



# Karakia Mō te Kai

Tēnei te whakamoemiti  
mō ngā ringawera  
i whakaritea i ēnei kai  
mai i te rangi  
mai i te whenua  
mai i te taiao  
Mauri Ora !

We give thanks  
to the hands  
who prepared this food  
from the sky  
from the land  
from the environment  
Good health !