



**Te Whare Wānanga
o Awanuiārangi**

Kai Oranga

Kaupae Tuatoru



Learning that connects

wananga.ac.nz



Te Whare Wānanga o Awanuiārangi

Kai Oranga (Kaupae Tuatoru)

This level 3 programme will teach you to grow healthy food for your whānau and your marae and pass this knowledge on to others. The course introduces you to traditional and contemporary Māori food practises, māra kai, sustainability, and wellbeing. It is designed for beginners who are passionate about reconnecting with whenua, growing kai, and learning the foundations of kai Māori.



Dates

2 Feb - 18 Nov 2026



Location

Available nationally
based on demand



Duration

40 weeks



Fees

Tuition fees free

What you'll learn:

Foundations of māra kai and sustainable food practices; basic rongoā and traditional kai knowledge; whakapapa of kai – understanding cultural and spiritual connections; food preparation, nutrition, and kai safety practices; principles of Hua Parakore.

Disclaimer: The information on this flyer is for general purposes and may be subject to change without notice. Te Whare Wānanga o Awanuiārangi strives for accuracy but reserves the right to alter content at anytime.

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