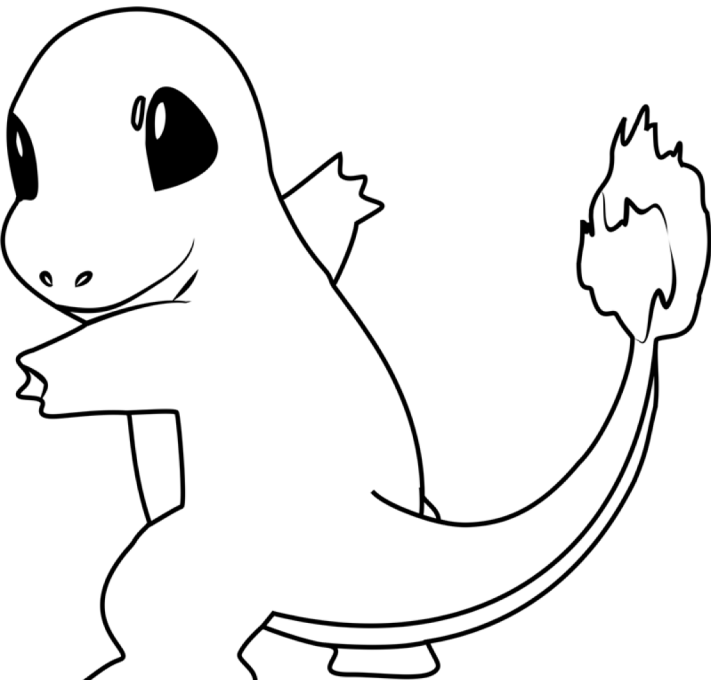


Tikanga / whanonga

Print and colour in this poster of phrases with your tamariki.

You can learn together. Once it's all coloured in, hang it up in your dining room or kitchen to remind the whānau about the tikanga around kai and in the kīhini. You can use the second poster to add your own tikanga in reo Māori.



Tikanga / whanonga



Kia tūpato!

He wera!

Be careful! It's hot

Me karakia tātou

We should (all of us) say grace

Kaua e whiu i te kai

Don't throw food

Horoia ōu
ringa i mua i te kai

Wash your hands before eating

Kaua e hoatu i te pereti i
runga i te māhunga

Don't pass the plate (of kai) over
someone's head.



Kaua e noho
ki runga i te tēpu

Don't sit on the table



Tikanga / whanonga

