



HE MAHI HAMUPEKA HAUTUPUA

Whai mai e hoa mā, me hanga hamupeka hautupua tātou!

Me whakareri ēnei:

He parāoa

He mīti

He tīhi

He paināporo

He mīti poaka

He rētihi

He hēki parai.

Tuatahi, pangā atu te parāoa o raro, te mīti me te tīhi.

Āpiti atu ko te paināporo me te mīti poaka.

Kātahi, tāpiri atu ko te rētihi.

Hei whakamutunga, ko te hēki parai me te parāoa o runga.

Anā, he hamupeka hautupua e ngunguru nei!

Tahi, rua, toru, whā - E kai!



MAKING A SUPER BURGER

Follow me and let's make a super burger!

You will need:

Bread

Meat

Cheese

Pineapple

Ham

Lettuce

Fried egg.

Firstly, throw in the bun, meat and cheese.

Flop on the pineapple and ham slices.

Now add the lettuce.

Finally, slap on a fried egg and bread on top.

Tada! A super massive burger!

1,2,3,4 - Let's eat!