

**Week 4:  
Week of August 16 to August 22**

**Lesson 1 – Listening to Maori Ancestors –  
How a Maori Man Changed his Life by Changing his Relationship with Food**



**Success Criteria**

Students will gain a better understanding of traditional Maori foods, how Maori view food, and the best times to eat and to fast according to Maori tradition.

**Task 1:** Watch the video – ‘TUPUNA KAI: A Māori diet based on what ancestors ate.’  
<https://www.youtube.com/watch?v=ziCKhZRqHXk>

This video shows how a Maori man who was overweight and searching for meaning in his life, lost weight and changed his life by turning to traditional Maori kai (food).

1. What plants did he find in the forest to eat?
2. What fruits did he eat?
3. What does he believe you should do during a full moon?
4. What does he do when there is very little moon (‘the moon is dark’)?

**Class Discussion:** The man in the video talks about fasting. Go online and look up which major religions engage in fasting. Name the religions. When do they fast? Why? Look up the health benefits of fasting. Many doctors believe that there are several benefits. Name some.

## Week 4: Lesson 2 – A Look at Traditional Mairi Kai (Food)

### Success Criteria

Students will gain a better understanding of traditional foods that were eaten by Maori long ago.

### Activities:

1. Reading
2. Writing
3. Drawing

Read pages 9 and 10 of the book **Food and Culture in New Zealand** and answer the following questions:

1. Why did early Maori locate villages near villages along coastal areas?
2. In which parts of New Zealand does kumara not grow and why?
3. Early Maori ate a variety of foods. Write down the definition of the following foods with their European names. Draw a picture of the food next to it. For example:

a. ika moana = sea fish



b. manu =

c. kiori =

d. aruhu =

e. karaka =

f. karengo =

4. On the top of page 10, it mentions that the early European visitors noted that Maori survived by eating on particular food in abundance. What was it?
5. They also ate fish. How did they cook it?
6. How did Maori prepare fern root before it was eaten?

**Homework:** What you do not complete in class is homework.

## **Week 4: Lesson 3 – Maori Food Tourism**

### **Success Criteria**

Students will gain an understanding of how traditional Maori would forage for food and how elders are attempting to keep the ancient traditions alive by foraging for traditional foods so the knowledge does not become lost.

Task 1: Watch the video on Maori Food Tourism  
<https://www.youtube.com/watch?v=B8sKQeLmax0>  
 (12:07 sec.)

1. Look up the definition of the word 'foraging.' What is it and what are some of the foods that they forage for? The words of the plants they gather are shown on the video and what they are used for, what are its qualities (e.g., taste, colour), and how is it beneficial for your health?
2. Kawakawa
3. Why do they harvest the Kawakawa on the north side of the tree?
4. Pirita vine:
5. Piko Piko:
6. Ear Mushroom:
7. Puti Puti:
8. White bait:
9. Kamo Kamo
10. What do they do to sweeten the salmon?
11. Koa Koa Pavolva

