

CHRISTMAS AROUND THE WORLD IN 5 DISHES!

WEEK 2



ABOUT THE CHALLENGE

For the next few weeks, we will be sharing Christmas traditions from 5 countries around the world. We will also share a traditional Christmas dish from that country for you to cook and enjoy as a family. There will also be a fun interactive online Christmas quiz to take part in!

Exploring Christmas in this way will encourage spending more quality time as a family and it could broaden your children's horizons. The activities also have potential to encourage children to experience new things and try different types of food.

Research tells us that the more time we spend with our children doing things like this, the more connected they will feel. And it is that sense of connection that serves as a protective factor against so many issues while encouraging development of resilience.

So, what are you waiting for? Let's jump straight in!

Don't forget to share pictures of your Christmas cooking antics with us via email or on social media!

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#FiveChristmasDishChallenge



Other Useful Links:



Facebook Parents Group
<https://www.facebook.com/groups/591081713029985>



Challenge Webiste (all weeks)
move-more.org/CHALLENGE-TERM2



WEEK TWO! CHRISTMAS IN CHINA



CHRISTMAS TRADITION: GIVING APPLES ON CHRISTMAS EVE!

A tradition that is becoming rather popular in China is the giving of apples on Christmas Eve, the 24th of December. Most shops in China will sell apples wrapped in colourful paper so people can buy them and give them as presents.

Like Valentine's hearts, these apples are beautifully boxed and typically contain unique and fun sayings. The reason behind this tradition? The word for Christmas Eve in Chinese, 'Ping An Ye' sounds very similar to the Chinese word for apple, 'Ping Guo' and the two things were brought together. These apples are known as peace apples.



CHRISTMAS RECIPE: FRUIT AND NUT BAKED APPLES

In China, people are more likely to celebrate Christmas with a roast made of pork, jiaozi (Chinese dumplings), spring rolls, huoshao (baked roll with or without stuffing), and rice. If you like the sound of any of those, do try them and let us know how they went. We, however, liked the idea of using the "peace apples" and turning them into an impressive dessert.



Now that you've learnt a bit about Christmas in China, why don't you take part in our fun Christmas quiz?



[HTTPS://YOUTU.BE/Q5RDIELPEK4](https://youtu.be/q5rdielpek4)

Q U I Z
T I M E !



CHRISTMAS RECIPE:

FRUIT AND NUT BAKED APPLES

Instructions

1. Preheat the oven to 180°C/350°F/Gas mark 4. Cut the top off each apple, but do not discard and core each fruit.
2. Put the raisins, sugar, butter, and cinnamon into a food processor and pulse several times, to produce a coarse, textured mixture.
3. Fill each apple cavity with the mixture and add the tops. Arrange the apples in shallow oven proof dish and pour over the apple juice.
4. Bake for 30 mins or until tender. Sprinkle over almonds and the blackberries and serve immediately piping hot.

Ingredients

- 4 eating apples, cored
- 2 tbsp brown sugar
- 2 tbsp raisins or sultanas
- 25g butter
- 1 tbsp cinnamon
- 200ml apple juice
- 1 tbsp honey
- 200g blackberries
- 50g flaked almonds



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