



Huawhenua me te huarākau

Vegetables and fruit



Ngā kai pata
Grain foods



Hua wharekano, nati, kano,
ika, kaimoana, hēki, heihei,
mīti tūpuhi

Legumes, nuts, seeds, fish,
seafood, eggs, chicken and
lean meat



Miraka me ngā hua miraka
Milk and milk products



Weu

Fibre

good for gut and digestion



Weu

Fibre

good for gut and digestion



Konupūmā

Calcium

good for strong teeth and bones



Pūmua Protein

good for muscles and growing



Ngā warowaihā

Carbohydrates

fuel for our body and brain



Pūmua

Protein

good for muscles and growing



Ngā huaora me ngā kohuke

Vitamins and minerals

good for whole body: eyes, bones,
skin, immunity and more



Rino

Iron

helps keep us energised



Āporo
Apple



Riki
Onion



Ārani
Orange



Awakato
Avocado





Pakitoi
Bok choy



Harore
Mushroom



Harere
Celery



Mango





**Huakiwi
Kiwifruit**



Kamokamo



**Kāpeti
Cabbage**



**Kerepi
Grapes**





Kāroti
Carrot



Pītihiriwa
Silverbeet



Kūkama
Cucumber



Kūmara





Merengi
Watermelon



Huawhenua hanumi
Mixed vegetables



Huapere
Berries



Otahua
Eggplant





Paināporo
Pineapple



Panana
Banana



Panana kākāriki
Green banana



UHITEA
Parsnip





Papaia
Pawpaw



Paukena
Pumpkin



Pīni
Beans



Puananī
Broccoli





Pūhā



Kapikama
Capsicum



Rengakura
Beetroot



Rīwai
Potato





Rīwai Māori
Māori potato



Taro



Tōmato
Tomato



Uhikura
Radish





Kānga pahū
Popcorn



Nūrara kōrahirahi
Vermicelli



Pāreti
Oat porridge



Parāoa pata tikitū
Wholemeal bread





Parāoa rimurapa
Pasta



Roti



Pihikete wīti
Wheat biscuit



Pihikete paka raihi
Rice crackers





Raihi Rice



Miraka Milk



Waipupuru Yoghurt



Tihi Cheese





Tuna



Āmanati
Almonds



Heihei
Chicken



Hēki
Egg





Ika
Fish



Kano paukena
Pumpkin seeds



Kuku
Mussels



Mīti
Meat





Pīnati pata
Peanut butter



Pīni tunu
Baked beans



Pītiki
Chickpeas



Tōwhū
Tofu



