku (a)	4. to wipe a cloth (for wiping)	ūkui (a)	4. lid	taupoki
5. a relish, sauce,	kinaki	5. table cloth	papakai	5. chatter (like a bird)	ketekete
6. a cupboard	kāpata	6. to make good, set in order, bless, prepare, set (a table)	whakapai (hia)	6. lies, untruths	kōrero parau/huaparaunoa
7. a bowl, vessel for holding liquids (eg glass, jug)	ipu	7. fridge	pouaka mātao	7. to open	huaki (na)
8. root vegetables	huawhenua	8. leafy vegetables (e.g. lettuce)	korare	8. strength	koi / kao
9. fruit	huarākau	9. spill, flow, pour	mariki	9. joy, happiness, to be glad, happy	koa
10. clean, white	mā	10. be dropped, fallen, fall off	taka	10. well arranged, in good order	nahanaha

He Rereka Kōrero (Example Sentences)

1. Kai hea te takapapa mō te tēpu?	1. Where is the table cloth for the table?
2. E te tau, haria mai kā paepae kai mai i te kāpata.	2. Sweetheart, get the plates from the cupboard please.
3. Kia nahanaha koe i te tēpu kia tika.	3. Set the table properly please.
4. Mā wai (ahau e āwhina / te kai e whakapai / te tēpu e whakawātea)?	4. Who's going to (give me a hand / bless the food /clear the table)?
5. Me karakia tātou.	5. We should say grace.
6. He (unu / kinaki / kai anō) māhau? *	6. Would you like (a drink / some sauce / another helping)?
7. Āe, he (unu / kinaki / kai anō) māhaku. *	7. Yes, I would like (a drink / some sauce / another helping) please.
8. Kia tōtika te noho. Kia tika te kai.	8. Sit up straight. Eat your meal properly.
9. Ka nui te ketekete.	9. That's enough chatter.
10. Kia pau katoa tō kai i a koe, kātahi ka wehe i te tēpu.	10. Finish all your food and then you can leave the table.

* The intonation of your voice will convey whether you are asking a question, making a statement or giving direction. Intonation will also convey pleasantries such as ‘please’.

Kīwaha / Kīrehu (Colloquialisms / Idioms)

1. He tamaiti rika raupā koe	1. You're a hard working kid
2. Koinā te hā kai	2. That's right / you're on the right track
3. Ko pau tō hau	3. You're all worn out
4. Me te waha kahawai koe!	4. You are “like the mouth of the kahawai” – The kahawai was a voracious feeder and is used in this saying to model a gluttonous eater.
5. Ko hora te kai.	5. The food has been laid out (i.e. dinner is ready).

Whakataukī (Proverbs)

1. He kai he kai. “Some food, some food” – a reference to the traditional barter system. The saying comes from an occasion when a coastal tribe went inland to obtain preserved birds, rats and eels to relieve their seafood diet. However, they did not take any seafood with them to exchange with their neighbours and when they asked for supplies were answered by this saying.
2. I hea koe i te ao o te kōwhai? “Where were you when the kōwhai was in bud?” – a question asked of those who are absent at the time the work is being done and only turn up when it is time to enjoy the fruits of other people’s labour. This, and other such sayings (e.g. I hea koe i te tangihanga o te riroriro?), illustrate how traditional work seasons were identified with natural phenomena.
3. Kotahi te karaka ki te takata, e rua ki te kurī. “One call for people, two for dogs” – Said to those who do not respond the first time to the call to come and eat.
4. E mua kai kai, e muri kai hūare. “Early arrivals have the pick of the food; late comers may miss out.” - This is a great whakataukī to recite when calling tamariki to the table.
5. Nā tō rourou, nā tahaku rourou ka ora ai te iwi. “With your food basket and my food basket the people will thrive.” – a person who is so greedy that they eat the basket of that the food came in.

Kīnaki (A Little Something Extra)

He karakia mō te kai
Tēnei te kai ko taka i te rika wera Kia hikina te kao, kia hapaia te korou Nā Tāne, nā Takaroa, Ko Rakinui e tū iho nei Ko Papatūānuku e takoto nei. Tiakina, kia tupu, kia ora Whano. Whano. Hara mai te toki. Haumi e. Hui e. Tāiki e!

(Footnotes)

1) E mihi ana ki te pukapuka ‘Māori at Home; An everyday guide to learning the Māori Language’ nā Stacey rāua ko Scotty Morrison mō ētahi o ēnei kōrero.