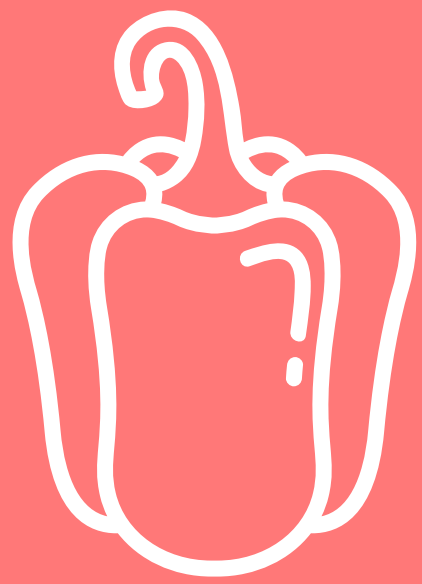


**KAI
&
HAUORA:
WHĀNAU
RESOURCE**

**KAI CONNECTS US, FUELS
US, AND HELPS US GROW**

**FUN WHĀNAU
ACTIVITIES TO HELP
TAMARIKI LEARN
ABOUT FOOD AND
WELLBEING**



ACKNOWLEDGEMENTS:



Thankyou to all those who gave their time to support me in the development of this resource;

Ella and Ateliana from Regional Public Health, thanks for all your comments and feedback.

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Thanks to The Heart Foundation, for making their resources publicly available.

To Zak, Jazz, Darren, Tania and Pem, my Healthy Active Learning Team, thanks for encouraging me to pursue this and for your constant support and feedback.

Adelaide Gwynne.

WHAT IS HAUORA?

Hauora is a holistic view of health and wellbeing from a Māori perspective which acknowledges four dimensions of wellbeing. Mason Durie's Te Whare Tapa Wha uses the four walls of a wharenuī (meeting house) to represent the four dimensions; Taha Tinana (physical health), Taha Hinengaro (mental/emotional), Taha Whānau (family) and Taha Wairua (the spiritual dimension).

All four dimensions must be nurtured to keep the wharenuī standing and balanced. Strengthening and looking after all these dimensions will support the health of you and your whānau.

HAUORA OUTCOMES:

Community and Public Health (CPH) have developed the Love Kai programme as part of the Healthy Active Learning initiative. CPH list 5 outcomes for the Love Kai programme which are aligned to Te Whare Tapa Wha.

While the Love Kai programme is implemented in schools, four of the outcomes have been used in this resource as they are not limited to only school environments.



AGES & ACTIVITIES:

The activities in this resource are for tamariki of all ages and stages. You know your whānau and will be able to determine how these activities and kōrero can work best for you and your tamariki.

KUPU TRANSLATIONS:

Hauora - wellbeing
Huarākau - fruit
Huawhenua - vegetable/s
Kīhini - kitchen
Kai - food
Karakia - prayer or incantation
Koha - gift, present
Kōrero - talk/discuss
Kupu - word/s
kupu Hou - new word/s
Pereti - plate
Tamariki - child/children
Wai - water
Whakapapa - origin, lineage
Whānau - family
Whare - house

TAHA WAIKUA

Learn a karakia mō te kai with your whānau or make one of your own. See page 5.

Whakapapa Kai, where does kai come from? See page 6 for activity and kōrero.

Have a kōrero with your whānau about a meal/snack or food item that reminds them of a good time. Describe the kai and explain why it is a good memory.

Kupu Hou: learn a new kupu each day. See page 7 for help.

Mindful Eating activity. See page 8 for instructions.



Taha Waiua

Affirmed identity, culture and values.

TAHA HINENGARO

Learn about the Heart Foundation's Healthy Heart. See pages 9,10 & 11 for help.

Let tamariki pick an item (or two) that they would like to cook with or use to prepare kai. Take the time to show tamariki how this kai is prepared. Next time you are using this ingredient, see if they can remember how it is used. You can let tamariki pick a new item each day or week.

Healthy Heart food label activity. See page 12.



Taha Hinengaro

Students equipped to navigate the food and drink environment.

TAHA TINANA

Grow kai versus Slow kai. See page 13.

Food is fuel. See pages 14 & 15 for activity.

Colours and Kai. See page 16 for help.

Why Wai? See page 17.



Taha Tinana

Bodies and brains fuelled for growth and development.

KAI & HAUORA

TAHA WHĀNAU

Play a kai game with your whānau. See page 18.

Complete some of the whānau activities on page 19.

Get your tamariki to help you prepare kai. See page 20 for age appropriate tasks.



Taha whānau

Strengthened community connections.

TAHA WAIRUA: KARAKIA KAI

Whakapai a tātou whānau
Whakapai a tātou kai
Whakapai a tātou katoa
Āmine

Bless our families
Bless this food
Bless us all
Amen

CAN YOU AND YOUR
WHĀNAU MAKE YOUR OWN
KARAKIA?

E tu Atua
Whakapainga ēnei kai
Hei oranga mō ō mātou tinana
Whāngaia hoki ō mātou
Wairua ki te taro o te ora
Ko Ihu Karaiti to mātou Ariki
Ake, ake, ake
Āmine.

Lord God,
Bless this food,
For the goodness of our bodies
feeding our spiritual needs with the
bread of life,
Jesus Christ our Lord,
Forever and ever.

Nau mai e ngā hua,
O te wao
O te ngakina
O te wai tai
O te wai māori
Nā Tane
Nā Rongo
Nā Tangaroa
Nā Maru
Ko Ranginui e tū iho nei
Ko Papatūānuku e takato nei
Tuturu whakamaua
Kia Tina! Tina!
Haumi e, Hui e, Taiki e!

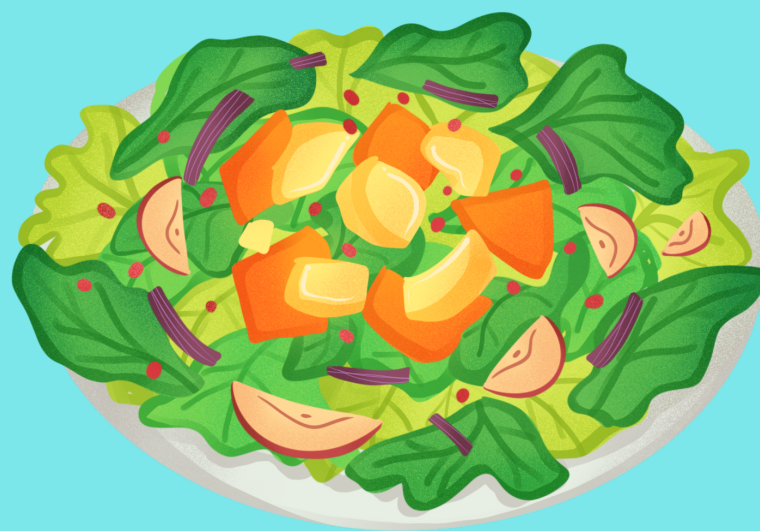
Welcome the gifts of food
from the sacred forests
from the cultivated gardens
from the sea
from the fresh waters
The food of Tane
of Rongo
of Tangaroa
of Maru

I acknowledge Ranginui who is above me,
Papatuanuku who lies beneath me
Let this be my commitment to all!
Draw together! Affirm!



Taha Wairua
Affirmed identity, culture and
values.

TAHA WAIKUA: WHAKAPAPA KAI



WHERE DOES KAI COME FROM? ACTIVITY:

Find kai items from around your whare and put them in front of tamariki - include packaged kai, fresh kai and a selection from both the fridge and pantry. You can also show tamariki pictures from magazines or books and do the same activity.

Ask tamariki if they know where each item is from or how it gets to their pereti. Does this food grow? Is it made in a factory? Does it come from an animal?

If food is packaged, ask tamariki if they can identify any foods/ingredients in that item eg. muesli bars - dried fruit, oats etc.

WHĀNAU KŌRERO:

When you next share kai with your whānau, talk about the different foods that are on your plate and where they might have come from.



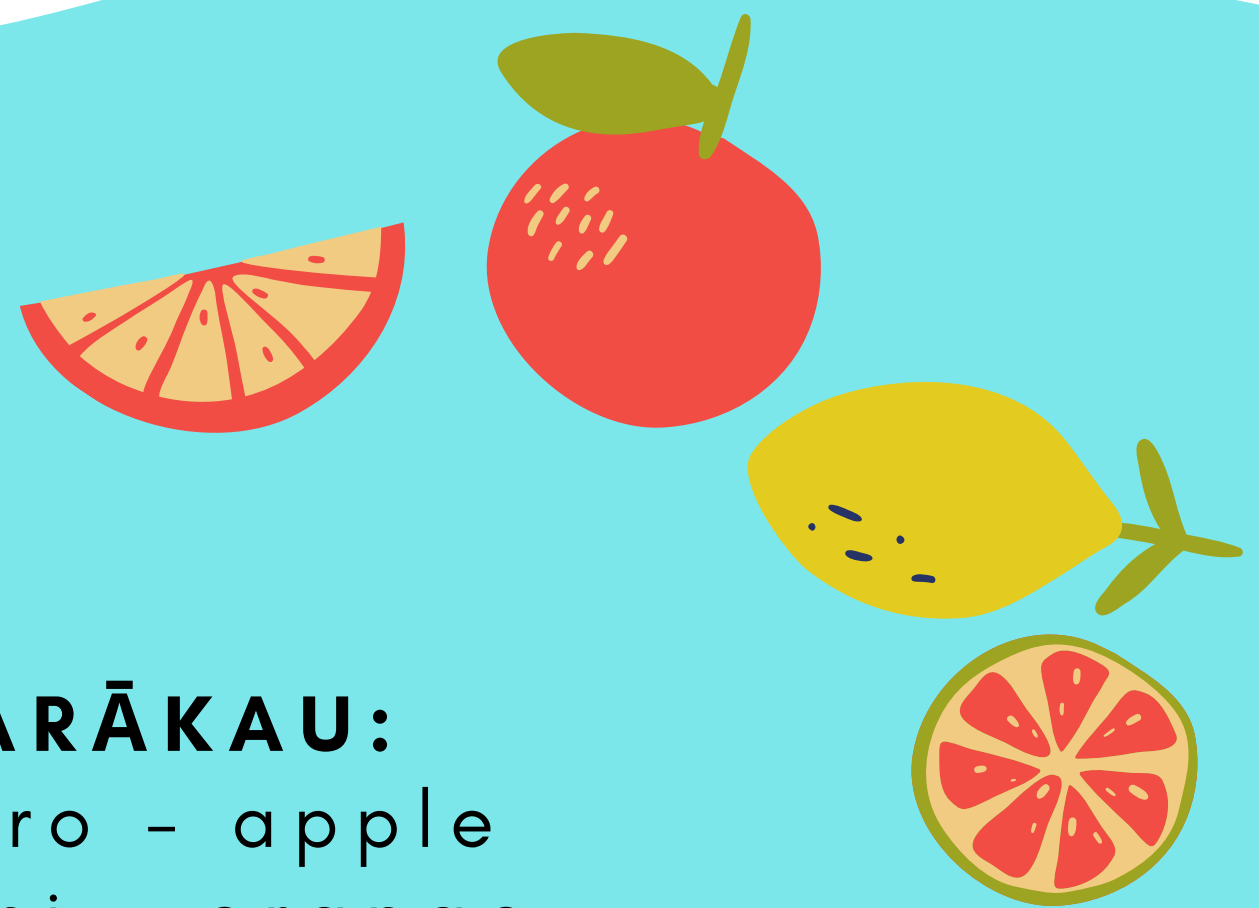
Taha Waihua
Affirmed identity, culture and
values.

TAHA WAIKUA: KUPU HOU



HUAWHENUA:

kūmara - sweet potato
kānga - sweet corn
riki/aniane - onion
rētehi - lettuce
paukena - pumpkin
rīwai - potato
raroa iti - courgette
kōkihi - spinach
kāreti - carrot
tōmato - tomato
harore - mushroom
kōrare - silverbeet
kāpiti - cabbage
rapikama - capsicum
kōwhitiwhiti - watercress



HUARĀKAU:

āporo - apple
ārani - orange
pītiti - peach
rēmana - lemon
paināporo - pineapple
merengi - watermelon
paramu - plum
kerepe - grapes
rōpere - strawberry
hōpūru - avocado
pirikōti - apricot
maika/panana - banana
rāhipere - raspberry

OTHER KUPU:

wai - water
pata - butter
parāroa - bread
hēki - egg
tihi - cheese
kapu - cup
pereti - plate
tēpu - table
tūru - chair
pouaka makariri - fridge
wharekai - kitchen



KĪ WAHA/PHRASES:

He ahua reka tēnā - that looks great
He kakara tēnā - that smells great
He reka tēnā - that tastes great
Homai koa he āwhina - I need some help
Horoia te raumanga - clean the bench
kia tūpato - be careful
Horoia ngā ringa - wash your hands



Taha Waiwua
Affirmed identity, culture and
values.

TAHA WAIKUA: MINDFUL EATING

WHAT IS MINDFUL EATING?

Mindful eating is the practice of being "in the moment" while preparing and consuming kai. It allows us to be more aware of our bodies, our feelings and the kai we are eating.

PRACTISING MINDFUL EATING: WHĀNAU ACTIVITY

Ask whānau to think about how they felt before their kai and how they feel after eating. Do they feel full? Do they have more energy?

When you share your next kai, get whānau to think about where this kai has come from, who prepared it and how it was made. Ask tamariki these questions and encourage them to think about kai in a deeper way.

Turn off devices and distractions, sit down to eat. Chew your food properly and think about what you are eating, who prepared the kai, the colours, textures and taste.



Get tamariki to help you prepare kai that is nutritious. Refer to page 10 for the Healthy Heart guide.

Before you start to eat, get tamariki or whānau to ask themselves why they are eating. Is it because they are hungry or is it another reason? Bored, sad etc.

When eating kai, eat with others. Sit at a specific place together - table/bench etc. Try to eat at set times eg. 12pm lunch 6pm dinner. You could get tamariki to pick where and when they would like to eat as a whānau.



Taha Waihua
Affirmed identity, culture and
values.



TAHA HINENGARO: HEALTHY HEART

**eat
most**
vegetables
& fruit



eat some
grain foods &
starchy vegetables

legumes, fish, seafood,
eggs, poultry & meat

milk, yoghurt
& cheese

healthy oils,
nuts & seeds



CUT BACK ON junk foods, takeaways & foods or drinks high in sugar, salt or saturated & trans fats

VEGETABLES & FRUIT:

Eating enough fruit and veges is essential for good heart health. They provide us with energy, fibre, vitamins and minerals, and are low in fat.

Starchy vegetables have a higher carbohydrate content than non-starchy veges. Starchy veges include things like potato, kūmara and taro.

Tip: Leave the skin on fruit and vegetables for extra nutrients.

How can you and your whānau could get some more fruit and veges into your day?

A simple way of knowing you're getting enough vegetables is to include, at least 2 handfuls of non-starchy vegetables as part of your main meal.

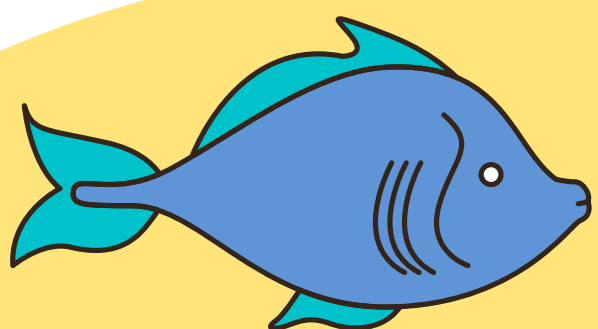
Maybe you could:

- Add one more vegetable to dinner.
- Add a salad vege to your sandwich e.g. tomato, lettuce, beetroot, grated carrot.
- Add coleslaw to a takeaway meal so at least you're getting your veges.
- Add a piece of fruit to breakfast or lunch.

For more information about the Healthy Heart, visit:
<https://www.heartfoundation.org.nz/wellbeing/healthy-eating/eating-for-a-healthy-heart>



Taha Hinengaro
Students equipped to navigate
the food and drink environment.



LEGUMES, FISH, SEAFOOD, EGGS, POULTRY & MEAT:

These foods are a good source of protein, which the body uses for growth and repair. Eating a variety of these proteins is good for your heart.

Try to limit your saturated fat for a healthy heart (hard at room temperature). For example; animal foods and palm or coconut oil.

Here are a few ideas to get you started:

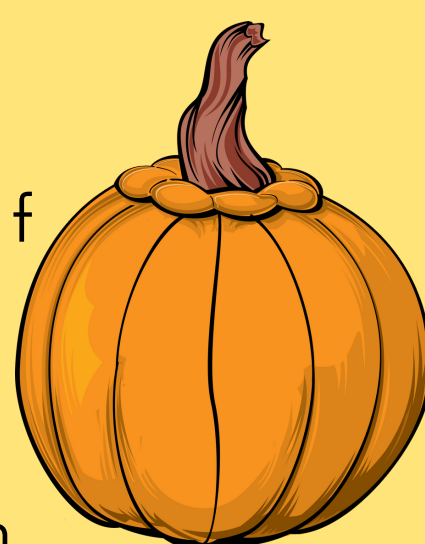
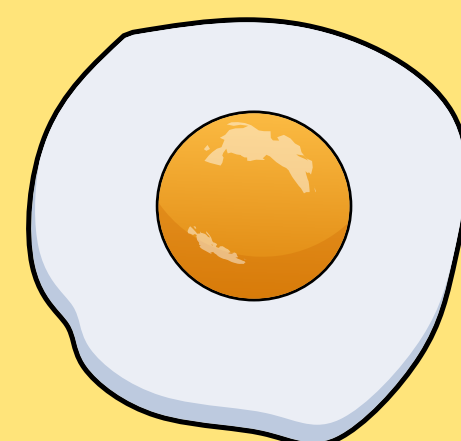
- Cut the fat off meat and skin off chicken.
- Try to choose lean cuts of meat.
- Heat and drain the fat from canned corned beef.
- Add a can of legumes (eg. chickpeas, lentils or kidney beans) to a dish and use less meat.
- Steam, grill or pan fry fish instead of deep frying.
- Instead of processed meats in sandwiches e.g. ham, salami, pastrami, try leftover cooked chicken or meat, fish, beans or hummus.

GRAIN FOODS & STARCHY VEGETABLES:

These foods are a good source of carbohydrate, which provides energy to fuel the body and brain. It includes starchy vegetables because of their high carbohydrate content.

A whole grain food is less processed and is usually darker in colour, for example; brown or black rice, wholegrain or multigrain bread.

Less-processed foods are closest to their natural form and contain more nutrients.



Try some of these food swaps at meal time (portion size should be the same as your fist)

- Swap white bread for whole grain bread.
- White rice for brown rice.
- A low fibre breakfast cereal to whole oats.
- Chips to a baked potato or kūmara
- White flour for wholemeal.
- White pasta for wholemeal pasta.

For more information about the Healthy Heart, visit: <https://www.heartfoundation.org.nz/wellbeing/healthy-eating/eating-for-a-healthy-heart>



Taha Hinengaro
Students equipped to navigate
the food and drink environment.

TAHA HINENGARO: HEALTHY HEART

eat most
vegetables
& fruit

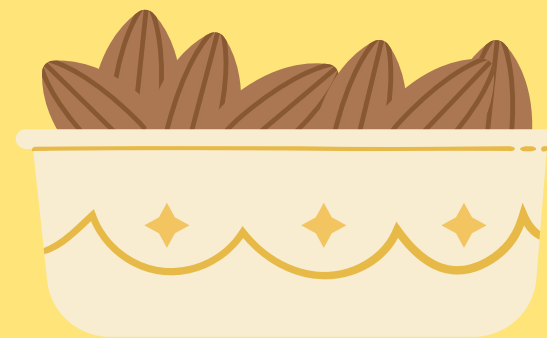
eat some
grain foods &
starchy vegetables

legumes, fish, seafood,
eggs, poultry & meat

milk, yoghurt
& cheese

healthy oils,
nuts & seeds

CUT BACK ON junk foods, takeaways & foods or drinks high in sugar, salt or saturated & trans fats



MILK, YOGHURT & CHEESE:

These foods are a good source of calcium and protein. Calcium is important for strong teeth and bones.

Yoghurts and milk drinks are often sweetened. Choose unsweetened varieties to limit your intake of added sugar.

Switching to a lower fat milk won't cost your wallet anything, but it could save your heart a lot. Here are some tips:

- Light blue milk has a teaspoon less fat per glass than regular milk.
- If you switch from dark blue to light blue milk, you'll save yourself a teaspoon of fat in every glass. Plus, it won't take long before you start to prefer the taste.

HEALTHY OILS, NUTS & SEEDS:

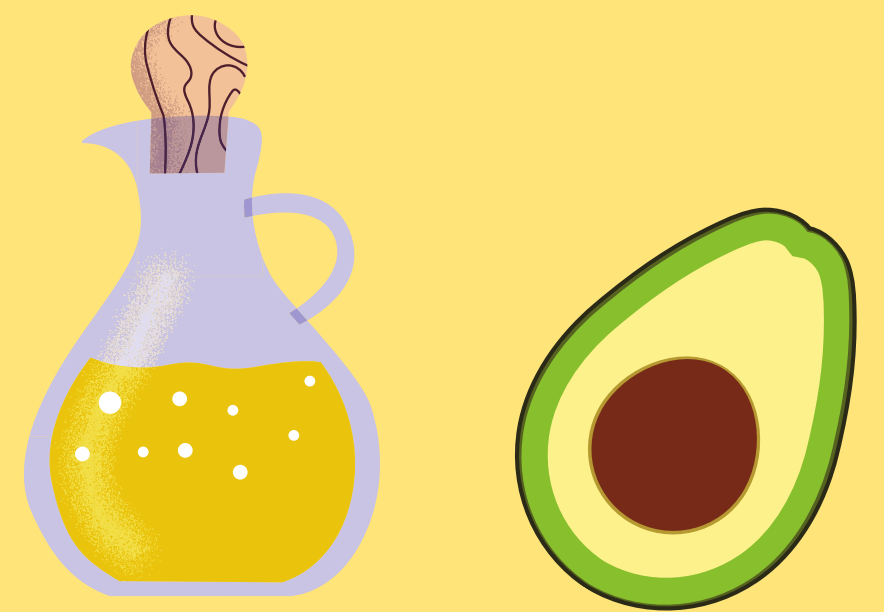
Nuts, seeds, avocado, olives and healthy oils (other than palm and coconut oil), contain heart healthy unsaturated fats.

They are a healthier choice than foods high in animal fats such as butter, cream and meat fats.

Olive oil, canola, rice bran and other vegetable oils are good options to use. Use a tablespoon or less when cooking.

Plain (unsalted, without sugar added) nuts and seeds contain healthy fats and are a heart healthy food. A handful of nuts (30g) most days is all you need, or two tablespoons of peanut butter.

It's best to eat different types of nuts and seeds, as they each contain a different range of nutrients.



For more information about the Healthy Heart, visit:
<https://www.heartfoundation.org.nz/wellbeing/healthy-eating/eating-for-a-healthy-heart>



Taha Hinengaro
Students equipped to navigate
the food and drink environment.

HEALTHY HEART WHĀNAU ACTIVITIES:

TAHA HINENGARO

Now that you and your whānau have learnt about the Healthy Heart, you can now play the Healthy Heart game.

YOU WILL NEED:

- Scissors
- A piece of paper
- Food packets
- Food labels
- Fruit stickers etc.

HOW TO PLAY:

Get tamariki to go around the house and find food packets, labels, wrappers etc. Help them to cut these out and put them on a peice of paper (you can also use books, magazines to do this).

Once cut out, see if tamariki can identify where each item is placed within the Healthy Heart. See picture for an example.



ALTERNATIVE WAYS TO PLAY:

Get tamariki to bring you a selection of kai from around your whare. Lay them out and then work together to allocate the items to the correct sections of the Healthy Heart.

Make it a race! Who is the first person in your whānau to find (and bring you) an item from each section of the Healthy Heart.



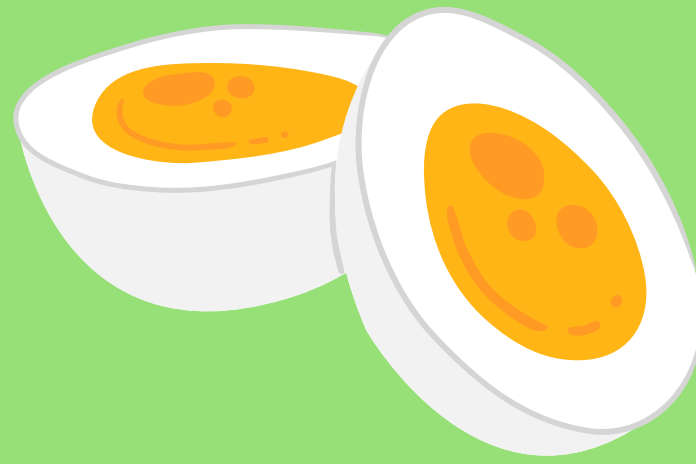
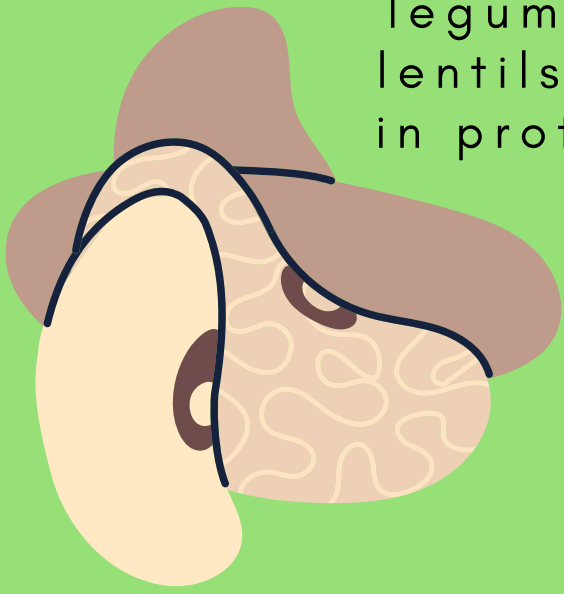
Taha Hinengaro
Students equipped to navigate
the food and drink environment.

TAHA TINANA: GROW KAI VS SLOW KAI

WHAT FOOD HELPS US TO GROW?

WHAT FOODS SHOULD WE "GO SLOW" WITH
OR EAT MINIMAL AMOUNTS OF?

This is a GROW food.
Beans and other
legumes (chickpeas,
lentils etc.) are high
in protein and low in
fat.



This is a GROW food.
Eggs are high in
protein and a good
source of vitamin D.

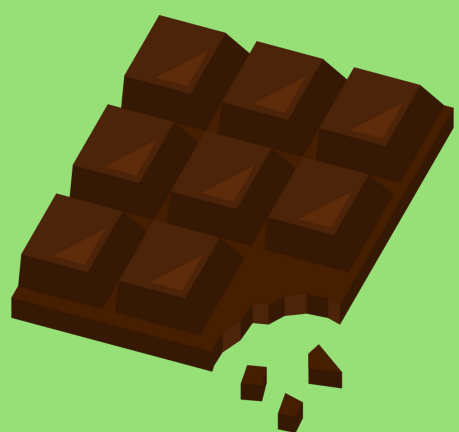
This is a GROW food.
Leafy greens (eg.
lettuce, spinach,
cabbage) are low in
fat and sugar but
high in vitamins,
minerals and fibre.



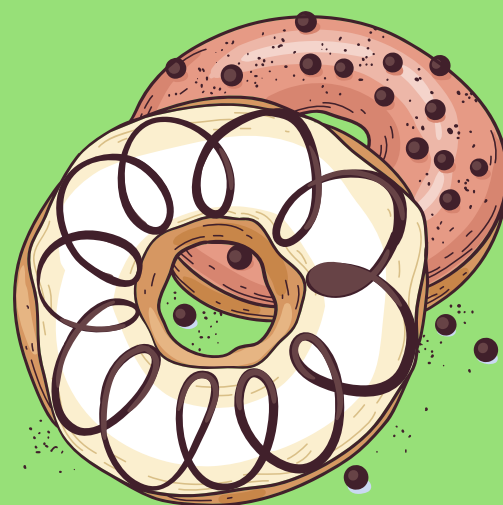
This is a GROW food.
Tomatoes are high in
vitamins and minerals.



This is a GROW food.
Bananas are a good
source of natural
sugar which gives us
energy. They are low
in fat and high in
potassium.



This is a GO SLOW
food. Chocolates and
other sweets are high
in sugar.

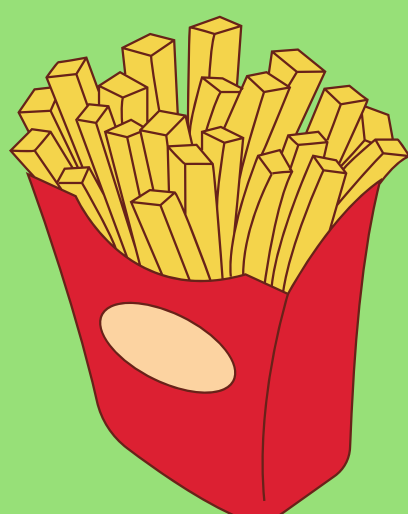


This is a GO SLOW
food. Donuts/cakes
and other store-
bought baked goods
are high in sugar, fat
and are often very
processed (not
naturally occurring)



This is a GO SLOW
food. Fizzy drinks are
very high in sugar.

This is a GO SLOW
food. Fries and other
takeaway foods are
high in fat, salt and
are highly processed.



This is a GO SLOW
food. Icecream is
high in fat and sugar.



Taha Tinana

Bodies and brains fuelled for
growth and development.

TAHA TINANA: FOOD IS FUEL



YOU WILL NEED:

- A printer (print the next page off for your tamariki and get them to fill it out) or,
- Paper
- Pens, pencils, felts and crayons.



INSTRUCTIONS:

Using what you have learnt from the Healthy Heart and "Grow kai vs Slow kai," get your tamariki to complete this activity.

If you do not have a printer, use your own paper, pens, crayons etc. and help tamariki write the titles. Depending on their age, you could draw an outline of a car or truck and get them to colour it in.

You could also draw basic items of kai under each heading and get them to guess what you've drawn. They can then colour the items in and you can have a kōrero about which foods belong under each heading, and why.

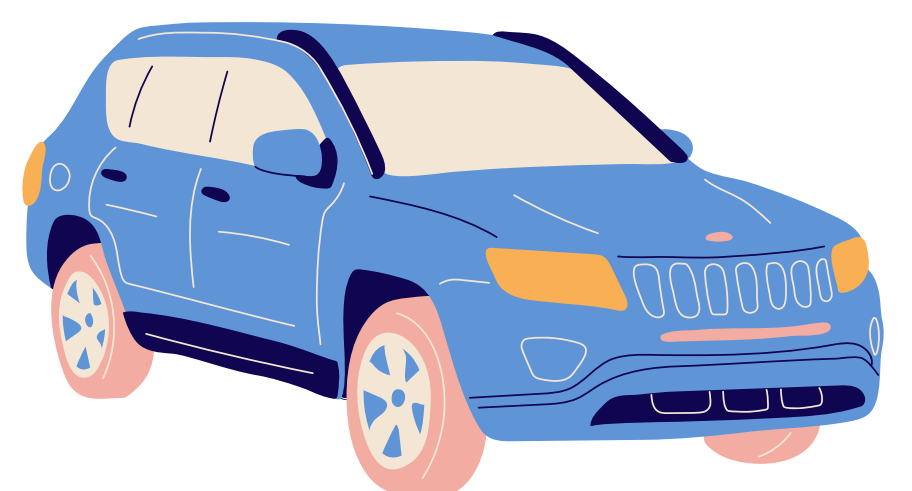
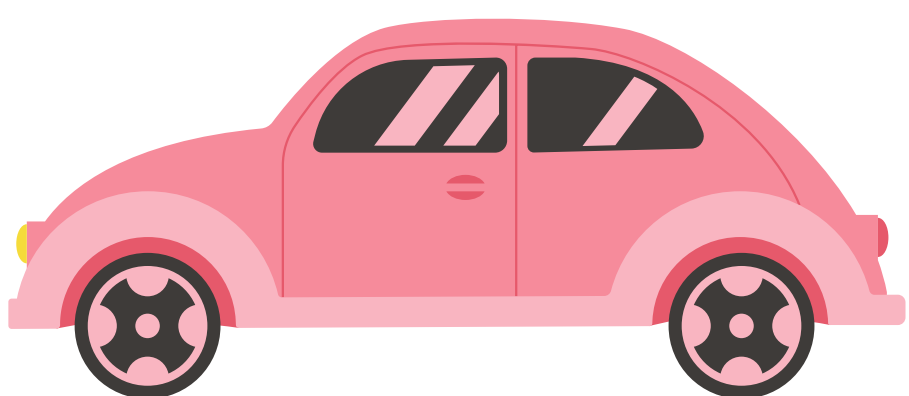


FOOD IS FUEL ACTIVITY:

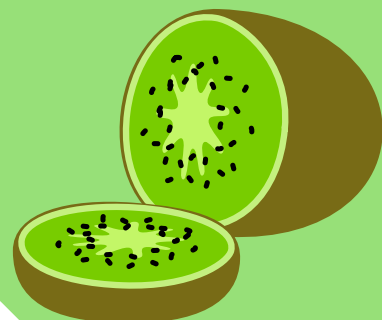
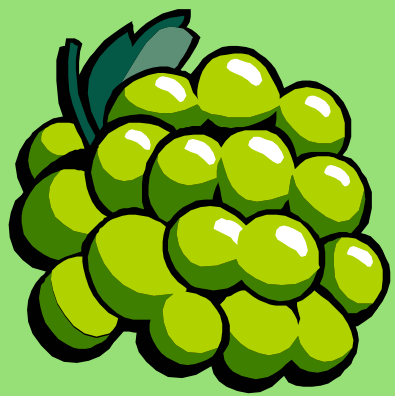
If your body is a truck or a car, what kai would you use to fuel you?



What kai would not be good to use as fuel?

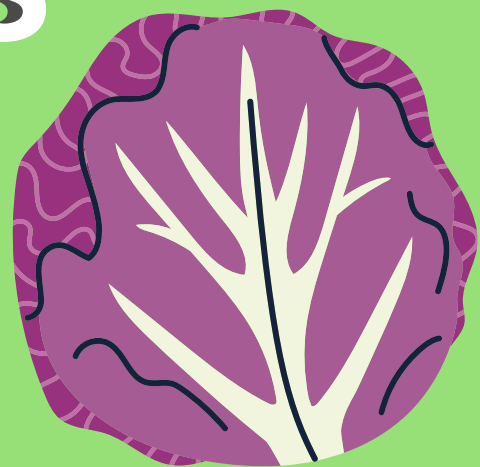
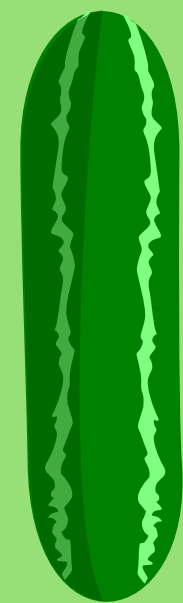


TAHA TINANA: COLOURS & KAI



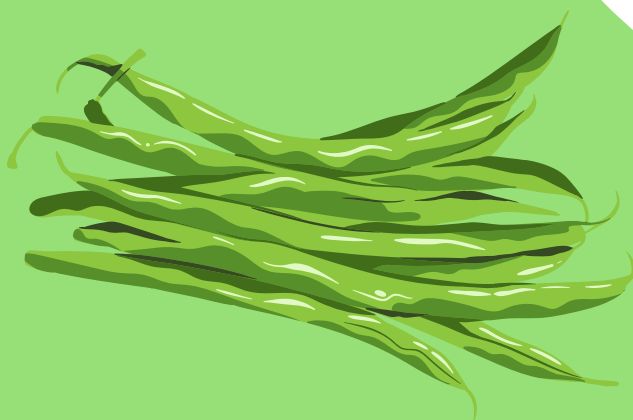
GREENS

For strong teeth and bones. Greens help maintain good vision.



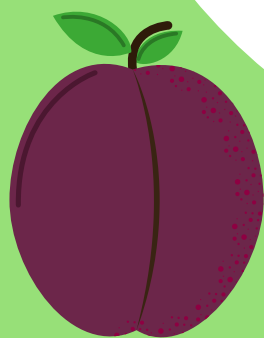
BLUES & PURPLES

Help improve memory and have anti-inflammatory properties that help us heal.



YELLOWS & ORANGES

Are high in vitamin C and good for our immune system.



BROWNS & WHITES

Help keep our hearts healthy and control our cholesterol levels.



REDS

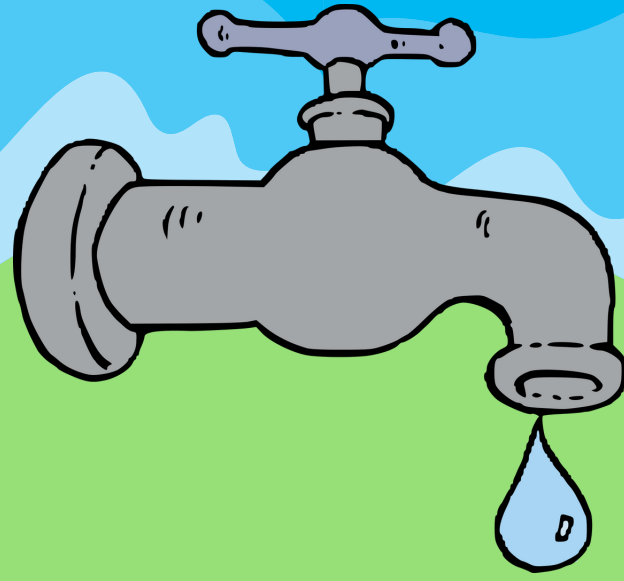
Are high in vitamins and antioxidants, and support heart health.



Taha Tinana

Bodies and brains fuelled for growth and development.

TAHA TINANA: WHY WAI?



Did you know?

To keep our bodies hydrated and working properly, adults need around 6-8 cups (1.5-2L) of fluid every day and children need around 4-6 cups (1-1.5L) of fluid per day.

Try to increase your water intake as a whānau:

Serve water with meals and snacks

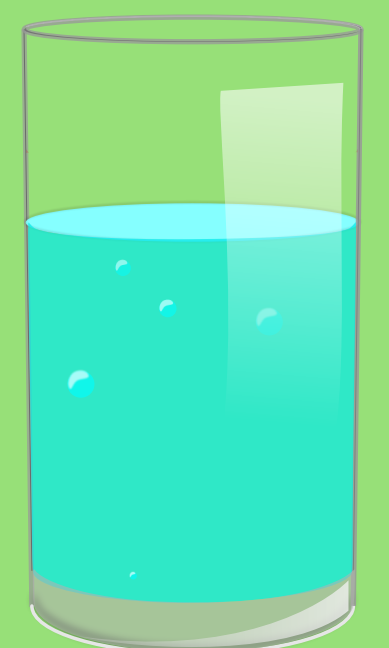
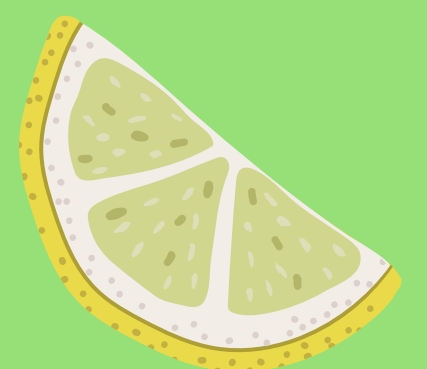
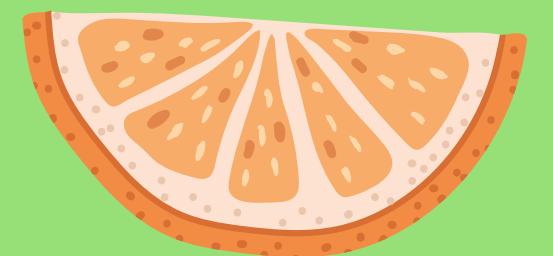
Carry a water bottle around with you and refill it throughout the day.

Substitute sugary drinks for water:

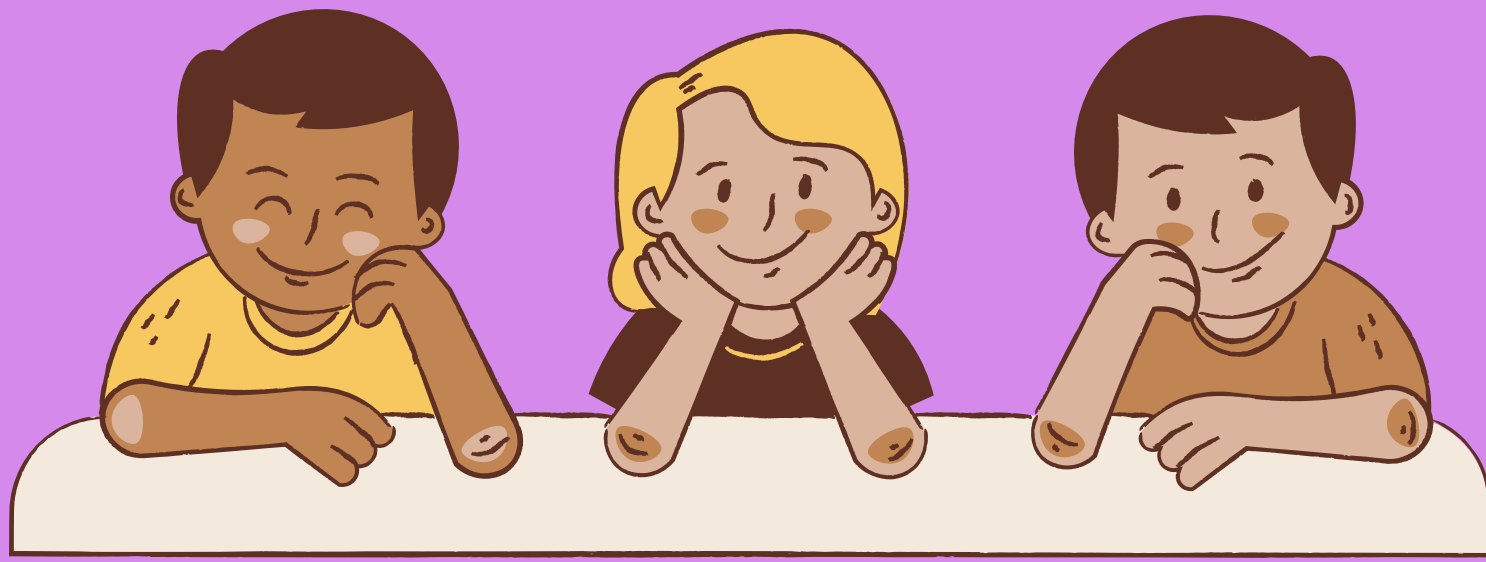
Instead of fizzy drinks, add lemon, lime or orange slices to water.

Instead of juice, add fruit chunks and slices to iced water.

See if you and your whānau can substitute these items for water at least once per day.



Taha Tinana
Bodies and brains fuelled for
growth and development.



TAHA WHĀNAU: KAI GAMES

KAI IN A KETE:

Place some fruit and vegetables in a bag (e.g. pillow slip). Ask tamariki to feel inside the bag and guess which vegetables are there. As a variation, blindfold children and place a vegetable in their hands. Ask them to guess what the vegetable is by feeling, smelling and even tasting it.

CHOOSE A LETTER (OR COLOUR) FOR THE WEEK:

Each week taste and discuss nutritious foods which start with the chosen letter or colour of the week. For example, for the letter 'C' try carrot, cheese or cabbage. For the colour green try broccoli, kiwifruit or watercress.

WHICH KAI AM I THINKING OF?:

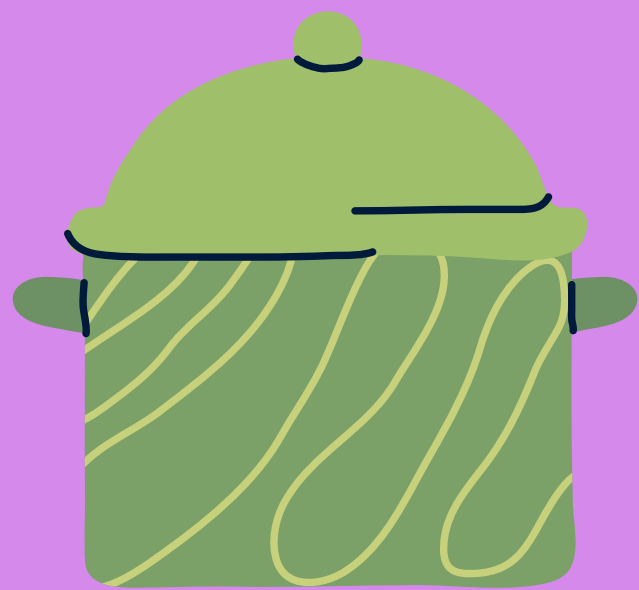
Describe attributes of a fruit or vegetable and get tamariki to guess the item you are describing. "I am thinking of a food which begins with the letter_." Give extra clues like colour, shape, texture etc, until children correctly guess the food. After showing tamariki how to play, let them take turns to choose and describe a food.

TASTE & GUESS THE KAI:

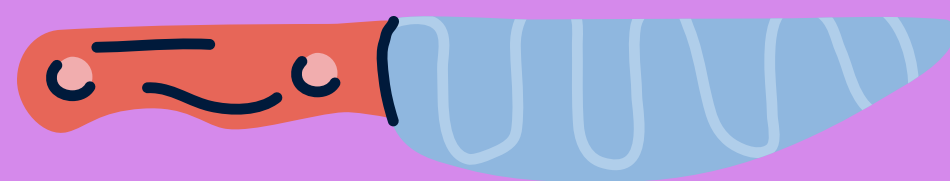
Have your whānau sit down together for this activity. Blindfold everyone who is playing. Place 3-5 different types of kai (or as many as you want) in front of them and one by one get them to taste the kai. The first person to yell out the correct answer wins a point.



Taha whānau
Strengthened community
connections.



TAHA WHĀNAU: KAI ACTIVITIES



KOHA KAI:

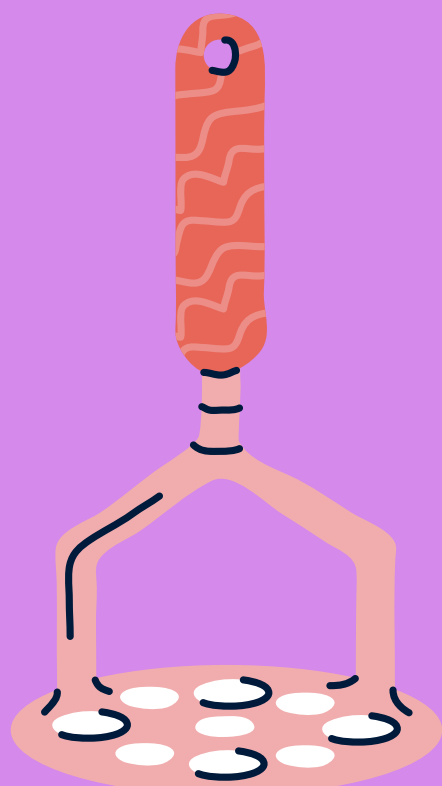
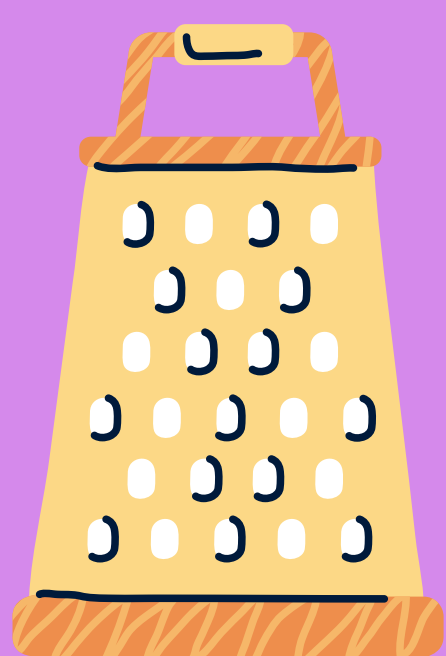
Help your tamariki make some kai as a koha for someone else. It could be making dad breakfast in bed, doing baking for mum or helping their sibling make lunch. You could also make some kai for a neighbour or a friend.

WHĀNAU KAI:

Share a meal at the table with your whānau. Turn off the TV, put devices away and focus on the kai and kōrero that you are having.

KAI PLAN:

Get tamariki to pick 2-4 kai items from your fridge and pantry. Work together to see if you can create a meal using these ingredients. If using 4+ items you could work together to create a menu for the day or week.



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AGE APPROPRIATE TASKS:



TAHA WHĀNAU: HELPING IN THE KĪHINI

2 TO 3 YEAR-OLDS AND UP:

SQUEEZING LEMONS OR LIMES
WASHING FRUIT AND VEGE IN THE SINK AND DRYING
TEARING UP LETTUCE
SPRINKLING DRIED HERBS AND SALT
USING A PEPPER GRINDER
WHISKING, MIXING OR GENTLE STIRRING
POURING FOODS INTO BOWLS OR INTO A DISH
DECORATING AND ICING BAKED GOODS

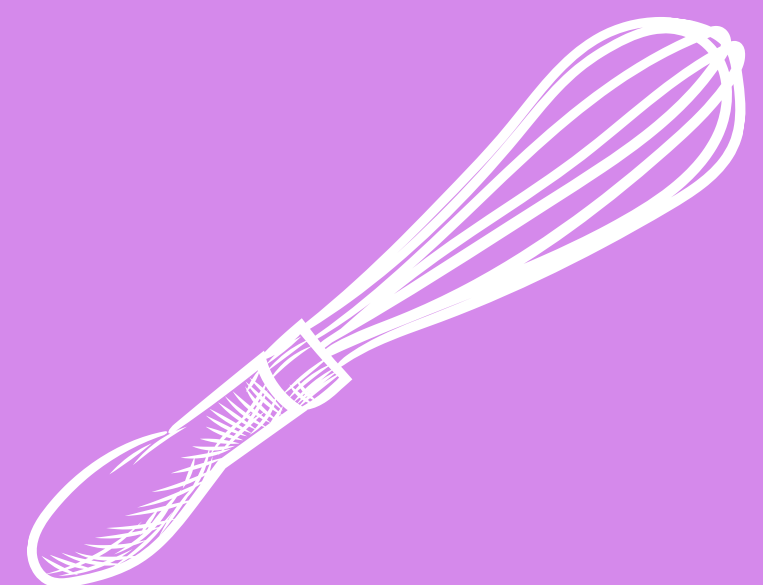
4 TO 5 YEAR-OLDS AND UP:

AT THIS STAGE, CHILDREN CAN BE GIVEN SOME MORE RESPONSIBILITY IN THE KITCHEN. YOU KNOW WHICH TASKS WILL BE RIGHT FOR YOUR CHILDREN. THESE TASKS ARE JUST GUIDELINES TO GET YOU STARTED. SOME 4-5 YEAR OLDS MAY BE READY TO TAKE ON TASKS FROM THE LIST BELOW.



6 TO 7 YEAR-OLDS AND UP

DICING AND CUTTING VEGETABLES
GRATING CHEESE
PEELING FRUIT AND VEGETABLES
SLICING FRUIT AND VEGES, SCOOPING AVOCADO
GREASING PANS
USING MEASURING SPOONS AND CUPS
FORMING EVENLY SIZED BISCUITS, MEATBALLS AND PATTIES
POURING LIQUIDS INTO SMALL CONTAINERS
SETTING THE TABLE
HELPING WITH DISHES
WIPING THE BENCH



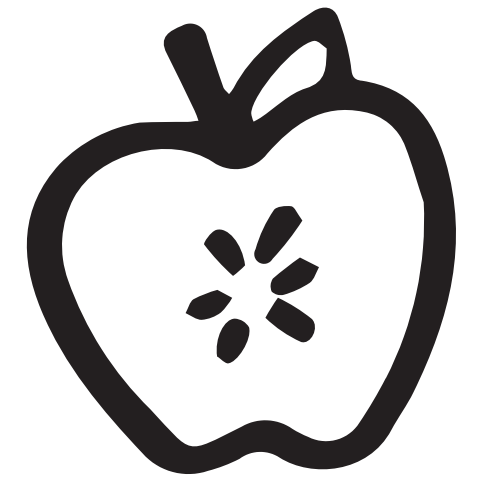
INFORMATION FROM: FOOD NETWORK
[HTTPS://WWW.FOODNETWORK.COM/RECIPES/PACKAGES/RECIPES-FOR-KIDS/COOKING-WITH-KIDS/BEST-COOKING-TASKS-KIDS-EVERY-AGE](https://www.foodnetwork.com/recipes/packages/recipes-for-kids/cooking-with-kids/best-cooking-tasks-kids-every-age)



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A number of sources were used to support this resource. A big thankyou to those organisations who make their mahi publicly accessible:

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