

Kia MENEMENE tonu ai koe



Taitaia ōu niho ki te pēniho pūkōwhai
mō te 2 miniti, e rua ngā wā ia rā



Tuwaha, kua e opeopea i muri i te
taitaitanga



Inumia te wai mai i te kōrere wai me te
miraka hoki



Kaingia ngā kai timotimo karekau he
huka o roto



He utu kore mō te haere ki te rata niho
ina kei raro i te 18 tau te pakeke