



**Heihei
Chicken**



**Tinana heihei
Chicken whole**



**Mītinaku heihei
Chicken mince**



**Heihei waewae
Chicken drumstick**





Pota heihei
Chicken nuggets



Tōtiti tina heihei
Chicken luncheon



Hēki
Egg



Hēki pāera
Boiled egg





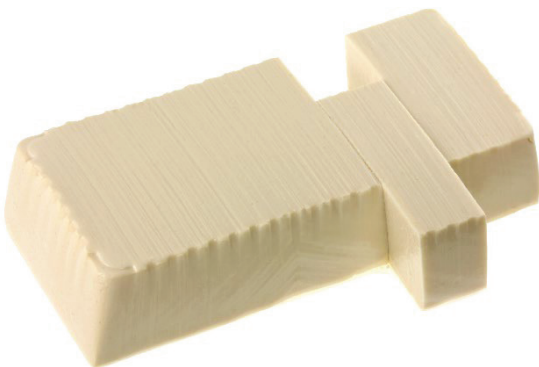
Hoipīni
Soybeans



Pīni etamame
Edamame beans



Tōwhū
Tofu



Miraka hoi
Soy milk





Hinu hoipīni
Soybean oil



Kīnaki hoi
Soy sauce



Kāpeti
Cabbage



Roi huamata
Coleslaw





Kāpeti moī
Sauerkraut



Kerepi
Grapes



Kerepe menge
Raisins



Wīti
Wheat





Puehu parāoa wīti
Wheat flour



Pihikete
Biscuit



Parāoa pata tikitū
Wholemeal bread



Parāoa rimurapa
Pasta





Roti
Roti



Pihikete witi
Wheat biscuits



Kihu parāoa tere
Instant noodles



Kau
Cow

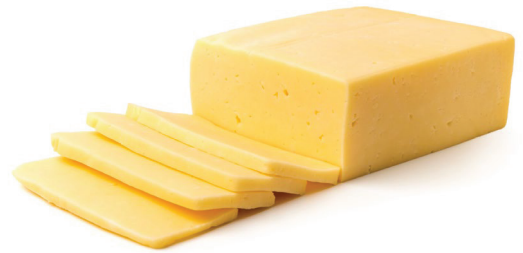




Waipupuru huarākau
Fruit yoghurt



Tīhi
Cheese



Tīhi iarangi
Blue vein cheese



Paura miraka
Milk powder





Miraka Milk



Huamiraka tiakarete Chocolate dairy food



Aihikirīmi Ice cream



Waipupuru Yoghurt





Kānga Corn



Kānga tio Frozen corn



Kēne kānga Canned corn



Kāngarere Cornflakes





Kotakota kānga
Corn chips



Kānga pahū
Popcorn



Rīwai
Potato



Rīwai pāera
Boiled potato





Rīwai parai
French fries



Rīwai parauri
Hash browns



Kotakota rīwai
Potato chips



Wai paināporo
Pineapple juice





Paināporo
Pineapple



Kēne paināporo
Canned pineapple



Paināporo tioata
Crystallised pineapple



Tiere paināporo
Pineapple jelly





Rare paināporo
Pineapple pieces



Raihi
Rice



Nūrara kōrahirahi
Vermicelli



Pihikete aka raihi
Rice crackers





Puehu parāoa raihi
Rice flour



Poro huapata
Cereal snack bar



Tōmato
Tomato



Kīnaki tōmato
Tomato sauce





Towhiro tōmato
Tomato relish



Tōmato mēnge
Sundried tomatoes



Pīni tunu
Baked beans



Ika
Fish





Tuna tīni
Canned tuna



Kēne tuna mōkarakara
Flavoured canned tuna



Matimati ika
Fish fingers



Ika parai
Fried fish





Haupere Berries



Huapere tio Frozen berries



Rōra huapere Berry fruit roll ups



Tiamu Jam





Pouaka mātao
Fridge



Kāpata kai
Pantry



Pouaka tio
Freezer



Hōtoke
Winter



Ngahuru
Autumn



Raumati
Summer



Kōanga
Spring



Tau katoa
All year



Kai tikitū
Whole foods



Kai tukatuka
Processed foods



