

Celebrating cultural diversity

Examples of karakia mō te kai (to bless food)

For those offering a seating environment, consider displaying a karakia in the dining room. Examples below or choose one that you are familiar with.

Te reo Māori	English
E Rongo, e Rongo	Listen! Listen!
Homai ngā tupu	Plants are grown
Hei whakakī te tinana	To fill our bodies
Hei oranga	With health
Au eke, au eke	Come together
Haumi ē, hui ē, tāiki ē!	Gather, gather
Nau mai e ngā hua	Welcome the gifts of food
O te wao	From the sacred forests
O te ngakina	From the cultivated gardens
O te wai tai	From the sea
O te wai Māori	From the fresh waters
Nā Tāne	The food of Tāne
Nā Rongo	Of Rongo
Nā Tangaroa	Of Tangaroa
Nā Haumia	Of Haumia
Ko Ranginui e tū iho nei	I acknowledge Ranginui who is above me
Ko Papatūānuku e takoto nei	Papatūānuku who lies beneath me
Tuturu whakamaua	Let this be my commitment to all!
Kia tina! Tina! Hui ē! Tāiki ē!	Draw together! Affirm!
E te Atua	Lord God
Whakapainga ēnei kai	Bless this food
Hei oranga mō ō mātou tinana	For the goodness of our bodies
Whāngaia hoki ō mātou wairua ki te taro o te ora	Feeding our spiritual needs also with the bread of life
Ko Ihu Karaiti tō mātou Ariki	Jesus Christ, our Lord
Ake ake ake,	Forever and ever
Amine	Amen

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This resource is available from healthed.govt.nz

Cultural festivals and celebrations

For those offering hot meals, consider offering cultural celebratory meals. Examples below.

Celebration	Details
Matariki	Matariki marks the start of the Māori New Year. Signified by the Matariki cluster of stars reappearing in our night sky, this is a time to reflect on the past year, celebrate the present and plan for the year ahead. The Matariki public holiday dates fall on the closest Friday to the Tangaroa lunar period during the lunar month of Pipiri, usually between June and July. See Toi Tangata for recipe ideas and more information.
Te Wiki o te Reo Māori	Te Wiki o te Reo Māori Māori Language Week is celebrated in September. See reomaori.co.nz and this Heart Foundation resource for ideas.
Waitangi Day	New Zealand's national day. Every year on 6 February, people of all communities and backgrounds gather at Waitangi to commemorate the first signing of New Zealand's founding document – te Tiriti o Waitangi the Treaty of Waitangi – on 6 February 1840. See waitangi.org.nz for more details.
Pacific Language Weeks	Pacific Language Weeks celebrate Pacific languages and cultures throughout the year, including Rotuman, Samoan, Kiribati, Solomon Islands Pidgin, Cook Islands Māori, Tongan, Papua New Guinea Tok Pisin, Tuvaluan, Fijian, Niuean and Tokelauan. See Ministry for Pacific Peoples for information and resources and download the Pasifika Tastes cookbook .
Chinese New Year	Chinese New Year is the festival that celebrates the beginning of a new year on the traditional lunisolar Chinese calendar. It's an annual 15-day festival in China and Chinese communities around the world that begins with the new moon that occurs between January and February. See Ministry for Ethnic Communities for more information and the Healthy Food Guide website for Chinese-inspired recipes.
Diwali	Diwali is an important religious festival originating in India, also known as the Festival of Lights. It takes place annually and lasts for five days between October and November. See the Healthy Food Guide website for Indian inspired recipes.
Eid	Every year Muslims celebrate both Eid al-Fitr and Eid al-Adha. Eid al-Fitr takes place at the end of Ramadan and translates as the festival of the breaking of the fast. Eid al-Adha (feast of the sacrifice) is celebrated just over two months after Eid al-Fitr and lasts for four days. See The Happy Foodie for Eid meal ideas and Nadia's Healthy Kitchen for sweet ideas.