

## Tikanga Māori Mātāpono Tikanga Māori Principle

Ako allows for Kaiako and tamariki to interchange their roles as the teacher and the learner. Kai times are opportune times to bed down the tikanga of the ECE programme, for example:

1. A range of te reo Māori whakapai (blessings) kai or karakia mō te kai (saying grace) (note the full name of these) are provided for tamariki to use at kai routines.
2. Tamariki are mindful to start with selecting a healthy choice first.
3. Parents and whānau are supported to provide their child(ren) with healthy kai.
4. A great time to use maths and science concepts at kai table, e.g., maths –the process of making a hanawiti (sandwich). Tamariki are provided with opportunities in the programme to make sandwiches. Incorporating science could be a discussion on how different foods are made like cheese or yoghurt.
5. Tamariki understand that Kaiako also need breaks for food and drink intake.
6. A key teaching aspect within kai routines is how important composting is. It is an important aspect of managing waste which is a reusable resource. These are opportune times for tamariki to take on the role of tangata tikai and to care for Papatūānuku (mother earth).

## Whakapai Kai Blessing of food Tune: Mary had a little lamb

Whakapaingia ēnei kai  
Hei oranga mō te tinana  
Mō o mātou wairua  
Hoki Amine.

Bless these foods  
That give nourishment to our bodies and  
Thoughtfulness to our minds  
Amen



E Ihoa, e Ihoa  
Whakapai ēnei kai  
Hei oranga mō mātou  
Mō o mātou tinana  
Amene.

Lord bless this food  
For the goodness of ourselves and nourishment  
for our bodies  
Amen



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

## Ki te hoe Indigenising Practice

Te reo me ngā tikanga Māori  
Rauemi mā ngā kaiako

## Wā Kai Kai Time



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## Ngā Taputapu: Equipment (include 'ngā' to commence with to plural)

- Pouaka kai: lunch box
- Hanawiti: sandwich
- Huarākau: fruit
- Miraka tepe: yoghurt
- Pihikete: biscuit
- Tīhi: cheese
- Tīpune: teaspoon or Pūnu: spoon
- Ipu rāpihi: rubbish container
- Āe: Yes; Kāo: No
- Pātara: bottle
- Miraka: Milk; Wai: Water



## Ngā tūmahi: Doing, Action Words

- Tikina: to go and get something
- Whakahokia: take back, return it
- Kōwhiritia: to select, choose
- Whakapaingia: to bless
- Whakakīhia: to fill

## Ngā rerenga kōrero: Phrases

1. Matangi tikina atu tāu pātara:  
Matangi go and get your bottle.
2. Shannon tikana atu tāu pouaka kai.  
Shannon go and get your lunch box.
3. Whakapaingia ngā kai tamariki mā.  
Bless the food children.
4. Whakakīhia tāu kapu i te wai/miraka.  
Fill your cup with water/milk.
5. Kōwhiritia he kai pai i te tuatahi tamariki mā.  
Choose a healthy choice first children.
6. Whakahokia tāu pouaka kai ki runga i te torore Shannon.  
Put your lunch box back on the trolley Shannon.



Matua Ihaia rāua ko Matangi

## Ngā rerenga kōrero: Phrases

1. Ko te wā kai o te ata/ahiahi tamariki mā.  
It's morning tea/afternoon tea time children.
2. Ko te wā tina tamariki mā.  
It's lunch time children.
3. Kua tae te wā ki te inu pātara.  
It is time for your bottle.
4. Māu e pupuri, māku rānei?  
Do you want to hold it?
5. Tō hiakai/hiainu hoki.  
You were very hungry/thirsty.
6. Ka kai pātara koe ināianei, ākuanei rānei?  
Do you want your bottle now or later?
7. Ka noho tahi tāua ki te kai pātara ki konei i tēnei wāhi mārie.  
Let's sit down and have the bottle over here where there's some peace and quiet.
8. Kua kī tō puku ināianei.  
Your tummy is all full now.
9. Kua pau katoa i a koe, ko te āhua nei i tino hiainu/hiakai koe.  
You drank it all, you must have needed it/ been thirsty/hungry.
10. He pārekareka te noho tahi i a koe e inu ana i tō pātara.  
This is lovely sitting here with you while you drink your bottle.
11. Ka mōhio au ka pīrangi pātara koe, kāore e roa.  
I know you want your bottle, it is coming.
12. Ka pīrangi pātara koe, kāore koe i kai pātara mō te wā roa.  
You must need a bottle, you haven't had one for a while.