

TOI TE KUPU

HE PAPA KUPU TOIORA

BROUGHT TO YOU BY TOI TANGATA
AND THE HEART FOUNDATION



Foreword

Toi te Kupu is a Māori-to-English and English-to-Māori dictionary about kai, cooking, our body and our minds. It is the result of the commitment of two organisations working together to improve the health of our country.

At the Heart Foundation, we have a responsibility to teach children about the importance of healthy food, a healthy body and a healthy mind. In doing so, we ensure that future generations will continue to share this knowledge and live a lifestyle that can reduce their risk of developing heart disease.

Teaching these kupu to children so they grow up with the knowledge of both the te reo Māori and English translations allows all children to develop an understanding of the history, culture and language that underpins Aotearoa.

This Heart Foundation resource can be of benefit across a vast range of areas and disciplines: from teachers in schools to community educators; from health care professionals to university students.

The more we share these kupu across disciplines and across Aotearoa, the stronger the focus will be on using te reo Māori every day. With a strong emphasis on holding fast to the language and holding fast to our heart health, our country will thrive.

Nau te rourou, naku te rourou, ka ora te manuhiri

With your food basket and my food basket, the people will thrive.



Clive Nelson
Chief Executive
The Heart Foundation NZ



***Tuia ki runga, tuia ki raro,
Tuia ki roto, tuia ki waho,
Tuia te here tangata,
Ka rongo te pō, ka rongo te ao.***

***Toi te kupu,
Toi te mana,
Toi te whenua,
Tihei mauri ora!***

Toi te kupu, hold fast to the language!

Toi Te Kupu is a testament to Toi Tangata's commitment to improve the health of our tamariki.

As the national organisation that coordinates and supports Māori approaches to physical health and nutrition, Toi Tangata sees this Māori-to-English and English-to-Māori dictionary as a resource that encourages the use of te reo Māori and associates Māori vocabulary with children's health.

From a holistic point of view, te reo Māori is the very heart or manawa of Māori culture and *Toi Te Kupu* encourages the use of te reo Māori when it comes to children's heart health.

Expanding te reo Māori vocabulary, particularly words about food or kai, the types of kai, the preparation of kai, the cooking of kai and the preservation of kai, is important for children to learn about good nutrition.

If we teach children about the importance of healthy kai, they may grow up with this knowledge and be better equipped to look after their health as adults.

As kai has a strong connection to health, and particularly to heart health, we've also included several health-based kupu.

Toi Te Kupu is a useful resource for employees and employers to use te reo Māori in conversations and learning environments associated with nutrition.

Feel free to learn, teach and share these kupu every day.

Ko te reo kia rere, ko te reo kia tika, ko te reo kia Māori.



Megan Tunks
Chief Executive
Toi Tangata



TOI TANGATA®

English To Māori

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***I te timatanga ko te kore,
Ka tū te pō, he pō nui, he pō roa
Ko Rangi e tū ake, ko Papa e takoto iho
Ka puta a rāua tamariki***

Forced to live in darkness, the children of Rangi and Papa became restless. They conspired to separate their parents and it was Tāne who achieved this feat. Angered by their actions, Tāwhiri sought revenge. Tangaroa and Tāne were then defeated whilst Haumia and Rongo hid within their mother. Tāwhiri then approached Tū, who cried out to his brothers, “Let us face Tāwhiri together to defeat him!” But Tū was left to stand alone.

A great battle took place with neither gaining superiority; eventually both withdrew.

Tū's rage then turned towards his brothers who had left him to face Tāwhiri. Fashioning hooks, snares, spears and digging tools, Tū captured and consumed the descendants of his siblings. Through his actions and karakia they were transformed to common objects, their tapu made noa. As descendants of Tū, we may also seek to grow, gather and get hold of the foods of his brothers – Tāne, Tangaroa, Rongo and Haumia.

The modern world has disconnected us from our food and our past. It is time to reconnect.

Since time immemorial, Māori have been directed by an ancient set of customs: those of Tāne, Tangaroa, Rongo and Haumia.

To get food from these four domains required a mastery of tools and ritual, knowledge of karakia, an understanding of nature's lore and a commitment to hard work.

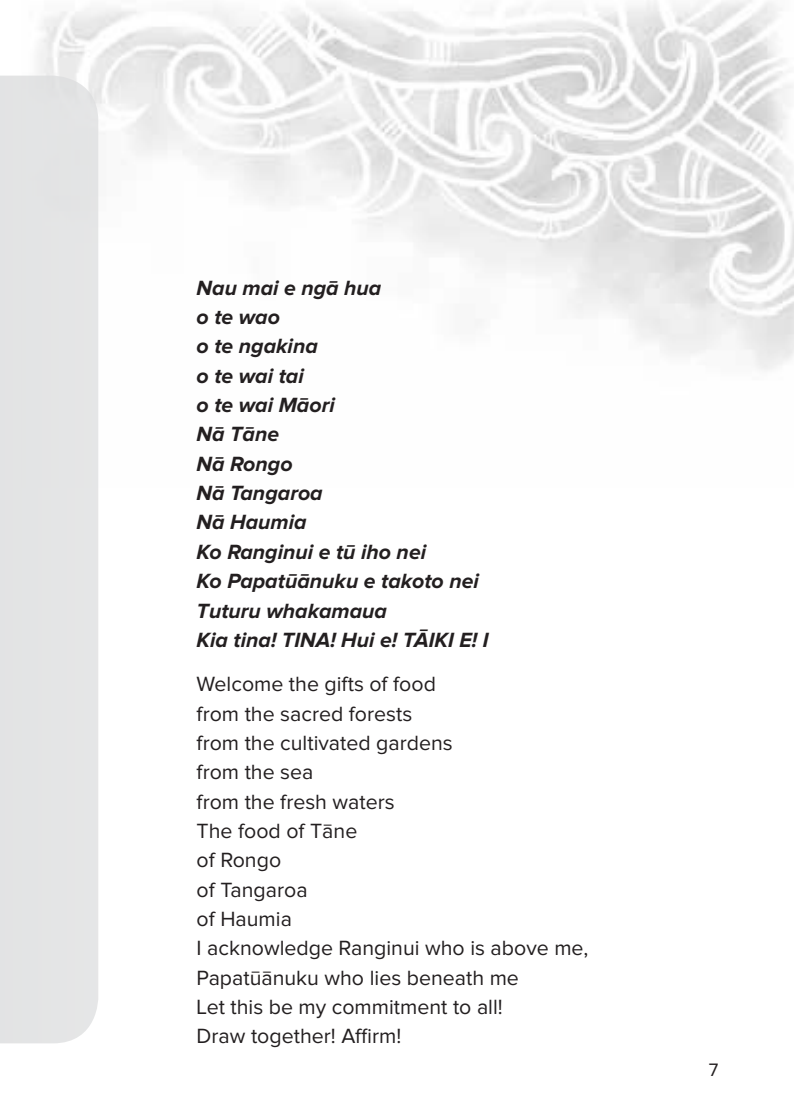
This lifestyle had produced a people described by early observers as the most physically perfect race alive. In a world of disconnect, a return to these principles offers a pathway of wellbeing; to be sustained once again by the gods and kai Māori.

Tāne – The arts of hunting

Tangaroa – The skill of water craft, fishing, diving and collecting

Rongo – The expertise of cultivation

Haumia – The knowledge of gathering



***Nau mai e ngā hua
o te wao
o te ngakina
o te wai tai
o te wai Māori
Nā Tāne
Nā Rongo
Nā Tangaroa
Nā Haumia
Ko Ranginui e tū iho nei
Ko Papatūānuku e takoto nei
Tuturu whakamaua
Kia tina! TINA! Hui e! TĀIKI 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 Haumia
I acknowledge Ranginui who is above me,
Papatūānuku who lies beneath me
Let this be my commitment to all!
Draw together! Affirm!





Ko wai a Tāne

Tāne is lord of the forest and all its creatures, in particular birds, insects and trees. Aotearoa was a land of birds and hence the art of fowling was essential to survival.

Through hunting, snaring and trapping of birds, our ancestors were provided with the necessary protein and associated nutrients for survival.

As the majority of native forests have been cleared and most of our traditional birds are now endangered, we can substitute with pork, poultry, venison, mutton and beef.

Although not as nutritious as the fowl of former times, these substitutes still supply us with the essentials for growth and repair such as protein, zinc, iron and B12.

Ngā kai a Tāne



Foods of Tāne

Ngā Kai a Tāne

Deer

Duck

Goat

Grubs (edible)

Kākā (a flock of)

Kererū (tree favoured by Kererū)

Muttonbird

Pig

Possum

Tūī (an area favoured by Tūī)

Tūī (female)

Tūī (male)

Waxeye

Tia

Pārera

Koti

Hūhū

He pōkai kākā

Rākau titipa

Tītī

Pōaka

Paihama

Hāpua kōkō

Kōkōtea

Kōkōuri

Tauhō/Pihipihi



Kōkōtea



Koti



Pārera



Pōaka



Rākau titipa



Tia



Ko wai a Tangaroa

The authority of Tangaroa extends to oceans, lakes, rivers and all their inhabitants. The bountiful life that resides in our oceans and waterways has provided our people with sustenance for thousands of years.

From the fresh water harvests of īnanga and tuna to the saltwater fish such as tāmure and kahawai; all forms of shellfish such as pipi, pāua and kūtai are also included.

Such an abundant array of life provides many essential nutrients in pure form including protein, Omega 3, iodine, calcium and selenium. Although not as plentiful as in former times, the produce of Tangaroa continues to influence our diets and our behaviour.

Ngā kai a Tangaroa



Foods of the Oceans *Kai a Tangaroa ki Tai*

Abalone	<i>Pāua</i>
Barracuda	<i>Mangā</i>
Blue cod	<i>Rāwaru</i>
Bluenose	<i>Mātiri</i>
Cockle	<i>Tuangi</i>
Crab	<i>Pāpaka</i>
Crayfish	<i>Kōura</i>
Flounder	<i>Pātiki</i>
Groper	<i>Hāpuku</i>
Gurnard	<i>Kumukumu</i>
John Dory	<i>Kuparu</i>
Kahawai	<i>Kahawai</i>
Kingfish	<i>Haku</i>
Leather-jacket	<i>Kōkiri</i>
Mackerel (blue)	<i>Tawatawa</i>
Mackerel (jack)	<i>Hauture</i>
Monkfish (stargazer)	<i>Kōurepoua</i>
Mullet (grey)	<i>Kanae</i>
Mullet (yellow-eyed)	<i>Aua</i>
Mussel	<i>Kūtai/Kūkū</i>
Octopus	<i>Wheke</i>
Red cod	<i>Hoka</i>
Tarakihi	<i>Tarakihi</i>
Salmon	<i>Haramono</i>



Kōura



Kūtai/Kūkū



Mangā



Pāua



Tuangi



Wheke

Ngā kai a Tangaroa



Sardine

Sea snail

Sea-egg

Seaweed

Shark

Snapper

Spotty

Stingray

Trevally

Tuna

Mohimohi

Pūpūtai

Kina

Rimurimu

Mango

Tāmure

Pākirikiri

Whai

Araara

Ahiahi

Foods of the waterways *Tangaroa ki Uta*

Eel

Eel (long-finned)

Eel (short-finned)

Freshwater crayfish

Lamphrey

Whitebait

Whitebait (adult)

Whitebait (school of)

Tuna

Ōrea

Matamoe

Kēwai

Piharei/Kanakana

Kōkopu

Inanga

Pōkai mārearea



Kina



Kōkopu



Mango



Rimurimu



Tāmure



Whai



Ko wai a Haumia

Haumia is the deity of uncultivated foods. Our ancestors were semi-agricultural people and therefore wild foods were extremely significant.

In the North Island the āruhe or fern root was a staple food, whilst in the South Island the Ti or cabbage tree was extremely important. These foods were reliable and generally grew despite extreme weather.

Wild foods grow in forests, wetlands, grasslands and even in our parks and backyards.

Access to these foods depends on one's knowledge and dedication to the kaupapa.

Mātauranga Māori emphasises that the wellness of our people is inextricably linked to the knowledge that surrounds the kai we consume.

Wild foods provide a great deal of nutritional value, while cultivated foods continue to have a place in our pātaka (storehouse).

Our dependency on wild foods elevated Haumia to the aristocratic ranks of divinity, and is a tradition worthy of revival.

Ngā kai a Haumia



Wild Foods of Haumia *Ngā Kai a Haumia*

Black tree fern

Mamaku

Cabbage tree

Tī kōuka

Cabbage tree (edible shoots)

Rito

Cabbage tree (procured
sweet sago-like substance)

Kāuru

Fern root

Āruhe

Fern root (area where abundant)

Tāwaha āruhe

Hīnau berry loaf

Kōmeke

Karaka (edible flesh)

Horehore

Kiekie (edible)

Tāwhara

Kingfern

Para

Nīkau (edible bulb)

Iho

Thistle (edible)

Pūhā

Watercress

Kōwhitiwhiti

Wild boar

Tariana poaka puihi



Horehore



Iho



Kōwhitiwhiti



Mamaku



Rito



Tariana poaka puihi



Ko wai a Rongo

The domain of Rongo is cultivation and other peaceful, creative activities. An important component of the traditional diet was cultivated foods, especially the kūmara. From soil preparation, harvesting and storing, cultivation was back-breaking work. Hard workers were admired, slackers despised. With the arrival of Pākehā, new foods such as the potato, corn and wheat were introduced. Fruit trees such as apples and pears were grown with great enthusiasm.

Cultivated foods provide us with a variety of life-giving nutrients including many vitamins, minerals, antioxidants, fibre and folate which are essential to good health and wellbeing.

Rongo has sustained te iwi Māori physically and spiritually for decades and should continue to do so.



Vegetables *Huawhenua*

Beetroot
Broccoli
Cabbage
Carrot
Cauliflower
Celery
Courgette
Cucumber
Dark green leafy vegetables
Lettuce
Mushroom
Onion
Radish
Rhubarb
Silverbeet
Spinach
Split pea

Rengakura
Pūpihi/Poroki
Kāpeti
Uhikaramea/Kāreti
Puānīko/Pūputi/Kareparāoa
Tutaekōau/Hereri/Herewī
Roroa iti
Kūkamo
Huawhenua rau māota
Rētehi
Harore
Riki/Aniana
Uhikura
Rūpapa
Kōrare
Rengamutu/Kōkihi
Pī tiwae



Kāpeti



*Puāniko/Pūputi/
Kareparāoa*



Pūpihi/Poroki



Rengakura



Rētehi



Uhikaramea/Kāreti



Starchy Vegetables *Huawhenua Māngaro*

Calabash/Gourd

Cassava

Corn

Corn, fermented

Breadfruit

Parsnip

Potato

Pumpkin

Root vegetable

Squash

Sweet potato

Taro

Turnip

Yam

Hue

Manihota

Kānga

Kānga wai

Kuru

Tāmore mā/Uhitea

Rīwai

Paukena

Huawhenua kōmore

Kamokamo

Kūmara

Taro

Kotami

Uwhiuwhi



Kūmara



Paukena



Rīwai



Tāmore mā/Uhitea



Taro



Uwhiuwhi



Fruit

Huarākau

Apple

Apricot

Avocado

Banana

Blackberry

Blueberry

Cherry

Coconut

Fig

Grape

Grapefruit

Orange

Peach

Pear

Pineapple

Raspberry

Strawberry

Tomato

Āporo

Āperekoti

Awakato

Panana/Maika

Hua mangu

Hua kikorangi/Purūpere

Tiere

Niu

Piki

Karepe/Hua waina

Hua karape

Ārani

Pīti

Pea

Painioro/Whara

Rāpere

Rōpere

Tōmato



Āporo



Ārani



Hua Kikorangi/Purūpere



Painioro/Whara



Panana/Maika



Rōpere



Legumes & Pulses

Rekiumu me ngā Pākano

Baked beans

Chickpea

Hummus

Kidney bean

Legumes

Lentil

Pulses

Pīni maoa

Tikipī

Penu tikipī

Pīni tākihi

Rekiumu

Rēnetihi

Pākano

More Produce

Ngā Momo Hua Anō

Date

Dried fruit mix

Fruit kebab

Mashed ripe banana

Nut mix

Pureed apple

Raisin

Seed mix

Sultana

Tēti

Hanumi huarākau maroke

Kohiku huarākau

Panana maoka penupenu

Hanumi nati

Āporo maoa whakapē

Reihana

Hanumi purapura

Karepe maroke



Hanumi nati



Hanumi purapura



Penu tikipī



Pīni maoa



Rēnetihi



Tēti

Ngā momo kai anō

Breads & Cereals

Parāoa me ngā Hua Pataakai

Bagel
Barley
Bran
Bran flakes
Bread (high-fibre white)
Bread, fried
Bread, Māori
Bread, Māori (unleavened)
Bread roll
Bread, white
Bread, wholegrain
Bread, wholemeal
Bun
Burrito
Calzone
Cheese toastie
Cocoa rice
Cornflakes
Couscous
Creamed rice
Crumpet
Doughboys

Parāoa porowhita
Pārihi
Parani
Rau kiripata
Parāoa mā nui te muka
Parāoa parai
Rewana
Rewana takakau
Parāoa pīrori
Parāoa mā
Parāoa pāpapa
Parāoa mira paraone
Parāoa iti/Pāni
Pohito
Parehe takai
Tōhinga tīhi
Raihi koukou
Rau kānga
Kuhukuhu
Raihi kirīmi
Karamupeti
Mutumutu



Kuhukuhu



Parāoa pāpapa



Parāoa porowhita



Rau kānga



Rau kiripata



Rewana

Ngā momo kai anō

Falafel
Filled pasta
Filled roll
Flat bread
Fried rice
Fruit bread
Garlic bread
Iced buns
Instant noodles
Lasagne
Muesli
Multigrain
Non-iced bun
Noodles
Oats
Pasta
Pita bread
Pita pocket
Pizza
Puffed rice (rice bubbles)
Raisin toast
Rice risotto
Rolled oats
Sago
Savoury rice
Sliced bread
Spaghetti
Taco
Tapioca

Wherawhe
Parāoa rimurapa whakakī
Pīrori whakakī
Parāoa parehe
Raihi parai
Parāoa huarākau
Parāoa kāriki
Pana huka
Kihu parāoa tere
Rahānia
Patahua
Parāoa kakano rau
Pana kore huka
Kihu parāoa
Ōti
Parāoa rimurapa
Parāoa pīta
Kōpaki pīta
Pīta/Parehe Ītariana
Raihi pupū
Tōhi reihana
Raihi rihato
Ōti pēpē
Hekō
Raihi raukikini
Poro parāoa
Pākēti
Tako
Tapioka

Toasted muesli
Toasted sandwich
Toastie
Tortilla
Wheat biscuit
Wrap

Patahua tōhi
Hanaweti tōhi
Tōhinga
Tōtira
Pihikete wīti
Komehe



Kihu parāoa



Ōti pēpē



Patahua



Pihikete wīti

Ngā momo kai anō

Meat Products & Eggs

Momo Mīti me te Hēki

Beef

Chicken leg

Chicken, marinated

Chicken nugget

Corned beef

Egg, hard boiled

Egg, poached

Egg, scrambled

Fish, crumbed

Fish, fillet

Fish finger

Fish, patty

Fish, coated

Frankfurter

Frittata

Ham

Ham steak

Kebab

Luncheon

Meat loaf

Meat patty

Meatball

Mince

Mince (standard)

Mince, lean

Pīwhi/Kiko-kau

Waewae heihei

Heihei whakapūkara

Pū heihei

Miti minatote

Hēki korohū mārō

Hēki korohū kore anga

Hēki whāranu

Ika karamu

Porō ika/Korepe ika

Matimati ika

Pati ika

Ika kiri parāoa

Hōtiti pūkauri

Whiritata

Poaka tōtea

Kōripi tōtea

Kai teo

Hōtiti hanewiti

Rohi mīti

Pati mīti/Kao mīti

Mīti pōro

Mīti mōrohe/Mīti nakunaku

Mīti mōrohe noa

Mīti mōrohe ngako iti

Omelette
Raw meat
Salami
Sausage roll
Saveloy
Stewing steak
Surimi
Turkey

Hēki kōrori/Omareta
Mīti whakarae
Harāmi
Hōtiti pīrori
Hōtiti pūwhero
Kiko kau pūioio/Mīti tiu
Ika hurimi
Korukoru



Hēki korohū mārō



Ika karamu



Pīwhi/Kiko-kau



Waewae heihei

Ngā momo kai anō

Dairy Products

Momo Hua Mīraka

Cheese slice

Cheese slice, light

Cheese, cheddar

Cheese, cottage

Cheese, creamed

Cheese, edam

Cheese, feta

Cheese, grated

Cheese, hard

Cheese, mozzarella

Cheese, ricotta

Cheese, soft

Milk, evaporated

Milk, flavoured

Milk, frozen

Milk, full fat (dark blue)

Milk, goat

Milk, lite (light blue)

Milk, non-fat

Milk, rice

Milk, soy

Milkshake

Sour cream

Yoghurt, Greek

Yoghurt, plain

Poro tīhi

Poro tīhi he iti te ngako

Tīhi tera

Tīhi pupuru

Tīhi kirīmi

Tīhi erama

Tīhi wheta

Tīhi kuoro

Tīhi mārō

Tīhi motorera

Tīhi rikota

Tīhi ngohengohe

Miraka whakaeto

Miraka whai hā

Miraka whakatio

Miraka kau noa

Miraka nanenane

Miraka iti te hinu

Miraka kore hinu

Miraka raihi

Miraka hoi

Whāranu miraka

Kirīmi kawa

Miraka tepe Kīriki

Miraka tepe



Miraka kore hinu



Miraka tepe



Tihi ngohengohe



Tihi tera



Tihi wheta



Whāranu miraka

Ngā momo kai anō

Drinks & Beverages

Ngā Momo Inu

Artificially sweetened

Coffee, flat white

Coffee, instant

Coffee, cappuccino

Coffee, short black

Coffee, long black

Coffee, mochachino

Drink, soft/fizzy

Drink, sugary

Energy drink

Flavoured drink, cordial, juice

Flavoured water

Fortified water

Fruit smoothie

Full-sugar drink

Sports drink

Watered down juice

Yoghurt milk

Inu āwenewene kēā

Kawhe miraka

Kawhe nehu

Kawhe pāhukahuka

Kawhe pango poto

Kawhe pango roa

Kawhe tiakareti

Inu hihī

Wai huka

Inu pūngao

Inu whai hā huarākau

Wai whai hā

Wai whakakaha

Mōhani huarākau

Inu kī i te huka

Inu hākinakina

Huarākau memeha

Inu miraka tepe



Inu hākinakina



Inu pūngao



Inu whai hā huarākau



Kawhe miraka



Kawhe nehu



Wai whai hā

Ngā momo kai anō

Types of Snacks

Ngā Momo Paramanawa

Baked fruit bar

Breakfast bar

Celery and peanut butter

Corn chip

Cracker and cheese pack

Cracker

Cracker, rice

Cracker, rye

Cracker, water

Cracker, wheat

Dried fruit leather

Energy bar

Fritter (corn)

Iced bun

Muesli bar

Muffin, fruit

Muffin, savoury

Muffin, split

Nachos

Non-iced bun

Pikelet

Plain biscuit

Potato chip

Pīhi huarākau tunutunu

Pīhi parakuihi

Herewī me te pata pīnati

Tītipi kānga

Pākete pihikete me te tīhi

Pihikete pakō

Pihikete raihi

Pihikete rae

Pihikete wai

Pihikete wīti

Rera huarākau whakamaroke

Pīhi pūngao

Kao/Rengarenga (kānga)

Pana huka

Pīhi pataakai

Māwhene huarākau

Māwhene raukikini

Māwhene tiwae

Kotakota kānga

Pana kore huka

Paraha

Pihikete noa

Tītipi rīwai

Rice cake/wheel
Rusk
Scone
Sweet muffin
Treat food
Vegetable chip

Keke/Wīra raihi
Rūhuki
Kōno
Māwhene reka
Kai āhua reka
Tītīpihuawhenua



Kao/Rengarenga (kānga)



Paraha



Pihikete pakō



Tītīpi rīwai

Ngā momo kai anō

Mixed Meals

Kai Whakahanumi

Bolognese

Hamburger

Junk food

Lentil pie

Macaroni cheese

Mixed meal

Pasta sauce

Pie, bacon and egg

Pie, mince

Powdered soup mix

Quiche

Samosa

Shepherd's pie

Stir fry

Takeaways

Poronēhi

Hamipāki/Hamupeka

Kai paraurehe

Takai rēnetihi

Tīhi makaroni

Kai whakahanumi

Parāoa wairanu

Takai hēki me te pēkena

Takai mīti

Hanumi hupa paura

Kīhi

Hāmoha

Takai hēpera

Parai korori/Kai kapekape

Ō rangaranga



Hamipāki/Hamupeka



Hāmoha



Parai korori/Kai kapekape



Poronēhi



Takai hēpera



Tīhi makaroni

Ngā momo kai anō

Desserts & Sweets

Kai Āhuareka

Baked pudding

Boiled sweet

Bread & butter pudding

Caramel

Croissant

Custard

Danish pastry

Fruit crumble

Fruit jelly

Fudge

Ice cream

Reduced-fat cream

Rice pudding

Sponge

Steamed pudding

Sweet flavoured popcorn

Toffee

Whipped cream

Purini maoa

Rare paera

Purini parāoa pata

Karamea

Pōhā aparau

Kahitete/Kātete

Pōhā tanihi

Huarākau karamu

Tiēre huarākau

Whāti

Aihikirīmi

Kirīmi ngako rūnā

Purini raihi

Huarākau keke

Purini mamaoa

Kānga pahū whai hā reka

Tawhe

Kirīmi tāwhiuwhiu



Huarākau karamu



Kahitete/Kātete



Kānga pahū whai hā reka



Pōhā aparau



Purini raihi



Tiēre huarākau

Ngā momo kai anō

Oils, Spreads & Seasonings *Momo Hinu/Namunamuā*

Chilli

Chilli (sweet)

Chilli sauce

Chutney

Coconut oil

Dip

French dressing

Ginger

Guacamole

Golden syrup

Herbs

Honey

Icing

Margarine

Mayonnaise

Mayonnaise, light

Mint

Mustard

Mustard powder

Oil spray

Olive oil

Palm oil

Peanut butter (smooth)

Pickle

Hirikakā

Hirikakā (waitī)

Kīnaki hirikakā

Pīkara reka

Hinu niu

Toutou

Ranu wīwī

Tinitia

Toutou awakato

Miere kōura

Rauamiami

Miere

Paparanga huka

Mātiarīni

Maionēhi

Maionēhi māmā

Hīoi

Panikakā

Rehukakā

Rehu hinu

Hinu oriwia

Hinu nīkau

Pata pīnati (mānihi)

Pīkara



Kīnaki hirikakā



Mīere



Panikakā



Pata pīnati (mānihi)



Rauamiami



Tinitia

Ngā momo kai anō

Salad dressing

Salsa

Salt

Sour cream

Spices

Stock cube

Tomato paste

Tomato sauce

Turmeric

Vegetable oil

Vinegar

Yeast extract (Marmite, Vegemite)

Ranu huamata

Toutou tomato

Tote

Kirīmi kawa

Raukikini

Tapaono whaihā

Pani tōmato iti

Ranu tōmato/Kīnaki tōmato

Renga

Hinu huawhenua

Winika

Kohikatanga īhi

Salad

Huamata

Coleslaw

Vegetable salad

Potato salad

Bean salad

Caesar salad

Chicken salad

Greek salad

Egg salad

Huamata kapeti

Huamata huawhenua

Huamata rīwai

Huamata pīni

Huamata hiha

Huamata heihei

Huamata Kīriki

Huamata hēki



Huamata heihei



Huamata kapeti



Huamata pīni



Kohikatanga īhi



Raukikini



Tote

Tunu kai

Vegetable preparation methods

Tikanga Tunu Huawhenua

Chopped vegetables

Cooked vegetables

Diced vegetables

Grated vegetables

Hash browns

Mashed vegetables

Medium-sized vegetables

Oven-baked wedges

Steamed vegetables

Vegetable sticks

Vegetable stir fries

Huawhenua tapatapahi

Huawhenua maoa

Huawhenua kokoti

Huawhenua kuoro

Rīwai whakapē paraone

Huawhenua penupenu

Huawhenua āhua rahi

Wēti ā-umu

Huawhenua mamaoa

Kakau huawhenua

Huawhenua parai kōrori



Huawhenua kokoti



Huawhenua kuoro



Huawhenua maoa



Huawhenua penupenu



Huawhenua tapatapahi



Kakau huawhenua

Tunu kai

Words used in Cooking *Kupu Tunu Kai*

Added sugar

Bake

Baking powder

Baking soda

Baste

Batter

BBQ

Boil

Boiled water

Boil-up

Bone (the removal)

Canned (beans)

Chilled

Chopped

Concentrated

Convenience food

Covered container

Deep fried

Flip

Fresh

Frozen

Grated

Grill

Knead

Tapiri huka

Pakapaka

Paura pēkana

Houra tunutunu

Maringi wairanu

Waikiri

Rorerore/Huhunu

Pāera

Wai korohū

Kai kōhua

Makiri

(Pīni) ā-kēne

Matao

Tapatapahi/Kokoti

Pūhake

Kai hohoro

Paepae kopi

Pārai hohonu

Kauhuri

Mata

Whakatio

Kuoro

Tahu

Pokepoke

Marinate
Pan-fry
Raw meat
Reduced-fat (cheese)
Reduced-fat
Recipe
Reheat
Render
Replace
Roast (chicken)
Sauté
Simmer
Steamed
Sterilise
Topping

Whakapūkara
Parai ki te iputahi
Mīti whakarae
(Tīhi) ngako rūnā
Ngako rūnā
Tohu tao/Tohu whakataka kai
Whakatao anō
Whakarewa
Whakakapi
(Heihei) Tunutunu/Parahunu
Paraingia ititia
Āta koropupū
Mamaoa
Whakahoromata
Paparanga



Mamaoa



Rorerore/Huhunu

Tunu kai

Cooking equipment

Ngā Taputapu Kai

Aluminium pot

Blender

Bowl

Bread knife

Carving fork

Cheese grater

Colander/Sieve

Cutting board

Deep fryer

Dish cloth

Dishwasher

Dishwashing brush

Dishwashing liquid

Egg beater

Element

Fillet knife

Fish slice

Freezer

Fridge

Fork

Grater

Kitchen scales

Ladle

Lemon squeezer

Kōhua konumohe

Whakahanumi

Oko

Mira parāoa

Mārau

Kuoro tīhi/Waru tīhi

Tātari

Papa tapahi/Kokoti

Parai rūmaki

Muku

Purere hōroi rīhi

Taitai

Waihopi rīhi

Kōheri

Tārahu

Mira tītipi

Kauhuri ika

Whakatio

Whata matao

Paoka

Kuoro

Whārite kīhini

Kōtutu, koutu, tīkoko

Kotē rēmana



Kauhuri ika



Kōheri



Kuoro tīhi/Waru tīhi



Oko



Tātari



Whārite kīhini

Tunu kai

Measuring cup/jug

Measuring spoon

Microwave

Pot

Potato peeler

Saucepan

Saucer

Soup spoon

Spatula

Stove, oven

Tea towel

Tongs

Whisk

Wooden spoon

Ipuine

Kokoine

Ngaruiti

Kōhua

Tahi rīwai

Hōpane

Hoeha

Koko waihāro/Hupa

Rapa

Umu, tō

Taora rīhi

Pīnohi

Kōrori

Koko rākau



Ipuine



Kōhua



Kokoine



Ngaruiti



Tahi rīwai



Taora rīhi

Hau ora me te matū ora

Nutrients in Food

Ngā Momo Matū o te Kai

Antioxidant

Ārai āpiti hāora

Artificial sweetener

Awenewene kēā

Caffeine

Kāwhena

Calcium

Konupūmā

Carbohydrate

Warowaihā

Cholesterol

Matū ngako

Electrolyte

Kawehiko

Energy

Pūngao

Essential mineral

Opapa waiwai

Essential nutrient

Matū kai waiwai

Fat

Ngako

Fat-soluble vitamin

Huaora ngako rerewa

Fat, saturated

Ngako kukū

Fats, monounsaturated

Ngako hamanga tahi

Fats, polyunsaturated

Ngako hamanga rau

Fibre

Muka

Food information

Pārongo kai

Food label

Tapanga kai

Fortified (milk)

(Miraka) Whakakaha

Iodine

Konutawa

Iron

Rino

Kilojoule (kJ)

Mano waengao (kJ)

Millilitre
 Mineral
 Nutrient
 Nutritional need
 Nutritional requirement
 Nutritional value
 Omega 3 fat
 Omega 6 fat
 Package size
 Packet
 Protein
 Supplement
 Vitamin (A)

Ritamano
Ōpapa
Matū kai
Matea matū kai
Ngā matea kai tōtika
Uara kaiora
Ngako ōmeka 3
Ngako ōmeka 6
Rahinga mōkihi/Mōki
Mōkī/Mōkihi
Pūmua
Turuki opapa
Huaora (A)



Ngako ōmeka 3

	100ml contains	250ml contains	1000ml contains	% Daily Value*
Energy	476kJ	1190kJ	1500kJ	
Protein	9.3g	23.3g	29.3g	
Carbohydrate	10.5g	26.3g	29.3g	
of which sugars	trace	trace	trace	
Fat	10.5g	26.3g	29.3g	20%
of which saturates	trace	trace	trace	
Fibre	trace	trace	trace	
Sodium	trace	trace	trace	
Salt equivalent	trace	trace	trace	

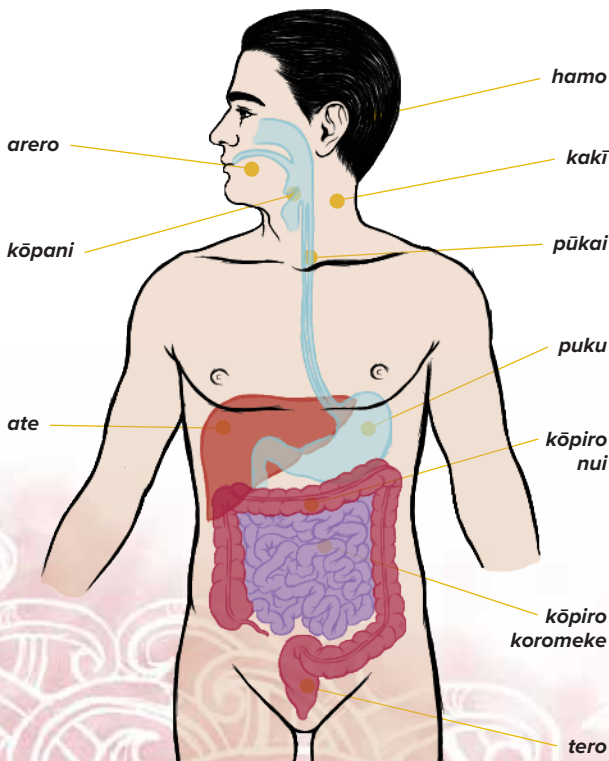
*Guideline daily amounts

Tapanga kai

Hau ora me te matū ora

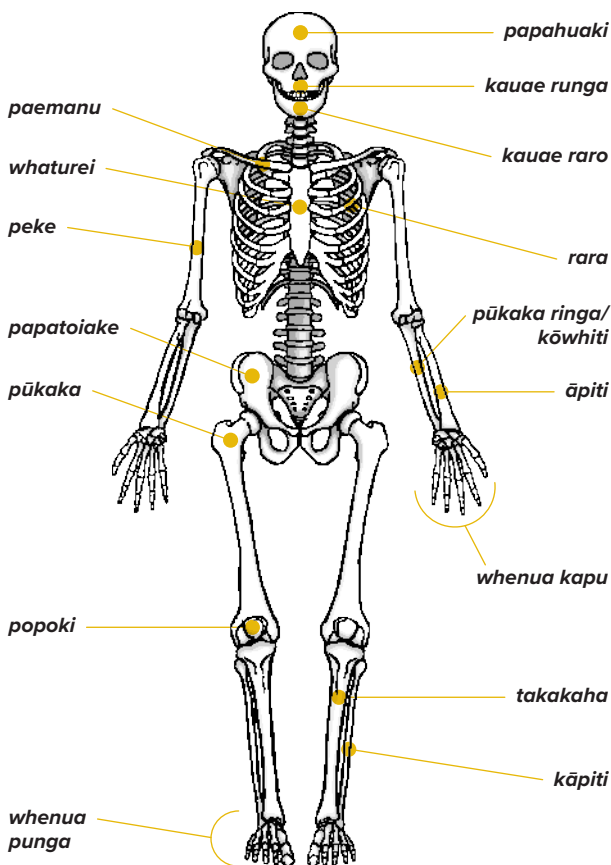
Digestive System

Pūnaha kūnatu kai



Skeletal System

Pūnaha kōiwi



Hau ora me te matū ora

Words about Health *Kupu Hauora*

Parts of the body

Ngā wāhanga o te tinana

Arm, lower

Kikowhiti

Arm, upper

Kikopuku

Back of the head

Hamo

Collarbone/clavicle

Paemanu

Elbow

Tuke

Eye(s)

Whatu

Femur

Pūkaka

Fibula

Kāpiti

Foot

Waewae

Foot, bones of the
(metatarsals, tarsals)

Whenua punga

Hand

Ringa

Hand, bone of the
(carpals, metacarpals)

Whenua kapu

Humerus

Peke

Intestine (bowel), large

Kōpiro nui

Intestine (bowel), small

Kōpiro koromeke

Jaw, lower

Kauae raro

Jaw, upper

Kauae runga

Kneecap

Popoki

Leg	<i>Waewae</i>
Liver	<i>Ate</i>
Mouth	<i>Waha</i>
Neck	<i>Kaki</i>
Nose	<i>Ihu</i>
Oesophagus	<i>Pukai</i>
Pancreas	<i>Repe taiaki huka</i>
Pelvis	<i>Papatoiake</i>
Pupil	<i>Whatu</i>
Radius	<i>Āpiti</i>
Rectum	<i>Tero</i>
Rib	<i>Rara/Tāiki</i>
Saliva	<i>Hūware/Hāware</i>
Scalp	<i>Kiri angaanga</i>
Shoulder	<i>Pakihiwi/Pokohiwi</i>
Skull	<i>Te papa o te angaanga</i>
Spinal column	<i>Tuahiwi</i>
Sternum	<i>Whaturei</i>
Stomach	<i>Puku/Pukukai</i>
Tendon	<i>Ua here</i>
Thigh	<i>Kūhā/Kūwhā</i>
Tibia	<i>Takakaha</i>
Throat	<i>Korokoro</i>
Tongue	<i>Arero</i>
Tonsil	<i>Miramira</i>
Tooth	<i>Niho</i>
Ulna	<i>Pūkaka ringa/Kōwhiti</i>
Waist	<i>Hope</i>

Hau ora me te matū ora

Words about the heart

Ngā kupu mō te manawa

Artery	<i>la-tuku</i>
Blood pressure – high	<i>Toto pōrutu</i>
Blood pressure – low	<i>Toto pūroto</i>
Blood pressure – normal	<i>Toto rōnaki</i>
Cardiovascular disease	<i>Mate iaia manawa</i>
Heart	<i>Manawa</i>
Heartburn	<i>Taratarawai</i>
Heart rate	<i>Kapakapa manawa</i>
Pulse/heartbeat	<i>Mokowhiti</i>
Vein	<i>la-auraki</i>

Words about the lungs

Ngā kupu mō te pūkahukahu

Asthma	<i>Mate huango</i>
Breath	<i>Hā</i>
Cough	<i>Mare/Maremare</i>
Hold breath	<i>Kuku/Kumu manawa</i>
Inhaler	<i>Whāngongo</i>
Lungs	<i>Pūkahukahu</i>
Oxygen	<i>Hāora</i>
Pant	<i>Hotuhotu manawa</i>
Pneumonia	<i>Pūkahu</i>
Respiratory disease	<i>Mate roma hā</i>

Words about skin

Ngā kupu mō te kiri

Bruise

Cut, wound

Eczema

Graze

Itch

Lump

Ointment

Rash

Scab

Scar

Skin (chapped)

Skin lesion

Sunburn

Wart

Marū

Motu

Mate papaka/Mate tongoko

Hārau

Mangeo

Huahua/Puku

Pūreke/Rongoā panihinu

Kopukupuku

Tongako/Paku

Nawe

Kirirua

Hakihaki

Tikākā

Kiritona

Illnesses and Injuries

Māuiuitanga

Allergen

Allergies

Allergy

Anaphylactic shock

Bacteria

Blow the nose

Chickenpox

Coeliac disease

Cold/flu

Whakapāwera

Pā wera ā-kai

Mate pāwera

Panui te ara hā

Huakita/Kitakita/Ngarara

Whengu

Mate kōtingotingo

Mate wīti/Mate kurutini

Rewharewha

Hau ora me te matū ora

Constipation

Diabetes

Diarrhoea

Germes

Hay fever

Immunise

Infection

Injury

Measles

Mumps

Paralysis

Physiotherapy

Plaster cast

Sneeze

Sore throat

Sprain

Stomach ache

Swelling

Symptom

Tear/strain

Tetanus

Toothache

Ulcer

Virus

Mate kōroke

Mate huka

Kōangi/Mate tikotiko/Torohī

Iroriki

Mate ā hae

Ārai mate

Tahumaero/Mate whakapoke

Wharanga

Mate kōpukupuku

Repe hūare pupuhi

Iokerewai/Paraiha

Haumanu korikori

Pāpāuku

Tihe/Matihe/Tihe

Katirehe

Takoki

Ngau puku

Pukupuku/Pupuhi

Tohu

Tanuku

Pakaua hukihuki

Niho tunga

Kurupo/Kōmaoa/Keha

Huaketo

Words about emotional health

Ngā kupu mo te Hauora Kare ā-roto

Anxiety, anxious	<i>Manawapā</i>
Behaviour	<i>Whanonga</i>
Be needed/required	<i>Matea</i>
Counsellor/practitioner	<i>Kaiwhakamahereora</i>
Culture	<i>Ahurea</i>
Depressed/depression	<i>Hākerekere/Pāpōuri/ Ngākau pōuri</i>
Emotional health	<i>Hauora kare ā-roto/Aurongo</i>
Emotions	<i>Kare ā-roto/Aurongo</i>
Energy (feeling energetic)	<i>Kōrou</i>
Equality	<i>Mana ōrite</i>
Happy	<i>Hari</i>
Mental health	<i>Hauora hinengaro</i>
Nervous	<i>Āmaimai/Taiatea</i>
Relax	<i>Mauritau</i>
Sad	<i>Pouri/Whakaaroha</i>
Spiritual health	<i>Hauora wairua</i>
Stress	<i>Tāmitanga</i>
Success/successful	<i>Angitu/Momoho waimārie</i>
Therapy	<i>Haumanu</i>
Therapist	<i>Kaituku hanumanu</i>
Tired	<i>Ngenge</i>
Worry	<i>Māharahara</i>

Whakapakari Tinana

Play *Tākaro*

Aerobic

Anaerobic

Basketball

Boot camp

Climbing

Crawling

Cricket

Cycling

Dancing

Drawing

Gardening

Golf

Group fitness

Gym

Hockey

Jogging/running

Jumping

Kapa haka

Kayaking/canoeing

Kī-o-rahi

Martial arts

Mau rākau

Moderate intensity
aerobic activity

Āhāora

Hāorakore

Poitūkohu

Kāpuni putu

Piki

Ngaoki/Ngōki

Kirikiti

Eke paihikara

Kanikani

Tā pikitia

Mahi māra

Hahau pōro

Te ohu whakapakari

Whare whakapakari tinana

Hōkī/Haki

Oma/Omaoma

Pekepeke/Peke

Kapa haka

Kōreti/Hoehoe tāwhai

Kī-o-rahi

Tu taua

Mau rākau

Ngohe mauru



Eke paihikara



Kanikani



Mahi māra



Oma/Omaoma



Poitūkohu



Te ohu whakapakari

Whakapakari Tinana

Movement

Netball

Painting

Resistance training

Rollerblading

Rugby

Skateboarding

Skiing

Soccer

Sprint

Stretch

Swimming

Tennis

Touch rugby

Tramping/hiking

Tree climbing

Vigorous intensity
aerobic activity

Waka ama

Walking

Warm-down

Warm-up

Weaving

Weight training

Yoga

Nekehangā

Pōitarawhiti

Waituhi

Mamahi ātete

Eke hū wīra

Whutupaoro/Whutupōro

Papawīra

Piu taura

Poiwhana/Whana poiiki

Oma parhuti/Kokiri

Whātotoro

Kaukau

Tēnehi

Pā whutupōro/Pā paoro

Takahitanga

Piki rakau

Ngohe haukori

Waka ama

Hīkoi

Whakamakaka

Whakatangatanga

Raranga

Hiki maitai

Tauhōkai



Eke hū wīra



Hīkoi



Piki rakau



Tauhōkai



Whātotoro



Whutupaoro/Whutupōro

Whakapakari Tinana

Sports/Play Gear *Taputapu tākarō*

Balance beam

Ball

Bicycle

Cone

Cricket bat

Cricket wicket

Exercise machine

Flax

Foam mat

Frisbee

Goggles

Gymnastic mat

Hacky sack

Hockey stick

Hoop

Net

Paper

Pen

Poi

Racquet

Rope

Sneakers/running shoes

Skipping rope

Swiss ball

Weighted plate

Pae whakatautika

Pōro

Pahikara

Koeke

Whiro/Rakau

Tumu

Pūrere mamahi

Harakeke

Whāriki pāhuka

Ripi

Mōhiti kaukau

Whāriki takaporepore

Pōro kano

Rākau hake

Tūkōhu

Hao

Pepa

Pene

Poi

Rāketē

Taura

Hū konihi

Taura piu

Paoro huiterangi

Pōria maitai



Hū konihi



Mōhiti kaukau



Pōro



Rākete



Taura piu



Whiro/Rakau

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Ngā kai a Tāne



Ngā Kai a Tāne

Foods of Tāne

Hāpua kōkō

He pōkai kākā

Hūhū

Kōkōtea

Kōkōuri

Koti

Paihama

Pārera

Pōaka

Rākau titipa

Tauhou/Pihipihi

Tia

Tītī

Tūi (an area favoured by Tūi)

Kākā (a flock of)

Grubs (edible)

Tūi (female)

Tūi (male)

Goat

Possum

Duck

Pig

Kererū (tree favoured by Kererū)

Waxeye

Deer

Muttonbird



Kōkōtea



Koti



Pārera



Pōaka



Rākau titipa



Tia

Ngā kai a Tangaroa



Kai a Tangaroa ki Tai

Foods of the Oceans

<i>Ahiahia</i>	Tuna
<i>Araara</i>	Trevally
<i>Aua</i>	Mullet (yellow-eyed)
<i>Haku</i>	Kingfish
<i>Hāpuku</i>	Groper
<i>Haramono</i>	Salmon
<i>Hauture</i>	Mackerel (jack)
<i>Hoka</i>	Red cod
<i>Kahawai</i>	Kahawai
<i>Kanae</i>	Mullet (grey)
<i>Kina</i>	Sea-egg
<i>Kōkiri</i>	Leather-jacket
<i>Kōura</i>	Crayfish
<i>Kōurepoua</i>	Monkfish (stargazer)
<i>Kumukumu</i>	Gurnard
<i>Kuparu</i>	John Dory
<i>Kūtai/Kūkū</i>	Mussel
<i>Mangā</i>	Barracuda
<i>Mango</i>	Shark
<i>Mātiri</i>	Bluenose
<i>Mohimohi</i>	Sardine
<i>Pākirikiri</i>	Spotty
<i>Pāpaka</i>	Crab
<i>Pātiki</i>	Flounder



Araara



Kina



Kōura



Kūtai/Kūkū



Mangā



Mango

Ngā kai a Tangaroa



Pāua

Pūpūtai

Rāwaru

Rimurimu

Tāmure

Tarakihi

Tawatawa

Tuangi

Whai

Wheke

Abalone

Sea snail

Blue cod

Seaweed

Snapper

Tarakihi

Mackerel (blue)

Cockle

Stingray

Octopus

Tangaroa ki Uta

Foods of the waterways

Inanga

Kēwai

Kōkopu

Matamoe

Ōrea

Piharei/Kanakana

Pōkai mārearea

Tuna

Whitebait (adult)

Freshwater crayfish

Whitebait

Eel (short-finned)

Eel (long-finned)

Lamphrey

Whitebait (school of)

Eel



Kōkopu



Pāua



Rimurimu



Tuangi



Whai



Wheke

Ngā kai a Haumia



Ngā Kai a Haumia Wild Foods of Haumia

Āruhe

Horehore

Iho

Kāuru

Kōmeke

Kōwhitiwhiti

Mamaku

Para

Pūhā

Rito

Tariana poaka puihi

Tāwaha āruhe

Tāwhara

Tī kōuka

Fern root

Karaka (edible flesh)

Nīkau (edible bulb)

Cabbage tree (procured
sweet sago-like substance)

Hīnau berry loaf

Watercress

Black tree fern

Kingfern

Thistle (edible)

Cabbage tree (edible shoots)

Wild boar

Fern root (area where abundant)

Kiekie (edible)

Cabbage tree



Horehore



Iho



Kōwhitiwhiti



Mamaku



Rito



Tariana poaka puihi



Huawhenua Vegetables

Harore

Huawhenua rau māota

Kāpeti

Kōrare

Kūkamo

Pī tiwae

Puānīko/Pūputi/Kareparāoa

Pūpihi/Poroki

Rengakura

Rengamutu/Kōkihi

Rētehi

Riki/Aniana

Roroa iti

Rūpapa

Tutaekōau/Hereri/Herewī

Uhikaramea/Kāreti

Uhikura

Mushroom

Dark green leafy vegetables

Cabbage

Silverbeet

Cucumber

Split pea

Cauliflower

Broccoli

Beetroot

Spinach

Lettuce

Onion

Courgette

Rhubarb

Celery

Carrot

Radish



Kāpeti



*Puāniko/Pūputi/
Kareparāoa*



Pūpihi/Poroki



Rengakura



Rētehi



Uhikaramea/Kāreti



Huawhenua Māngaro Starchy Vegetables

Huawhenua kōmore

Hue

Kamokamo

Kānga

Kānga wai

Kotami

Kūmara

Kuru

Manihota

Paukena

Rīwai

Tāmore mā/Uhitea

Taro

Uwhiuwhi

Root vegetable

Calabash/Gourd

Squash

Corn

Corn, fermented

Turnip

Sweet potato

Breadfruit

Cassava

Pumpkin

Potato

Parsnip

Taro

Yam



Kūmara



Paukena



Rīwai



Tāmore mā/Uhitea



Taro



Uwhiuwhi



Huarākau

Fruit

Āperekoti

Āporo

Ārani

Awakato

Hua karape

Hua kikorangi/Purūpere

Hua mangu

Karepe/Hua waina

Niu

Painioro/Whara

Panana/Maika

Pea

Piki

Pīti

Rāpere

Rōpere

Tiere

Tōmato

Apricot

Apple

Orange

Avocado

Grapefruit

Blueberry

Blackberry

Grape

Coconut

Pineapple

Banana

Pear

Fig

Peach

Raspberry

Strawberry

Cherry

Tomato



Āporo



Ārani



Hua kikorangi/Purūpere



Painioro/Whara



Panana/Maika



Rōpere

Ngā kai a Rongo



Rekiumu me ngā Pākano

Legumes & Pulses

Pākano

Penu tikipī

Pīni maoa

Pīni tākihi

Rekiumu

Rēnetihi

Tikipī

Pulses

Hummus

Baked beans

Kidney bean

Legumes

Lentil

Chickpea

Ngā Momo Hua Anō

More Produce

Āporo maoa whakapē

Hanumi huarākau maroke

Hanumi nati

Hanumi purapura

Karepe maroke

Kohiku huarākau

Panana maoka penupenu

Reihana

Tēti

Pureed apple

Dried fruit mix

Nut mix

Seed mix

Sultana

Fruit kebab

Mashed ripe banana

Raisin

Date



Hanumi nati



Hanumi purapura



Penu tikipi



Pīni maoa



Rēnetihi



Tēti

Ngā momo kai anō

Parāoa me ngā Hua Pataakai

Breads & Cereals

Hanaweti tōhi

Hekō

Karamupeti

Kihu parāoa

Kihu parāoa tere

Komehe

Kōpaki pīta

Kuhukuhu

Mutumutu

Ōti

Ōti pēpē

Pākēti

Pana huka

Pana kore huka

Parani

Parāoa huarākau

Parāoa iti/Pāni

Parāoa kakano rau

Parāoa kāriki

Parāoa mā

Parāoa mā nui te muka

Parāoa mira paraone

Toasted sandwich

Sago

Crumpet

Noodle

Instant noodles

Wrap

Pita pocket

Couscous

Doughboys

Oats

Rolled oats

Spaghetti

Iced bun

Non-iced bun

Bran

Fruit bread

Bun

Multigrain

Garlic bread

Bread, white

Bread (high-fibre white)

Bread, wholemeal



Hekō



Karamupeti



Kihu parāoa



Kuhukuhu



Ōti pēpē



Parāoa kāriki

Ngā momo kai anō

<i>Parāoa parai</i>	Bread, fried
<i>Parāoa pāpapa</i>	Bread, wholegrain
<i>Parāoa parehe</i>	Flat bread
<i>Parāoa pīrori</i>	Bread roll
<i>Parāoa pīta</i>	Pita bread
<i>Parāoa porowhita</i>	Bagel
<i>Parāoa rimurapa</i>	Pasta
<i>Parāoa rimurapa whakakī</i>	Filled pasta
<i>Parehe takai</i>	Calzone
<i>Pārihi</i>	Barley
<i>Patahua</i>	Muesli
<i>Patahua tōhi</i>	Toasted muesli
<i>Pihikete wīti</i>	Wheat biscuit
<i>Pīrori whakakī</i>	Filled roll
<i>Pīta/Parehe Ītariana</i>	Pizza
<i>Pohīto</i>	Burrito
<i>Porō parāoa</i>	Sliced bread
<i>Rahānia</i>	Lasagne
<i>Raihi kirīmi</i>	Creamed rice
<i>Raihi koukou</i>	Cocoa rice
<i>Raihi parai</i>	Fried rice
<i>Raihi pupū</i>	Puffed rice (rice bubbles)
<i>Raihi raukikini</i>	Savoury rice
<i>Raihi rihato</i>	Rice risotto
<i>Rau kānga</i>	Cornflakes
<i>Rau kiripata</i>	Bran flakes
<i>Rewana</i>	Bread, Māori
<i>Rewana takakau</i>	Bread, Māori (unleavened)
<i>Tako</i>	Taco

Tapioka
Tōhi reihana
Tōhinga
Tōhinga tīhi
Tōtira
Wherawhe

Tapioca
Raisin toast
Toastie
Cheese toastie
Tortilla
Falafel



Parāoa pāpapa



Patahua



Pihikete wīti



Rewana

Ngā momo kai anō

Momo Mīti me te Hēki Meat Products & Eggs

Harāmi

Heihei whakapūkara

Hēki korohū kore anga

Hēki korohū mārō

Hēki kōrori/Omareta

Hēki whāranu

Hōtiti hanewiti

Hōtiti pīrori

Hōtiti pūkauri

Hōtiti pūwhero

Ika hurimi

Ika karamu

Ika kiri parāoa

Kai teo

Kiko kau pūioio/ Mīti tiu

Kōripi tōtea

Korukoru

Matimati ika

Mīti minatote

Mīti mōrohe/Mīti nakunaku

Mīti mōrohe ngako iti

Mīti mōrohe noa

Mīti pōro

Mīti whakarae

Pati ika

Salami

Chicken, marinated

Egg, poached

Egg, hard boiled

Omelette

Egg, scrambled

Luncheon

Sausage roll

Frankfurter

Saveloy

Surimi

Fish, crumbed

Fish, coated

Kebabs

Stewing steak

Ham steak

Turkey

Fish finger

Corned beef

Mince

Mince, lean

Mince (standard)

Meatball

Raw meat

Fish, patty

Pati mīti/Kao mīti
Pīwhi/Kiko-kau
Poaka tōtea
Porō ika/Korepe ika
Pū heihei
Rohi mīti
Waewae heihei
Whiritata

Meat patty
 Beef
 Ham
 Fish, fillet
 Chicken nugget
 Meat loaf
 Chicken leg
 Frittata



Hēki korohū mārō



Ika karamu



Pīwhi/Kiko-kau



Waewae heihei

Ngā momo kai anō

Momo Hua Mīraka

Dairy Products

Kirīmi kawa

Miraka hoi

Miraka iti te hinu

Miraka kau noa

Miraka kore hinu

Miraka nanenane

Miraka raihi

Miraka tepe

Miraka tepe Kīriki

Miraka whai hā

Miraka whakaeto

Miraka whakatio

Poro tīhi

Poro tīhi he iti te ngako

Tīhi erama

Tīhi kirīmi

Tīhi kuoro

Tīhi mārō

Tīhi motorera

Tīhi ngohengohe

Tīhi pupuru

Tīhi rikota

Tīhi tera

Tīhi wheta

Whāranu miraka

Sour cream

Milk, soy

Milk, lite (light blue)

Milk, full fat (dark blue)

Milk, non-fat

Milk, goat

Milk, rice

Yoghurt, plain

Yoghurt, Greek

Milk, flavoured

Milk, evaporated

Milk, frozen

Cheese slice

Cheese slice, light

Cheese, edam

Cheese, creamed

Cheese, grated

Cheese, hard

Cheese, mozzarella

Cheese, soft

Cheese, cottage

Cheese, ricotta

Cheese, cheddar

Cheese, feta

Milkshake



Miraka kore hinu



Miraka tepe



Tihi ngohengohe



Tihi tera



Tihi wheta



Whāranu miraka

Ngā momo kai anō

Ngā Momo Inu

Drinks & Beverages

Huarākau memeha

Inu āwenewene kēā

Inu hākinakina

Inu hihī

Inu kī i te huka

Inu miraka tepe

Inu pūngao

Inu whai hā huarākau

Kawhe miraka

Kawhe nehu

Kawhe pāhukahuka

Kawhe pango poto

Kawhe pango roa

Kawhe tiakareti

Mōhani huarākau

Wai huka

Wai whai hā

Wai whakakaha

Watered down juice

Artificially sweetened

Sports drink

Drink, soft/fizzy

Full-sugar drink

Yoghurt milk

Energy drink

Flavoured drink, cordial, juice

Coffee, flat white

Coffee, instant

Coffee, cappuccino

Coffee, short black

Coffee, long black

Coffee, mochachino

Fruit smoothie

Drink, sugary

Flavoured water

Fortified water



Inu hākinakina



Inu pūngao



Inu whai hā huarākau



Kawhe miraka



Kawhe nehu



Wai whai hā

Ngā momo kai anō

Ngā Momo Paramanawa

Types of Snacks

Herewī me te pata pīnati

Kai āhua reka

Kao/Rengarenga (kānga)

Keke/Wīra raihi

Kōno

Kotakota kānga

Māwhene huarākau

Māwhene raukikini

Māwhene reka

Māwhene tiwae

Pāketē pihikete me te tīhi

Pana huka

Pana kore huka

Paraha

Pīhi huarākau tunutunu

Pīhi parakuihi

Pīhi patakai

Pīhi pūngao

Pihikete noa

Pihikete pakō

Pihikete rae

Pihikete raihi

Pihikete wai

Celery and peanut butter

Treat food

Fritters (corn)

Rice cake/wheel

Scone

Nachos

Muffin, fruit

Muffin, savoury

Sweet muffin

Muffin, split

Cracker and cheese pack

Iced bun

Non-iced bun

Pikelet

Baked fruit bar

Breakfast bar

Muesli bar

Energy bar

Plain biscuit

Cracker

Cracker, rye

Cracker, rice

Cracker, water

Pihikete wīti

Rera huarākau whakamaroke

Rūhuki

Tītipi kānga

Tītipi rīwai

Tītipihuawhenua

Cracker, wheat

Dried fruit leather

Rusk

Corn chip

Potato chip

Vegetable chip



Kao/Rengarenga (kānga)



Paraha



Pihikete pakō



Tītipi rīwai

Ngā momo kai anō

Kai Whakahanumi

Mixed Meals

Hamipāki/Hamupeka

Hāmoha

Hanumi hupa paura

Kai paraurehe

Kai whakahanumi

Kīhi

Ō rangaranga

Parai korori/Kai kapekape

Parāoa wairanu

Poronēhi

Takai hēki me te pēkena

Takai hēpera

Takai mīti

Takai rēnetihi

Tīhi makaroni

Hamburger

Samosa

Powdered soup mix

Junk food

Mixed meal

Quiche

Takeaways

Stir fry

Pasta sauce

Bolognese

Pie, bacon and egg

Shepherd's pie

Pie, mince

Lentil pie

Macaroni cheese



Hamipāki/Hamupeka



Hāmoha



Parai korori/Kai kapekape



Poronēhi



Takai hēpera



Tīhi makaroni

Ngā momo kai anō

Kai Āhuareka

Desserts & Sweets

Aihikirīmi

Huarākau karamu

Huarākau keke

Kahitete/Kātete

Kānga pahū whai hā reka

Karamea

Kirīmi ngako rūnā

Kirīmi tāwhiuwhiu

Pōhā aparau

Pōhā tanihi

Purini maoa

Purini mamaoa

Purini parāoa pata

Purini raihi

Rare paera

Tawhe

Tiēre huarākau

Whāti

Ice cream

Fruit crumble

Sponge

Custard

Sweet flavoured popcorn

Caramel

Reduced-fat cream

Whipped cream

Croissant

Danish pastry

Baked pudding

Steamed pudding

Bread & butter pudding

Rice pudding

Boiled sweet

Toffee

Fruit jelly

Fudge



Huarākau karamu



Kahitete/Kātete



Kānga pahū whai hā reka



Pōhā aparau



Purini raihi



Tiēre huarākau

Ngā momo kai anō

Momo Hinu/Namunamuā Oils, Spreads & Seasonings

<i>Hinu huawhenua</i>	Vegetable oil
<i>Hinu nīkau</i>	Palm oil
<i>Hinu niu</i>	Coconut oil
<i>Hinu oriwia</i>	Olive oil
<i>Hīoi</i>	Mint
<i>Hirikakā</i>	Chilli
<i>Hirikakā (waitī)</i>	Chilli (sweet)
<i>Kīnaki hirikakā</i>	Chilli sauce
<i>Kirīmi kawa</i>	Sour cream
<i>Kohikatanga īhi</i>	Yeast extract (Marmite, Vegemite)
<i>Maionēhi</i>	Mayonnaise
<i>Maionēhi māmā</i>	Mayonnaise, light
<i>Mātiarīni</i>	Margarine
<i>Mīere</i>	Honey
<i>Miere kōura</i>	Golden syrup
<i>Panikakā</i>	Mustard
<i>Pani tōmato iti</i>	Tomato paste
<i>Paparanga huka</i>	Icing
<i>Pata pīnati (mānihi)</i>	Peanut butter (smooth)
<i>Pīkara</i>	Pickle
<i>Pīkara reka</i>	Chutney
<i>Ranu huamata</i>	Salad dressing
<i>Ranu wīwī</i>	French dressing
<i>Ranu tōmato/Kīnaki tōmato</i>	Tomato sauce



Kīnaki hirikakā



Kohikatanga īhi



Mīere



Panikakā



Pata pīnati (mānihi)



Ranu tomato/Kīnaki tōmato

Ngā momo kai anō

Rauamiami

Rauikikini

Rehu hinu

Rehukakā

Renga

Tapaono whaihā

Tinitia

Tote

Toutou

Toutou awakato

Toutou tomato

Winika

Herbs

Spices

Oil spray

Mustard powder

Turmeric

Stock cube

Ginger

Salt

Dip

Guacamole

Salsa

Vinegar

Huamata **Salad**

Huamata heihei

Huamata hēki

Huamata hiha

Huamata huawhenua

Huamata kapeti

Huamata Kīriki

Huamata pīni

Huamata rīwai

Chicken salad

Egg salad

Caesar salad

Vegetable salad

Coleslaw

Greek salad

Bean salad

Potato salad



Huamata heihei



Huamata kapeti



Huamata pīni



Rauamiami



Raukikini



Tote

Tunu kai

Tikanga Tunu Huawhenua

Vegetable preparation methods

Huawhenua maoa

Huawhenua āhua rahi

Huawhenua kokoti

Huawhenua kuoro

Huawhenua mamaoa

Huawhenua parai kōrori

Huawhenua penupenu

Huawhenua tapatapahi

Kakau huawhenua

Rīwai whakapē paraone

Wēti ā-umu

Cooked vegetables

Medium-sized vegetables

Diced vegetables

Grated vegetables

Steamed vegetables

Vegetable stir fries

Mashed vegetables

Chopped vegetables

Vegetable sticks

Hash browns

Oven-baked wedges



Huawhenua kokoti



Huawhenua kuoro



Huawhenua maoa



Huawhenua penupenu



Huawhenua tapatapahi



Kakau huawhenua

Tunu kai

Kupu Tunu Kai

Words used in Cooking

(Pīni) ā-kēne

Āta koropupū

Houra tunutunu

Kai hohoro

Kai kōhua

Kauhuri

Kuoro

Makiri

Mamaoa

Maringi wairanu

Mata

Matao

Mīti whakarae

Ngako rūnā

(Tīhi) ngako rūnā

Paepae kōpi

Pāera

Pakapaka

Paparanga

Pārai hohonu

Parai ki te iputahi

Paraingia ititia

Paura pēkana

Pokepoke

Canned (beans)

Simmer

Baking soda

Convenience food

Boil-up

Flip

Grated

Bone (the removal)

Steamed

Baste

Fresh

Chilled

Raw meat

Reduced-fat

Reduced-fat (cheese)

Covered container

Boil

Bake

Topping

Deep fried

Pan-fry

Sauté

Baking powder

Knead

Pūhake

Rorerore/Huhunu

Tahu

Tapatapahi/Kokoti

Tapiri huka

Tohu tao/Tohu whakataka kai

(Heihei) Tunutunu/Parahunu

Waikiri

Wai korohū

Whakahoromata

Whakakapi

Whakapūkara

Whakarewa

Whakatao anō

Whakatio

Concentrated

BBQ

Grill

Chopped

Added sugar

Recipe

Roast (chicken)

Batter

Boiled water

Sterilise

Replace

Marinate

Render

Reheat

Frozen



Mamaoa



Rorerore/Huhunu

Tunu kai

Ngā Taputapu Kai

Cooking equipment

Hoeha

Hōpane

Ipuine

Kauhuri ika

Kōheri

Kōhua

Kōhua konumohe

Koko rākau

Koko waihāro/Hupa

Kokoine

Kōrori

Kotē rēmana

Kōtutu/Koutu/Tikoko

Kuoro

Kuoro tīhi/Waru tīhi

Mārau

Mira parāoa

Mira tītipi

Muku

Ngaruiti

Oko

Paoka

Papa tapahi/Kokoti

Parai rūmaki

Saucer

Saucepan

Measuring cup/jug

Fish slice

Egg beater

Pot

Aluminium pot

Wooden spoon

Soup spoon

Measuring spoon

Whisk

Lemon squeezer

Ladle

Grater

Cheese grater

Carving fork

Bread knife

Fillet knife

Dish cloth

Microwave

Bowl

Fork

Cutting board

Deep fryer



Ipuine



Kauhuri ika



Kōheri



Kōhua



Kokoine



Oko

Tunu kai

Pīnohi

Purere hōroi rīhi

Rapa

Tahi rīwai

Taitai

Taora rīhi

Tārahu

Tātari

Umu, tō

Waihopi rīhi

Whakahanumi

Whakatiao

Whārite kīhini

Whata matao

Tongs

Dishwasher

Spatula

Potato peeler

Dishwashing brush

Tea towel

Element

Colander/Sieve

Stove, oven

Dishwashing liquid

Blender

Freezer

Kitchen scales

Fridge



Pīnohi



Tahi rīwai



Taora rīhi



Tātari



Whakahanumi



Whārite kīhini

Hau ora me te matū ora

Ngā Momo Matū o te Kai Nutrients in Food

<i>Ārai āpiti hāora</i>	Antioxidant
<i>Awenewene kēā</i>	Artificial sweetener
<i>Huaora (A)</i>	Vitamin (A)
<i>Huaora ngako rerewa</i>	Fat-soluble vitamin
<i>Kawehiko</i>	Electrolyte
<i>Kāwhena</i>	Caffeine
<i>Konupūmā</i>	Calcium
<i>Konutawa</i>	Iodine
<i>Mano waengao (kj)</i>	Kilojoule (kj)
<i>Matea matū kai</i>	Nutritional need
<i>Matū kai</i>	Nutrients
<i>Matū kai waiwai</i>	Essential nutrient
<i>Matū ngako</i>	Cholesterol
<i>Mōkī/Mōkihi</i>	Packet
<i>Muka</i>	Fibre
<i>Ngā matea kai tōtika</i>	Nutritional requirement
<i>Ngako</i>	Fat
<i>Ngako hamanga rau</i>	Fats, polyunsaturated
<i>Ngako hamanga tahi</i>	Fats, monounsaturated
<i>Ngako kukū</i>	Fat, saturated
<i>Ngako ōmeka 3</i>	Omega 3 fat
<i>Ngako ōmeka 6</i>	Omega 6 fat

Ōpapa
Opapa waiwai
Pārongo kai
Pūngao
Pūmua
Rahinga mōkihi/Mōki
Rino
Ritamano
Tapanga kai
Turuki opapa
Uara kaiora
Warowaihā
(Miraka) Whakakaha

Mineral
 Essential mineral
 Food information
 Energy
 Protein
 Package size
 Iron
 Millilitre
 Food label
 Supplement
 Nutritional value
 Carbohydrate
 Fortified (milk)



Ngako ōmeka 3



Tapanga kai

Hau ora me te matū ora

Kupu Hauora

Words about Health

Ngā wāhanga o te tinana

Parts of the body

<i>Āpiti</i>	Radius
<i>Arero</i>	Tongue
<i>Ate</i>	Liver
<i>Hamo</i>	Back of the head
<i>Hope</i>	Waist
<i>Hūware/Hāware</i>	Saliva
<i>Ihu</i>	Nose
<i>Kaki</i>	Neck
<i>Kāpiti</i>	Fibula
<i>Kauae raro</i>	Jaw, lower
<i>Kauae runga</i>	Jaw, upper
<i>Kikopuku</i>	Arm, upper
<i>Kikowhiti</i>	Arm, lower
<i>Kiri angaanga</i>	Scalp
<i>Kōpiro koromeke</i>	Intestine (bowel), small
<i>Kōpiro nui</i>	Intestine (bowel), large
<i>Korokoro</i>	Throat
<i>Kūhā/Kūwhā</i>	Thigh
<i>Miramira</i>	Tonsil
<i>Niho</i>	Tooth
<i>Paemanu</i>	Collarbone/clavicle

<i>Pakihiwi/Pokohiwi</i>	Shoulder
<i>Papatoiake</i>	Pelvis
<i>Peke</i>	Humerus
<i>Popoki</i>	Kneecap
<i>Pūkaka</i>	Femur
<i>Pukai</i>	Oesophagus
<i>Pūkaka ringa/Kōwhiti</i>	Ulna
<i>Puku/Pukukai</i>	Stomach
<i>Rara/Tāiki</i>	Rib
<i>Repe taiaki huka</i>	Pancreas
<i>Ringa</i>	Hand
<i>Takakaha</i>	Tibia
<i>Te papa o te angaanga</i>	Skull
<i>Tero</i>	Rectum
<i>Tuahiwi</i>	Spinal column
<i>Tuke</i>	Elbow
<i>Ua here</i>	Tendon
<i>Waewae</i>	Foot
<i>Waewae</i>	Leg
<i>Waha</i>	Mouth
<i>Whatu</i>	Eye(s)
<i>Whatu</i>	Pupil
<i>Whaturei</i>	Sternum
<i>Whenua kapu</i>	Hand, bone of the (carpals, metacarpals)
<i>Whenua punga</i>	Foot, bones of the (metatarsals, tarsals)

Hau ora me te matū ora

Ngā kupu mō te manawa

Words about the heart

<i>Ia-auraki</i>	Vein
<i>Ia-tuku</i>	Artery
<i>Kapakapa manawa</i>	Heart rate
<i>Manawa</i>	Heart
<i>Mate iaia manawa</i>	Cardiovascular disease
<i>Mokowhiti</i>	Pulse/heartbeat
<i>Toto pōrutu</i>	Blood pressure – high
<i>Toto pūroto</i>	Blood pressure – low
<i>Toto rōnaki</i>	Blood pressure – normal
<i>Taratarawai</i>	Heartburn

Ngā kupu mō te pūkahukahu

Words about the lungs

<i>Hā</i>	Breath
<i>Hāora</i>	Oxygen
<i>Hotuhotu manawa</i>	Pant
<i>Kuku/Kumu manawa</i>	Hold breath
<i>Mare/Maremare</i>	Cough
<i>Mate huango</i>	Asthma
<i>Mate roma hā</i>	Respiratory disease
<i>Pūkahu</i>	Pneumonia
<i>Pūkahukahu</i>	Lungs
<i>Whāngongo</i>	Inhaler

Ngā kupu mō te kiri

Words about skin

<i>Hakihaki</i>	Skin lesion
<i>Hārau</i>	Graze
<i>Huahua/Puku</i>	Lump
<i>Kirirua</i>	Skin (chapped)
<i>Kiritona</i>	Wart
<i>Kopukupuku</i>	Rash
<i>Mangeo</i>	Itch
<i>Marū</i>	Bruise
<i>Mate papaka/Mate tongoko</i>	Eczema
<i>Motu</i>	Cut, wound
<i>Nawe</i>	Scar
<i>Pūreke/Rongoā panihinu</i>	Ointment
<i>Tikākā</i>	Sunburn
<i>Tongako/Paku</i>	Scab

Māuiuitanga

Illnesses and Injuries

<i>Ārai mate</i>	Immunise
<i>Huaketo</i>	Virus
<i>Haumanu korikori</i>	Physiotherapy
<i>Huakita/Kitakita/Ngarara</i>	Bacteria
<i>Iokerewai/Paraiha</i>	Paralysis
<i>Iroriki</i>	Germs
<i>Katirehe</i>	Sore throat
<i>Kōangi/Mate tikotiko/Torohī</i>	Diarrhoea

Hau ora me te matū ora

Kurupo/Kōmaoa/Keha

Mate ā hae

Mate huka

Mate kōpukupuku

Mate kōroke

Mate kōtingotingo

Mate pāwera

Mate wīti/Mate kurutini

Ngau puku

Niho tunga

Pakaua hukihuki

Panui te ara hā

Pāpāuku

Pā wera ā-kai

Pukupuku/Pupuhi

Repe hūare pupuhi

Rewharewha

Tahumaero/Mate whakapoke

Takoki

Tanuku

Tihe/Matihe/Tihei

Tohu

Whakapāwera

Wharanga

Whengu

Ulcer

Hay fever

Diabetes

Measles

Constipation

Chickenpox

Allergy

Coeliac disease

Stomach ache

Toothache

Tetanus

Anaphylactic shock

Plaster cast

Allergies

Swelling

Mumps

Cold/flu

Infection

Sprain

Tear/strain

Sneeze

Symptom

Allergen

Injury

Blow the nose

Ngā kupu mo te Hauora Kare ā-roto

Words about emotional health

<i>Ahurea</i>	Culture
<i>Āmaimai/Taiatea</i>	Nervous
<i>Angitu/Momoho waimārie</i>	Success/successful
<i>Hākerekere/Pāpōuri/</i>	Depressed/depression
<i>Ngākau pōuri</i>	
<i>Hari</i>	Happy
<i>Haumanu</i>	Therapy
<i>Hauora hinengaro</i>	Mental health
<i>Hauora kare ā-roto/Aurongo</i>	Emotional health
<i>Hauora wairua</i>	Spiritual health
<i>Kaituku hanumanu</i>	Therapist
<i>Kaiwhakamahereora</i>	Counsellor/practitioner
<i>Kare ā-roto/Aurongo</i>	Emotions
<i>Kōrou</i>	Energy (feeling energetic)
<i>Māharahara</i>	Worry
<i>Mana ōrite</i>	Equality
<i>Manawapā</i>	Anxiety, anxious
<i>Matea</i>	Be needed/required
<i>Mauritau</i>	Relax
<i>Ngenge</i>	Tired
<i>Pouri/Whakaaroha</i>	Sad
<i>Tāmitanga</i>	Stress
<i>Whanonga</i>	Behaviour

Whakapakari Tinana

Tākaro

Play

Āhāora

Eke hū wīra

Eke paihikara

Hahau pōro

Hāorakore

Hiki maitai

Hīkoi

Hōkī/Haki

Kanikani

Kapa haka

Kāpuni putu

Kaukau

Kī-o-rahi

Kirikiti

Kōreti/Hoehoe tāwhai

Mahi māra

Mamahi ātete

Mau rākau

Nekehanganga

Ngohe haukori

Ngohe mauru

Ngaoiki/Ngōki

Aerobic

Rollerblading

Cycling

Golf

Anaerobic

Weight training

Walking

Hockey

Dancing

Kapa haka

Boot camp

Swimming

Kī-o-rahi

Cricket

Kayaking/canoeing

Gardening

Resistance training

Mau rākau

Movement

Vigorous intensity
aerobic activity

Moderate intensity
aerobic activity

Crawling



Eke hū wīra



Eke paihikara



Hīkoi



Kanikani



Kōreti/Hoehoe tāwhai



Mahi māra

Whakapakari Tinana

<i>Oma/Omaoma</i>	Running/jogging
<i>Oma parhuti/Kokiri</i>	Sprint
<i>Papawāra</i>	Skateboarding
<i>Pā whutupōro/Pā paoro</i>	Touch rugby
<i>Pekepeke/Peke</i>	Jumping
<i>Piki</i>	Climbing
<i>Piki rakau</i>	Tree climbing
<i>Piu taura</i>	Skiping
<i>Pōitarawhiti</i>	Netball
<i>Pōitūkohu</i>	Basketball
<i>Poiwhana/Whana poikiri</i>	Soccer
<i>Raranga</i>	Weaving
<i>Tā pikitia</i>	Drawing
<i>Takahitanga</i>	Tramping/hiking
<i>Tauhōkai</i>	Yoga
<i>Tēnehi</i>	Tennis
<i>Te ohu whakapakari</i>	Group fitness
<i>Tu taua</i>	Martial arts
<i>Waituhi</i>	Painting
<i>Waka ama</i>	Waka ama
<i>Whakamakaka</i>	Warm-down
<i>Whakatangatanga</i>	Warm-up
<i>Whare whakapakari tinana</i>	Gym
<i>Whātotoro</i>	Stretch
<i>Whutupaoro/Whutupōro</i>	Rugby



Oma/Omaoma



Piki rakau



Poitūkohu



Tauhōkai



Whātotoro



Whutupaoro/Whutupōro

Whakapakari Tinana

Taputapu tākaro

Sports/Play Gear

Hao

Harakeke

Hū konihi

Koeke

Mōhiti kaukau

Pae whakatautika

Pahikara

Paoro huiterangi

Pene

Pepa

Poi

Pōria maitai

Pōro

Pōro kano

Pūrere mamahi

Rākau hake

Rāketē

Ripi

Taura

Taura piu

Tūkohu

Tumu

Whāriki pāhuka

Whāriki takaporepore

Whiro/Rakau

Net

Flax

Sneakers/running shoes

Cone

Goggles

Balance beam

Bicycle

Swiss ball

Pen

Paper

Poi

Weighted plate

Ball

Hacky sack

Exercise machine

Hockey stick

Racquet

Frisbee

Rope

Skipping rope

Hoop

Cricket wicket

Foam mat

Gymnastic mat

Cricket bat



Hū konihi



Mōhiti kaukau



Pōro



Rākete



Taura piu



Whiro/Rakau

Nau te rourou, naku te rourou, ka ora te manuhiri

With your food basket and my food basket,
the people will thrive.



Toi Tangata

8/48 Maki Street
Westgate
Auckland 0814
www.toitangata.co.nz

The Heart Foundation National Office

9 Kalmia Street Ellerslie 1051
PO Box 17-160
Greenlane
Auckland 1546
www.heartfoundation.org.nz

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