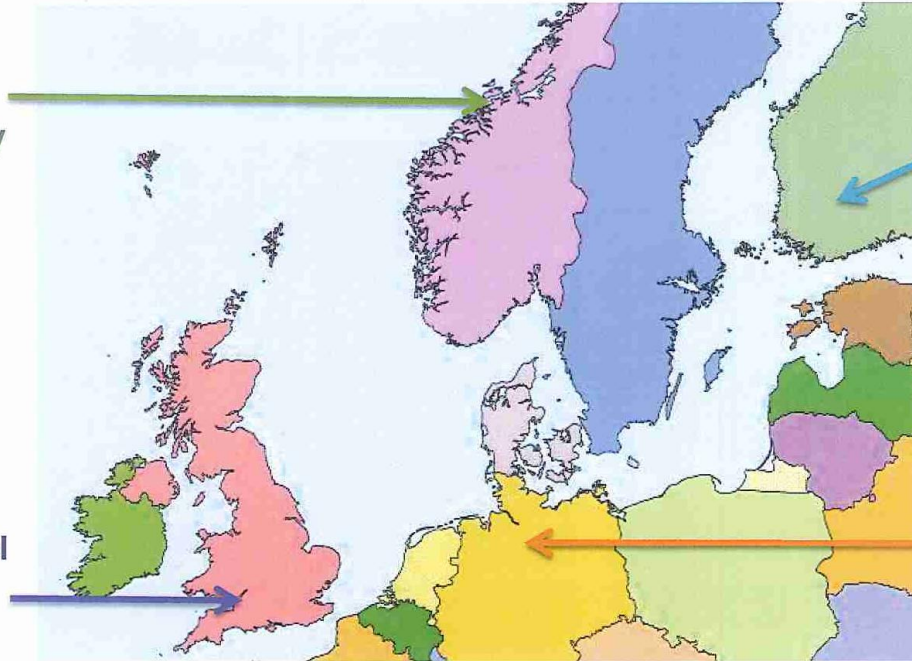


Christmas Foods



Sodin Skole
Kyrksæterøra, Norway

Saint Gregory's School
Bath, UK



Iittalan Yhtenäiskoulu
Iittala, Finland

Ludwig Windthorst Schule
Hannover, Germany



Erasmus+ 2017-19

Sports and Healthy Lifestyles



UK



- Christmas dinner in the United Kingdom is usually eaten in the afternoon on 25 December, Christmas Day.
- The dinner traditionally consists of turkey, served with stuffing, pigs in blankets, roast potatoes, gravy, cranberry sauce, vegetables, particularly brussel sprouts and parsnips; sometimes bread sauce and/or yorkshire pudding.
- The dessert of a British Christmas dinner will often be Christmas pudding (or plum pudding) with brandy butter and/or cream. Mince pies, Christmas cake, trifle or a yule log are also popular.



Germany



- In Germany, the main Christmas dishes are roast goose and roast carp, although suckling pig or duck may also be served. Typical side dishes include roast potatoes and various forms of cabbage such as kale, brussel sprouts, and red cabbage.
- In some regions the Christmas dinner is traditionally served on Christmas Day rather than Christmas Eve. In this case, dinner on Christmas Eve is a simpler affair, consisting of sausages (such as Bockwurst or Wiener) and potato salad.
- Christmas desserts consist of sweets and Christmas pastries which include marzipan, spice bars (Lebkuchen), several types of bread, and various fruitcakes and fruited breads such as Christstollen and Dresdener Stollen



Finland



- Joulupöytä (translated "Christmas table") is the name of the traditional food board served at Christmas in Finland. It contains many different dishes, most of them typical for the season. In Finland the Christmas dinner is often eaten on Christmas Eve.
- The main dish is usually a large Christmas ham, which is eaten with mustard or bread along with the other dishes. With the ham there are also different casseroles usually with potatoes, rutabaga (swedes), or carrots. Fish can also be served (often lutefish and gravlax or smoked salmon).
- The traditional Christmas drink is mulled wine (glögi in Finnish), which may be either alcoholic or non-alcoholic.
- Desserts include Christmas pastries, and rice porridge with sugar and cinnamon.



Norway

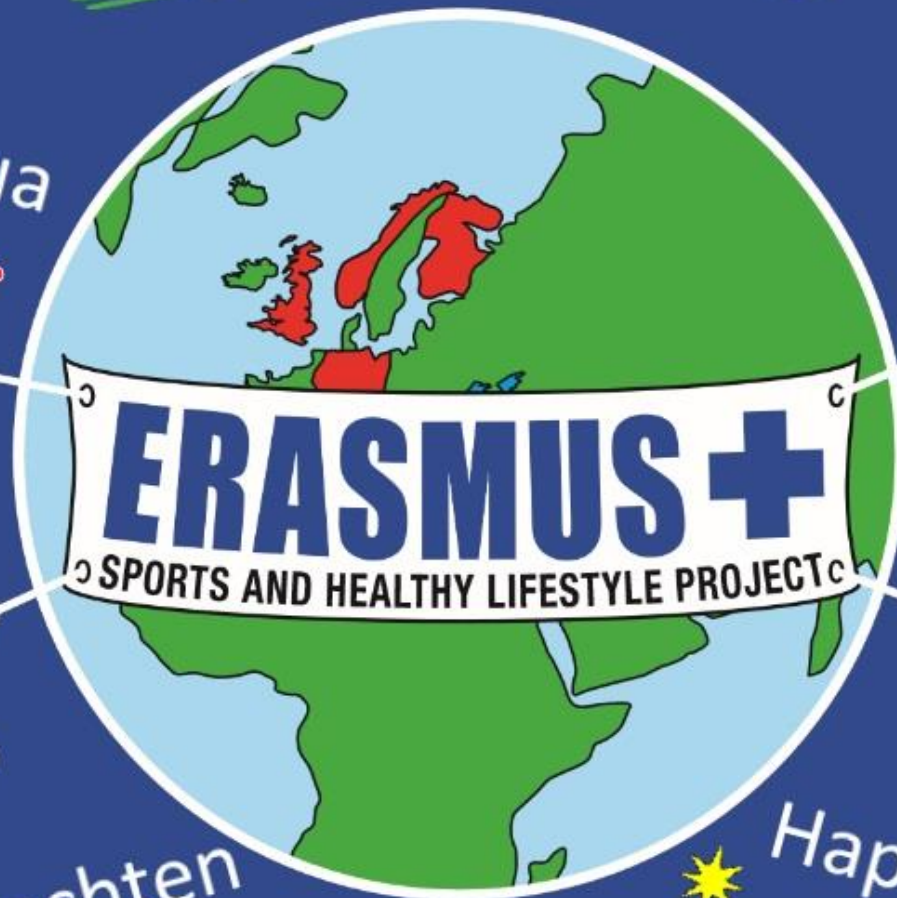


- Christmas Eve is most often the main event in Norway.
- The most common dish is ribbe, roast pork belly prepared with seasoning (salt and pepper), for proper crackling. Usually it is eaten together with boiled vegetables, sauerkraut, lingonberry jam, potatoes, and gravy. Mutton ribs or traditional lutefisk or salmon are also still eaten by some at Christmastime.
- For dessert rice pudding is very popular, sometimes with a raspberry sauce. Traditionally, there's always an almond hidden in the pudding and the person who finds it wins a marzipan pig. Christmas biscuits, gingerbread, and cloudberry cream are also popular.

Hyvää Joulua



God Jul



Frohe Weihnachten



Happy Christmas

