

Nau mai e ngā hua

a traditional karakia for kai (grace)

Nau mai e nga hua
o te wao, o te ngakina
O te wai tai, o te wai maori
Na Tane, na Rongo, na Haumia
na Tangaroa, na Maru.
Ko Ranginui e ta iho nei
Ko Papataanuku e takoto ake nei
Taturu whakamaua kia tina, tina,
Haumi e, hui e,
Taiki e

(I welcome the gifts of food from the sacred forests, from the cultivated gardens, from wild plants, from the sea and the fresh waters. I acknowledge Ranginui (sky father) who is above me and Papatānuku (earth mother) who lies beneath me. Let this be my commitment to them all.)