

Karakia Mo te Kai
(Grace)

Whakapaingia nei kai
(Bless our Food)

Hei oranga mo m tou tinana
(As well being for our body)

Wh ngaia m tou wairua
(Feed our spirit)

Ki te taro o te ora
(With the food of wellness)

Ko Ihu Karaiti t m tou kaiwhakaora
(For Jesus Christ our Healer)

mine
(Amen)