

# HOLIDAY FOODS AROUND THE WORLD



# ISRAEL – HANUKKAH

WHAT DO THEY EAT?

- **LATKES**
  - **FRIED POTATO CAKES**
- **SUFGANIYOT**
  - **FRIED, JELLY-FILLED DONUTS**



# UKRAINE – CHRISTMAS EVE DINNER

## WHAT DO THEY EAT?

- **KUTYA/KUTIA**

- **A DISH SWEETENED WITH HONEY**
- **INCLUDES INGREDIENTS LIKE WHEAT, POPPY SEEDS, AND NUTS**
- **A SYMBOL OF GOOD HARVEST AND ABUNDANCE**



# UNITED KINGDOM - CHRISTMAS FEAST

## WHAT DO THEY EAT?

- **MINCE PIES**
  - **PIES FILLED WITH MINCEMEAT AND DRIED FRUITS**
  - **ORIGINAL MINCE PIES CONTAINED BEEF**



# SWEDEN - ST. LUCIA'S DAY

## WHAT IS ST. LUCIA'S DAY?

- DECEMBER 13TH IS THE FIRST DAY OF THE CHRISTMAS SEASON
- THE OLDEST DAUGHTER OF EACH FAMILY DRESSES IN A WHITE GOWN WITH A RED SASH AND CROWN FULL OF CANDLES
- SHE TAKES A TRAY OF SAFFRON BUNS TO HER PARENTS IN BED

## WHAT DO THEY EAT?

- SAFFRON BUNS
- SPICED SWEET BUNS FLAVORED WITH CINNAMON



# SICILY - FEAST OF THE SEVEN FISHES

**WHAT IS THE FEAST OF THE SEVEN FISHES?**

- ON THE EVES OF SPECIAL HOLIDAYS, ROMAN CATHOLICS DON'T EAT MEAT OR DAIRY PRODUCTS
- AFTER FASTING, THEY EAT SEVEN SEAFOOD DISHES

**WHAT DO THEY EAT?**

- SOME DISHES INCLUDE SALTED COD, SHRIMP, AND CALAMARI



# SCOTLAND - BURNS NIGHT

- **WHAT IS BURNS NIGHT?**
  - **THE SCOTTISH POET ROBERT BURNS IS CELEBRATED ON JANUARY 25TH**
- **WHAT DO THEY EAT?**
  - **HAGGIS**
    - **A TYPE OF PUDDING COOKED IN SHEEP'S STOMACH**



# MEXICO - DAY OF THE DEAD

- **WHAT IS DAY OF THE DEAD?**
  - **A CELEBRATION HONORING LOVED ONES WHO HAVE PASSED AWAY**
- **WHAT DO THEY EAT?**
  - **BREAD FOR THE DEAD**
  - **LOAVES OF BREAD BAKED IN THE SHAPE OF PEOPLE AND ANIMALS**



# INDIA - DIWALI

- **WHAT IS DIWALI?**
  - **FESTIVAL OF LIGHTS**
  - **CELEBRATION OF GOOD OVER EVIL**
- **WHAT DO THEY EAT?**
  - **BESAN BURFI**
    - **FUDGE-LIKE BISCUITS**

