



Huawhenua me te  
huarākau  
Vegetables and fruit



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

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



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



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



Reno  
Iron  
helps keeps 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**

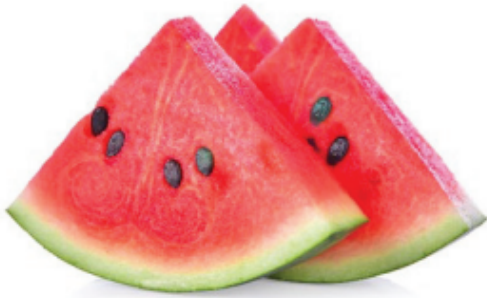


**Kūmara**





**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



