

CHRISTMAS AROUND THE WORLD IN 5 DISHES!

WEEK 4



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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@MoveMoreCIO
#FiveChristmasDishChallenge



Other Useful Links:



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



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



WEEK THREE! CHRISTMAS IN NEW ZEALAND



CHRISTMAS TRADITION: SUMMER STYLE CHRISTMAS!

Christmas Day is the same date as here in the UK but as seasons in New Zealand are opposite to seasons in the UK, Christmas represents the start of the summer holidays and it is often celebrated by spending time at the beach or camping. Santa parades in

November and December are also common and include marching teams, bands and floats. Christmas tree in New Zealand is different from the ones we are used to in the UK. It is called the Pōhutukawa tree and it represents the season with its red blossoms.



CHRISTMAS RECIPE: STRAWBERRY AND KIWI PAVLOVA

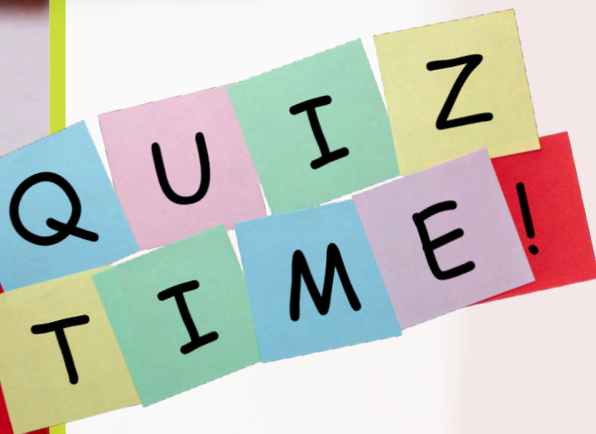
Food eaten at Christmas in New Zealand reflects the summertime too. Apart from BBQ for dinner, dessert is the main focus on Christmas Day. Hot fruit pudding, fruit salad, and ice cream are just a few examples of the desserts families enjoy at Christmas. Another favourite is a classic Pavlova topped with cream and fruit. This showstopper is often proudly displayed in the centre of the table - who could blame them?



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



<https://youtu.be/b-BNLCXXO-A>



CHRISTMAS RECIPE:

STRAWBERRY AND KIWI PAVLOVA

1. Set the oven to 180°C/350°F/Gas Mark 4. Using a hand mixer, whisk the egg whites to a stiff foam, then whisk in half the caster sugar until you get glossy peaks. Whisk in the last of the sugar. Blend the cornflour with the vinegar and whisk in.
2. Spoon the meringue onto the baking parchment on the tray, keeping it even and round.
3. Put the meringue in the oven and immediately turn the temperature down to 100°C/200°F/Gas Mark 1/4 and bake for 1 hour. Turn the heat off and leave it to cool in the oven.
4. To serve: Whip the cream with the icing sugar to medium-soft peaks. Pile the cream into the pavlova and scatter with the strawberries and kiwi fruit. Spoon passion-fruit pulp over and serve straightaway.

Ingredients

- 4 large egg whites
- 250g caster sugar
- 2 level tsp cornflour
- 2tsp white wine vinegar

To serve:

- 400ml double cream
- 2tbsp icing sugar
- About 400g strawberries, hulled and halved
- 2 kiwi fruits, peeled, quartered and sliced
- 2 passion fruits, halved and pulp scraped out
- 1 large, flat baking tray, lined with baking parchment which has a 23cm (9in) circle drawn on it

