

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 panana kei roto i te kete
He panana kei roto i te kete
He panana 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



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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 panana: 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 panana me ngā ārani me te paināporo.
Peel bananas, oranges and pineapple.
3. Tapahia ngā panana 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!

