

Pōhā: A clever way of storing food

1. Word Find - Circle the following words:

Bluff ~~muttonbird~~ kai salt
seaweed ~~harakeke~~ ~~rimurapa~~ chicks

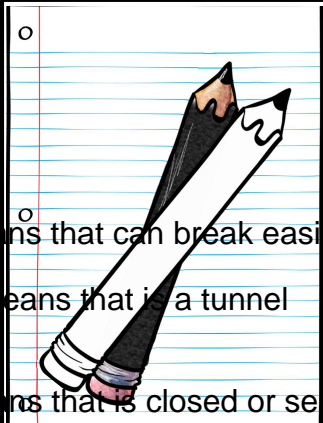
M	S	E	A	W	E	E	D	R
U	U	N	B	O	I	H	I	I
T	K	R	A	L	S	M	U	H
T	K	A	i	R	U	R	T	A
G	A	B	B	R	A	F	U	R
N	L	G	A	S	N	R	E	A
B	S	P	G	M	D	A	P	K
I	S	E	E	T	S	L	E	
R	L	V	A	E	V	A	A	K
D	T	C	H	T	C	K	S	E

Harvest a farming and takes hours or it

2. Fill In the Gaps - Place the following words in the gaps to complete the passage.

meat storing muttonbirds food rimurapa pōhā

These days Food is packed in cans or frozen to keep it in good condition until we are ready to eat it. But before this technology, people had other ways of Storing food. One way that Māori stored food was to pack it into Poha. Pōhā are bags made from a special kind of seaweed called Rimurapa. Some Māori still make pōhā. They use them to store meat. Titi are seabirds. They are also known as Mutton Birds.



3. In your book, write the definition of the following words:

- a) harvest
- b) flexible
- c) burrows
- d) airtight

4. How are tītī and pōhā treasured at the Te Rou Aroha marae in Bluff? (page 32)

Because of the paintings of the wall.

5. Fact or Fiction - Which ideas are true?

Ideas	Fact (Tick)	Fiction (Tick)
Tītī are the most common seabird in New Zealand.	Fact	
Tītī are also known as sooty shearwaters.	Fact	
There are more than 100 million tītī in the world.		Fiction

6. In the following phrase from page 32, what does the word taonga mean?

Pōhā are taonga handed down to southern Māori from their tipuna.

It means the paintings of the tit walls.

Pōhā: A clever way of storing food

harakeke means New Zealand flax

tāua means grandmother

Tipuna means ancestor

7. Mix and Match Vocabulary - Match the English and te reo Māori words.

harakeke wharekai tāhere tipuna tāua

means New Zealand flax

dining room grandmother to tie up New Zealand flax ancestor

8. Complete this flow diagram to show the steps involved in making pōhā.

Getting ready to make pōhā

A Poha is made with kelp in the ocean. You will most like to find one They go to ocean and cut some kelp.



Making the pōhā

They open each piece of Rimurapa and next is to push their hands in the middle. Then they blow it up and it becomes a bag.



Packing the pōhā

Hang the bags in the sunlight so it becomes dried and gone hard.