



DECEMBER 2022 | UBC ACTIVE KIDS

December Newsletter



Check out this resource to take a guided tour around [google earth](#) exploring holiday foods across the globe

HOLIDAY FOODS AROUND THE WORLD

Celebrate the holidays with your children this year by taking the time to explore some traditional foods from different cultures! Eating a variety of foods supports growth and development in children and encourages them to foster a **healthy relationship** with **food**. It has even been shown that children will consume enough food to meet their nutritional needs in terms of **quantity** and **quality**, given that caregivers present them with a variety of foods.

MEXICO: BUÑUELOS

Fried pastry served around **Los Posada** (celebrating Mary and Joseph's journey from Nazareth to Bethlehem). In **Oaxaca** tradition, clay plates are smashed on the ground after consuming the sweet treat.



PERU: SPICED HOT CHOCOLATE

Enjoyed late into the evening on Christmas, Peruvians will host a '**Chocolatada Navideña**' by gathering in large groups around a pot of fresh hot chocolate.



UKRAINE: KOLACH

Served on **Sviaty Vechier** (Christmas Eve), this braided bread has three layers representing the **holy trinity** and its circular shape is meant to symbolize **eternity** and **wellbeing**.



NORTHERN CHINA: JIAZOI (DUMPLINGS)

Eaten during Chinese New Year to symbolize **wealth** and are often filled with finely chopped vegetables or minced meat.

CHINA: TANGYUAN (SWEET RICE BALLS)

Often eaten on the last day of Chinese New Year during the Lantern Festival symbolizing **family togetherness**.



VIETNAM: BANH CHUNG

Served during **Tet** for the Lunar New Year and made from glutinous rice, pork and mung beans wrapped in bamboo leaves. The preparation process is time consuming and takes multiple days, often requiring 12 hours of boiling over a wood fire.



ISRAEL: LATKES

Ingredients:

- 2.5 to 3 lbs potatoes, grated
- 1 large onion, grated
- ¾ cup matzo meal or breadcrumbs
- 2 large eggs, beaten
- 1 tbsp potato starch
- 1 ¼ tsp salt
- ½ tsp pepper
- Oil for frying (~1.5 cups)
- ¼ cup schmaltz (optional)



A beloved staple during **Hanukkah**, these potato pancakes, fried in oil, play homage to the miracle of only one day's worth of oil lasting 8 days to keep a menorah in the Temple of Jerusalem lit.

Ingredients:

- 1 cinnamon stick
- 2 cloves
- 1 piece of orange peel
- 1 star anise
- 1 pinch nutmeg
- ½ cup water
- 2 cups milk
- ½ cup evaporated milk
- 3 tbsp bitter cocoa powder
- 1 ½ tbsp cornstarch
- Sugar to taste



See full recipe from [eatperu.com](#)



See full recipe from [toriavey.com](#)