

Karakia mō te kai

(to bless food)

E Rongo, e Rongo
Homai ngā tupu
Hei whakakī te tinana
Hei oranga
Au eke, au eke
Haumi ē, hui ē, tāiki ē!

Listen! Listen!

Plants are grown

To fill our bodies

With health

Come together

Gather, gather

HE1085

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Health New Zealand
Te Whatu Ora

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(to bless food)

Nau mai e ngā hua e hora nei
I Whakatupua-ā-Nuku
I Whakatupua-ā-Rangi
Tawhia ki ā Rēhua
Ki a tama i Te-Ao-Mārama
E Rongo whakairia ki runga
Kia Tina! Tina!
Hui ē! Tāiki ē!

We welcome the food that is before us

Nurtured by Papatūānuku

Nurtured by Rangi-nui

Food from Rehua

And presented to humanity

Elevated and fixed together by Rongo-mā-Tāne

Fixed!

United! Affirmed!

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E te Atua

Whakapainga ēnei kai

Hei oranga mō ō mātou tinana

Whāngaia hoki ō mātou wairua ki te taro o te ora

Ko Ihu Karaiti tō mātou Ariki

Ake ake ake,

Amine

Lord God

Bless this food

For the goodness of our bodies

Feeding our spiritual needs also with the bread of life

Jesus Christ, our Lord

Forever and ever

Amen

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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 ē! Tāiki ē!

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!