kia kaha te kai

ngā hua whenua
me ngā hua rākau

kia āhua nui te kai

parāoa, hua patakai, hua
kano, hua whenua māngaro

ika, mīti, heihei, rekiumu, hēki

miraka, miraka tepe, tīhi

ētahi hinu me ngā nati

Kia iti te kai i te kai paraurehe, kai ōrangaranga, me ngā kai me te momo inu he nui te huka, tote, ngako kukū me te ngako whiti.

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