

Food & the Hāngi — Knowledge Organiser

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Key facts

- A hāngi is a traditional Māori way of cooking food in a pit oven in the ground.
- Hot stones are placed in the pit; food is laid on top, covered, and left to cook slowly.
- Hāngi are cooked for special occasions, bringing whānau (family) and community together.
- Common foods include meat, kumara (sweet potato) and other vegetables.

Key vocabulary

- Hāngi — food cooked in an earth oven.
- Kumara — sweet potato, an important traditional food.
- Whānau — family.
- Earth oven — a cooking pit using hot stones.

How it works

Stones are heated in a fire, then placed in a pit. Baskets of food go on top, everything is covered with cloth and earth, and the food steams gently for hours, taking on a special smoky flavour.

Sharing food

A hāngi is about more than food — preparing and sharing it together is an important way of bringing people together in Māori culture.