



# MY KAI STORY



Everyone has a unique, special kai story to tell. Kai affects all sides of our **hauora (wellbeing)**. It feeds our **tinana (body)**, powers our **hinengaro (mind)**, connects us to our **whānau and friends**, and helps to lift our mood and **wairua (spirit)**.

1. Choose one kai that feels special to you.
2. Use the pātai below to write or draw your ideas.



MY KAI

WHO DOES YOUR KAI  
MAKE YOU THINK OF?



WHERE DOES YOUR  
KAI COME FROM?



HOW DOES YOUR KAI  
MAKE YOU FEEL?

