

# KŌRERO MĀORI GIVE IT A GO

TALKING ABOUT FOOD

He kōrero mō te kai

HIA ORA HI

HA RAWE great

*Haere mai ki te kai  
come and eat*

**KAIMOANA SEA FOOD**

*He inu māu?  
Would you like a drink?*



**Kōrero Māori**



“

**ASK A KIWI** if they'd like some kai and chances are they'll say yes – that's because most New Zealanders realise it's the Māori word for food. But ask someone 'E hiakai ana koe?' and they're less likely to understand the question. (It means 'Are you hungry?')

Already there are several Māori words relating to food that are in common use in English – words such as kai itself, hāngi, kūmara, pūhā, pāua and kahawai.

This booklet – a companion publication to the very popular 'Give it a Go – Kōrero Māori' booklet produced for Māori Language Week 2004 – offers some useful vocabulary, grammar and conversation to do with kai which is an essential part of our day-to-day lives.

By making reo Māori a little more accessible to all New Zealanders, this booklet aims to help preserve a vital part of what makes our culture unique.

Of course, nobody expects you to become fluent overnight – so don't be afraid to 'Give it a Go', to make mistakes and to learn a little every day.

And remember, ka rawe te kōrero Māori – speaking Māori is good fun!

**GIVE IT A GO!**

what this book is about

He pihikete māu? A biscuit for you?

Āe, kia kotahi māku Yes, one for me

Āe rā, kia rua māku of course, two for me



# CONTENTS

Basic Pronunciation	3
Mealtime	4
Asking for and making a drink	7
Vegetables and fruit	8
Groceries	9
Conversation	10
Recipe	14
Basic sentence structure	15
Karakia	16
Resources	17

*Ko te kai a te rangatira, he kōrero*  
*Talk is the food of Chiefs*

Ki whea tātau  
kai ai i tēnei rā?

*Where shall we eat  
today?*

Pēhea ake  
tō kai?

*How was  
your meal?*

Kaua e nui rawa te kai

*Don't eat too much*

## VOWELS

There are 5 vowel sounds in Māori; they can be pronounced 'short' or 'long'. In written form, the long vowel is usually marked with a macron eg a/ā

a	<i>As in putt</i>	ā	<i>As in car</i>
e	<i>As in pencil</i>	ē	<i>As in measure</i>
i	<i>As in eat</i>	ī	<i>As in heel</i>
o	<i>As in fork</i>	ō	<i>As in your</i>
u	<i>As in you</i>	ū	<i>As in roof</i>

Where two different vowels appear together, they each retain their basic sound but are run together to create a smooth sounding transition. Māori words always end in a vowel.

## CONSONANTS

The consonant sounds are:  
p, t, k, m, n, ng, wh, r, h, w.

ng	<i>As in singer</i>
wh	<i>As the f in feather</i>
r	<i>Pronounced quite close to the English I, with the tongue near the front of the mouth</i>

## STRESS

Is usually on the long vowel (as indicated by a macron eg: ā) or the first syllable

Ka pai te kai

*This food is good*

Kei whea te hāwini?

*Where is the waiter?*

He tī māku, kāore he huka, kāore he miraka

*Tea for me with no sugar or milk*

# PAI RAWA ATU! *excellent*

<b>Wā mō te kai</b>	<i>Mealtime</i>
<b>Parakuihi</b>	<i>Breakfast</i>
<b>Tina</b>	<i>Lunch</i>
<b>Hapa</b>	<i>Dinner/supper</i>
<b>Hākari</b>	<i>Feast</i>
<b>Kawenga tina</b>	<i>Packed lunch</i>
<b>Hanawiti</b>	<i>Sandwich</i>
<b>Pūrini</b>	<i>Pudding</i>
<b>Pukatao</b>	<i>Cookbook</i>

**Wharekai**  
**Whare hoko kai**  
**E hiakai ana koe?**  
**Āe, hōmai koa ētahi kai māku**  
**He aha te kai e hiahia ana koe?**  
**E pīrangi ana koe ki te reme?**  
**Ka tino pai**

<b>Kai</b>	<i>Food</i>
<b>Inu</b>	<i>Drink</i>
<b>Kai</b>	<i>To eat/dine</i>
<b>Inu</b>	<i>To drink</i>
<b>Ipurau</b>	<i>Jug</i>
<b>Tikera</b>	<i>Kettle</i>
<b>Ngaruiti</b>	<i>Microwave</i>
<b>Papa</b>	<i>Shelf</i>
<b>Pātaka</b>	<i>Pantry</i>

<b>Hiakai</b>	<i>Hungry/hunger</i>
<b>Hiainu</b>	<i>Thirsty/thirst</i>
<b>Whakarato</b>	<i>To serve</i>
<b>Kai</b>	<i>Helping</i>
<b>Manuhiri</b>	<i>Guest</i>
<b>Mākona</b>	<i>Full</i>
<b>Kia ora</b>	<i>Thank you</i>
<b>Rārangi</b>	<i>Menu</i>
<b>Hāwini</b>	<i>Waiter</i>

**Cafe**  
**Restaurant**  
**Are you hungry?**  
**Yes, please give me something to eat**  
**What would you like?**  
**Do you like lamb?**  
**That's great**

Māripi	<i>Knife</i>
Whāka	<i>Fork</i>
Pūnu	<i>Spoon</i>
Pereti	<i>Plate</i>
Kumete	<i>Bowl</i>
Rīhi	<i>Dish</i>
Kōhua	<i>Pot</i>
Tēpu	<i>Table</i>
Tūru	<i>Chair</i>

Tao	<i>To cook</i>
Tunu	<i>To bake/roast</i>
Tahu	<i>To grill</i>
Parai	<i>To fry</i>
Parai totohu	<i>Deep fry</i>
Hāngi	<i>Earth oven</i>
Tūmau	<i>Cook(chef)</i>
Kītini	<i>Kitchen</i>
Umu	<i>Oven</i>

Pēhea ake  
ō kai?

HOW WAS YOUR MEAL?

Ūkui-horoi	<i>Dishcloth</i>
Pūrere horoi maitai	<i>Dishwasher</i>
Ūkui rīhi	<i>Tea towel</i>
Puoto	<i>Sink</i>
Whakamaroke	<i>Drying-up (the dishes)</i>

*Haere mai ki te kai  
come and eat*

WAIHŌTE KAI  
MEALTIME

Inu	<i>Drink</i>
Tī	<i>Tea</i>
Tī otaota	<i>Herbal Tea</i>
Kawhe	<i>Coffee</i>
Kapu	<i>Cup</i>
Hoeha	<i>Saucer</i>
Miraka	<i>Milk</i>
Maero	<i>Milo</i>
Wai	<i>Water</i>
Waiwera	<i>Hot water</i>
Waireka	<i>Softdrink</i>
Wairēmana	<i>Lemonade</i>
Huka	<i>Sugar</i>
Pihikete	<i>Biscuit</i>
Tiakarete	<i>Chocolate</i>
Kia ora rā	<i>Thanks a lot</i>
Māku	<i>For me</i>
Māu	<i>For you</i>
He aha?	<i>What?</i>
Hiahia	<i>Want/desire</i>
He	<i>A/some</i>
Rānei	<i>Either or</i>
Anake	<i>Only</i>
Āe	<i>Yes</i>
Kāo	<i>No</i>
Iti noa iho	<i>Just a little</i>
Nui	<i>Lots of</i>
Āe, rā	<i>Of course</i>

**He pihikete māu? A biscuit for you?**

**Āe, kia kotahi māku Yes, one for me**

**Āe rā, kia rua māku of course two for me**



# Asking for and making A DRINK

He tī otaota māku,  
kāore he huka, kāore he miraka

*Herbal tea for me, no sugar,  
no milk*

He waiwera  
anake māku

*Hot water only  
for me*

He tī, māku,  
kāore he huka,  
kāore he miraka

*Tea for me  
with no sugar  
or milk*

He inu māu    *Would you  
like a drink?*

Āe    *Yes*

He aha tō  
hiahia?    *What would you like?*

He tī, he  
kawhe rānei?    *Tea or coffee?*

He huka māu?    *Do you take sugar?*

He miraka mō tō tī/kawhe?    *Milk in your tea/coffee?*

I ia ata e pai  
ana ki a au  
te kapu tī    *I like a cup of tea in  
the morning*

**KIA ORA RĀ**  
THANKS A LOT

Coffee for me,  
2 sugars, no milk

He kawhe māku, kia  
rua ngā huka, kāore  
he miraka

Coffee for me,  
one sugar,  
no milk

He kawhe māku, kia  
kotahi te huka, kāore  
he miraka

He maero māku,  
kia nui te miraka,  
kāore he huka

*Milo for me, lots of  
milk, no sugar*

He tī māku, kāore he huka,  
he iti noa iho te miraka

*Tea for me, no sugar,  
a little milk*

## Hua whenua

## VEGETABLES

Rīwai	Potato
Kūmara	Sweet potato
Kāroti	Carrot
Riki	Onion
Kāpeti	Cabbage
Korare	Silver beet
Paukena	Pumpkin
Kānga	Sweetcorn
Pini	Bean
Kīkini	Green pepper
Rētihi	Lettuce
Tōmato	Tomato
Huamata	Salad

## FISH

Koura	Crayfish
Pātiki	Flounder
Hāpuku	Groper
Kuku	Mussel
Kūtai	Mussel
Tio	Oyster
Tuna	Eel
Kina	Sea-egg
Wheke	Squid

## IKA

FRUIT  
HUA RĀKAU

Huakiwi	Kiwifruit
Rōpere	Strawberry
Pītiti	Peach
Āporo	Apple
Pea	Pear
Ārani	Orange
Panana	Banana
Hua wāina	Grape
Kuihipere	Gooseberry
Rahipere	Raspberry
Rēmana	Lemon
Mītikau	Beef
Reme	Lamb
Mītihipi	Mutton
Mīti poaka	Pork
Heihei	Chicken
Rara	Chops
Pēkana	Bacon
Tōtiti	Sausage
Poaka tauraki	Ham
Korukoru	Turkey
Rakiraki	Duck

MĪTI  
MEAT

# RĀRANGI KAI GROCERIES

*Purua ngā riwai ki roto i te kōhua*  
*Put the potatoes in the pot*

Parāoa	<i>Bread</i>
Parāoa iti	<i>Bun</i>
Miraka	<i>Milk</i>
Kirīmi	<i>Cream</i>
Pata	<i>Butter</i>
Tihi	<i>Cheese</i>
Hēki	<i>Egg</i>
Tote	<i>Salt</i>
Pepa	<i>Pepper</i>
Pīni maoa	<i>Baked beans</i>
Kihu parāoa	<i>Spaghetti</i>
Parāoa rimurapa	<i>Pasta</i>
Wairanu	<i>Sauce</i>
Tiamu	<i>Jam</i>
Pata kai	<i>Breakfast cereal</i>
Maramara riwai	<i>Potato chips</i>
Parehe	<i>Pizza</i>
Pāreti	<i>Porridge</i>
Hupa	<i>Soup</i>
Ti	<i>Tea</i>
Kawhe	<i>Coffee</i>
Huka	<i>Sugar</i>
Aihikirīmi	<i>Ice cream</i>
Kei hea ngā . . . ?	<i>Where are the . . . ?</i>
Kei korā	<i>Over there</i>

# Āe, homai koa ētahi kai māku

*Yes, please give me  
something to eat*

Kei hea ngā  
māripi me nga whāka?

*Where are the knives  
and forks?*

Kei konei/korā *Over here/there*

Kua hora  
te tina

*Lunch is ready*

Horoia ō ringa i  
mua o te kai *Please wash your  
hands before eating*

He inu  
māu?

*Do you want  
something  
to drink?*

Tino reka tēnei kai *This food is delicious*

Kei te nui tonu ngā kai  
ki te hiahia koe *There's plenty more  
if you'd like it*

He pia māku

*I'd like a beer*

He wai noa iho māku

*Just water for me*

E pīrangi ana koe ki te reme? *Do you like lamb?*

Ka tino pai *That's great*

Ā te whitu o ngā hāora te hapa o te pō nei *Dinner is at seven o'clock this evening*

Kei te tino hiakai ngā tamariki *The children are very hungry*

Ka taea e au te mau atu he hoa?

*May I bring a friend?*

Nāku i whakareri tēnei momo kai māu ake *I've cooked this dish especially for you*

Puruua nga rīwai ki roto i te kōhua

*Put the potatoes in the pot*

Kua māoa te ika *The fish is cooked*

E hiakai ana koe? *Are you hungry?*

E hiahiaatia ana tētahi pereti anō

*We need one more plate*

Kua reri ngā kai

*The meal is ready*

**He kai anō māu?**

*Would you like a second helping?*

**Kāo, engari hōmai ki a au te parāoa me te pata**

*No, but pass me the bread and butter*

**Tikina anō he miti poaka māu**

*Help yourself to some more pork*

**Kia ora koe - kua mākona taku hiakai**

*I'm full thanks - I can't eat any more*

**Purua ngā taputapu  
ki roto i te puoto**

*Put the dishes in  
the sink*

**I āwhina tātou katoa ki te whakamaroke  
i ngā taputapu**

*We all helped to dry the dishes*

**Kua kai anō koe?**

*Have you eaten?*

**He pēkana  
me ngā hēki taku  
parakuihi**

*I had bacon and eggs  
for breakfast*

**I haere māua ki te wharekai tina ai**

*We went to a café for lunch*

**Ka pai –  
he kawhe mā  
koutou?**

*That's good - does  
anyone want  
coffee?*

**Kua kai anō koe?**

*Have you eaten?*

**Āe - kāore he miraka māku**

*Yes - no milk for me*

**Ki whea tātou  
kai ai i tēnei rā?**

*Where shall we eat  
today?*

**Me pikiniki tātou i te awa**

*We'll have a picnic by the river*

# PAUKENA ŌPURU

## WHĀRANU

**Tahi paukena**

**Tahi riki, tapatapahi**

**Rua karoti, tapatapahi**

**Koata kapeti, tapatapahi**

**Tahi kūmura, tapatapahi**

**Koata kupu miere**

**Tahi kupu poaka, tapatapahi**

Half soften the paukena by putting it whole in a microwave for 5-10 minutes or oven for 15-20 minutes.

Cut the top off the paukena and scoop out seeds.

Scoop out some of the flesh and put in a bowl.

In the same bowl add the riki, kāroti, kāpeti, kūmura, and poaka.

Melt the miere and pour over the hua whenua and poaka. Mix thoroughly and place all the ingredients back inside the paukena shell.

Bake paukena ōpuru at 180°C until the hua whenau is soft and the poaka tender.

<b>Tahi</b>	<i>One</i>
<b>Rua</b>	<i>Two</i>
<b>Koata</b>	<i>Quarter</i>
<b>Hua whenua</b>	<i>Vegetables</i>
<b>Puru</b>	<i>Stuffed</i>
<b>Paukena</b>	<i>Pumpkin</i>
<b>Riki</b>	<i>Onion</i>
<b>Kāroti</b>	<i>Carrot</i>
<b>Kūmara</b>	<i>Kumara</i>
<b>Kāpeti</b>	<i>Cabbage</i>
<b>Poaka</b>	<i>Pork</i>
<b>Miere</b>	<i>Honey</i>
<b>Kupu</b>	<i>Cup</i>
<b>Tapatapahi</b>	<i>Chopped</i>
<b>Whāranu</b>	<i>Ingredients</i>

# Basic Sentence structure

The basic structure of a simple sentence in reo Māori is:

(Tense marker) + verb + subject + object

## *For instance*

Kei te + kai + au + i te āporo = *Now eat I the apple*  
= *I am eating the apple*

This basic structure can be adapted according to action and tense as in the following examples:

**Kei te kai ahau**     *I am eating*

**Kei te kai koe**     *You are eating*

**Kei te kai ia**     *He/she is eating*

**Kei te kai a Tāmāti**     *Thomas is eating*

**Kua kai ahau**     *I have eaten*

**Kua kai māua**     *We have eaten*

**Kua kai a Rāwiri**     *David has eaten*

**I kai rātou**     *They ate*

**I kai au i te panana**     *I ate the banana*

**I kai ia i te parāoa**     *He/she ate bread*

**I inu a Mere i te miraka**     *Mary drank the milk*

**Ka inu koe**     *You will drink*

**Ka haere ia ki te hokomaha āpopo**     *He/she will be going to the supermarket tomorrow*

**Ka kite au i a koe āpōpō**     *I'll see you tomorrow*

## **Whakapaingia ngā kai** *It is tradition for a brief karakia to be said before any meal or meeting.*

*Here are two karakia and a whakatauki for you to consider.*

Nau mai e ngā hua o te wao,  
o te ngākīnga, o te wai tai, o  
te wai Māori.

Nā Tāne

Nā Rongo

Nā Tangaroa

Nā Maru.

Ko Ranginui e tū iho nei, ko  
Papatūānuku e takoto ake  
nei. Tūturu whakamaua kia  
tina; tina, haumi-e, hui-e,  
taiki e!

*I welcome the gifts of food from  
the sacred forests, from the  
cultivated gardens, from the sea,  
from the fresh waters.*

*The food of Tāne,  
of Rongo,  
of Tangaroa,  
of Maru.*

*I acknowledge Ranginui who is  
above me and Papatūānuku who  
lies beneath me. Let this be my  
commitment to them all.*

### **Karakia – Tawhito**

Whakataka te hau ki te uru

Whakataka te hau ki te tonga

Kia mākinakina ki uta

Kia mātaratara ki tai

Kia hī ake ana te atakura

He tio, He huka

He hau hū

Tihei Mauriora

*Cease the winds from the west*

*Cease the winds from the south*

*Let the breezes blow over the land*

*Let the red-tipped dawn come*

*With a sharpened air*

*A touch of frost*

*And a promise of a glorious day*

*Sneeze the breath of life*

*Te manu e kai ana i te miro, nōna te ngahere;  
te manu e kai ana i te mātauranga, nōna te ao*

*As the berries of the forest are the food of the birds,  
so education is the food of the people*

# resources

<a href="http://www.nzreo.org.nz">www.nzreo.org.nz</a>	<i>NZ Reo homepage with resources &amp; links</i>
<a href="http://www.koreromaori.co.nz">www.koreromaori.co.nz</a>	<i>New Reo Māori website launching September 2005</i>
<a href="http://www.tetaurawhiri.govt.nz">www.tetaurawhiri.govt.nz</a>	<i>Te Taura Whiri i te Reo Māori – Māori Language Commission information</i>
<a href="http://www.tpk.govt.nz">www.tpk.govt.nz</a>	<i>Te Puni Kōkiri information</i>
<a href="http://www.hrc.co.nz">www.hrc.co.nz</a>	<i>Human Rights information</i>
<a href="http://www.maoritelevison.com">www.maoritelevison.com</a>	<i>Kōrero Mai, Māori Television – every night</i>
<a href="http://www.matariki.net.nz">www.matariki.net.nz</a>	<i>Information about the Māori New Year</i>
<a href="http://www.nzei.org.nz/reo2">www.nzei.org.nz/reo2</a>	<i>New Zealand Educational Institute – Te Reo course</i>
<a href="http://www.maori.org.nz">www.maori.org.nz</a>	<i>Links to many aspects of Māori language and culture (click link to tereo.maori.org.nz for interactive language course)</i>
<a href="http://www.irirangi.net">www.irirangi.net</a>	<i>Information on Te Reo Māori broadcasting</i>
<a href="http://www.learningmedia.co.nz">www.learningmedia.co.nz</a>	<i>Te Pou Taki Kōrero – Learning Media – Range of language recourses</i>
<a href="http://www.nzetc.org/etexts/PHW-046">www.nzetc.org/etexts/PHW-046</a>	<i>Victoria University link to interesting old phrase book</i>
<a href="http://www.nzhistory.net.nz/Gallery/tereo">www.nzhistory.net.nz/Gallery/tereo</a>	<i>History, vocabulary and pronunciation</i>

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Te Taura Whiri i te Reo Māori, Te Puni Kōkiri and Te Kāhui Tika Tangata  
in the spirit of New Zealand's pride in reo Māori***

*'Kia ita!'*

Te Taura Whiri i te Reo Māori  
MĀORI LANGUAGE COMMISSION



Te Puni Kōkiri



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“GIVE  
IT  
A GO”

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