

## Tikanga Māori Mātāpono Tikanga Māori Principles

**Whanaungatanga** is about belonging to a collective like your Centre whānau. Tikanga practices around process cooking could include:

- Ensuring all tamariki wash their hands prior to taking part in process cooking activities.
- Using maths concepts in te reo Māori and allowing tamariki to engage in the counting using phrases such as: How many halves make a whole? How many quarters make a half? etc.
- Using activities help children learn more te reo Māori, for example, Kaiako get children to join in and through using te reo Māori recipes for fortnightly replenishing of playdough, making fruit kebabs (using seasonal fruits), and vegetable soup for the colder weather. Then, of course, sharing kai.
- Using the recipes in this resource for te reo Māori lessons.



## Waiata Tahi ki te tekau

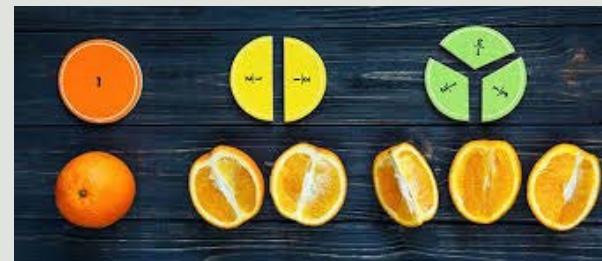
Tahi, rua, toru, whā  
Tahi, rua, toru, whā  
Tahi, rua, toru, whā  
Rima!!!  
Ono, whitu, waru, iwa  
Ono, whitu, waru, iwa  
Ono, whitu, waru, iwa  
Tekau!!!  
  
1, 2, 3, 4, 5!!!  
6, 7, 8, 9, 10!!!



## He aha kei roto i te kete

He aha kei roto i te kete  
He aha kei roto i te kete  
He aha kei roto i te kete  
A E I O U  
He banana kei roto i te kete  
He banana kei roto i te kete  
He banana kei roto i te kete  
A E I O U

(Fill your kete with a range of objects:  
fruit, vegetables, animals...)



<https://ako.ac.nz/ki-te-hoe-indigenising-practice>



## Ki te hoe Indigenising Practice Te reo me ngā tikanga Māori Rauemi mā ngā kaiako

## Tunu Kai Process Cooking



Created by Ngaroma M. Williams  
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## **He tohutaka: Recipe**

Parāoa Pokepoke mō te tākaro  
(Playdough Recipe)

### **Ngā kinaki me ngā tikanga ine: Ingredients and Measurements**

1. Parāoa Puehe: Flour
2. Tote: Salt
3. Wai: Water
4. Noni: oil
5. Āpiti ngā muramura kai - Kōwhai:  
In addition food colouring - yellow

### **Ngā Tikanga Ine: Measurements**

1. E toru ngā kapu parāoa puehu  
3 cups flour
2. Kotahi he kapu tote  
1 cup salt
3. Kotahi he kapu wai  
1 cup of water
4. E toru ngā pūnu (tēpu) noni  
3 tablespoons of oil
5. E whā ngā patapata kai muramura kōwhai  
4 drops of yellow food colouring

### **Te Hātepe: Process**

1. Tāpiri atu ngā kinaki 1-4  
Add together ingredients 1 to 4
2. Whakaranutia (e rima ngā miniti)  
Mix for five minutes.
3. Tapiri atu e whā ngā patapata kai muramura kōwhai  
Add 4 drops of yellow food colouring
4. Whakaranutia anō (e toru ngā miniti)  
Mix again for three minutes
5. Anei parāoa pokepoke kōwhai!  
Here is the yellow playdough!

## **He tohutaka: Recipe**

Kepapa Huarākau - Fruit Kebab Recipe

### **Ngā kinaki me ngā tikanga ine: Ingredients and Measurements**

1. E toru ngā pūtoi kerepe kākāriki  
3 bunches of green grapes
2. E toru ngā pūtoi kerepe pango  
3 bunches of black grapes
3. E rua ngā paināporo  
2 pineapples
4. E waru ngā ārani: 8 oranges
5. E waru ngā banana: 8 bananas
6. Kotahi pākete o ngā rare kōpungapunga  
1 packet of marshmallows



### **Te Hātepe: Process**

1. Me horoia ngā kerepe.  
Wash the grapes
2. Tihoretia ngā banana me ngā ārani me te paināporo.  
Peel bananas, oranges and pineapple.
3. Tapahia ngā banana me ngā ārani me ngā paināporo kia iti.  
Cut the bananas, oranges and pineapple (small pieces).
4. Werohia ngā huarākau me ngā rare kōpungapunga ki runga i ngā paoka.  
Thread fruit and marshmallows onto skewers.
5. Anei he kepapa huarākau tino reka!  
Yummy fruit kebabs!

## **He tohutaka: Recipe**

Hupa Huawhenua - Vegetable Soup

### **Ngā kinaki me ngā tikanga ine: Ingredients and Measurements**

1. E rua ngā rīwai: 2 potatoes
2. E rua ngā kāreti: 2 carrots
3. E rua ngā piriri kāriki: 2 pieces of garlic
4. He hawhe paukenga (karauna): half crown pumpkin
5. He tote: salt
6. He pepa: pepper
7. E rua ngā Rita o wairenga heihei: Two litres chicken stock

### **Te Hātepe: Process**

1. Ka tapahia ngā huawhenua katoa:  
cut all vegetables
2. Ka tunu parai kia ngawari katoa:  
sauté until soft
3. Tāpiri atu te wairenga heihei me ngā piriri kāriki  
Add the chicken stock and garlic pieces
4. Waiho ki te tunu koropupū mō te whā tekau miniti  
Leave to simmer for 40 minutes
5. Anei hupa huawhenua he reka!  
Here is yummy vegetable soup!

