



# Advent Kid's Kaleidoscope

## Week #3– JOY



**What is something that brings you Joy?**

Welcome to Advent Kids Kaleidoscope Week #3 about joy! What is something that brings you joy? Maybe it's being with family, playing with a pet, going on a walk, or getting a hug. There are many things that can bring us joy, and during the holidays, food is one of the things that can bring joy, because of the special meals and treats made during this time that are shared with family and friends.

Below you will find photos of traditional foods you can find in homes around the world during Christmastime. Cut out each photo and using the map on the second page, see if you can place them in the region where they belong. Once you have them all in a region, use the third and fourth page to learn more about each food and where you will find it being shared during the Christmas season.

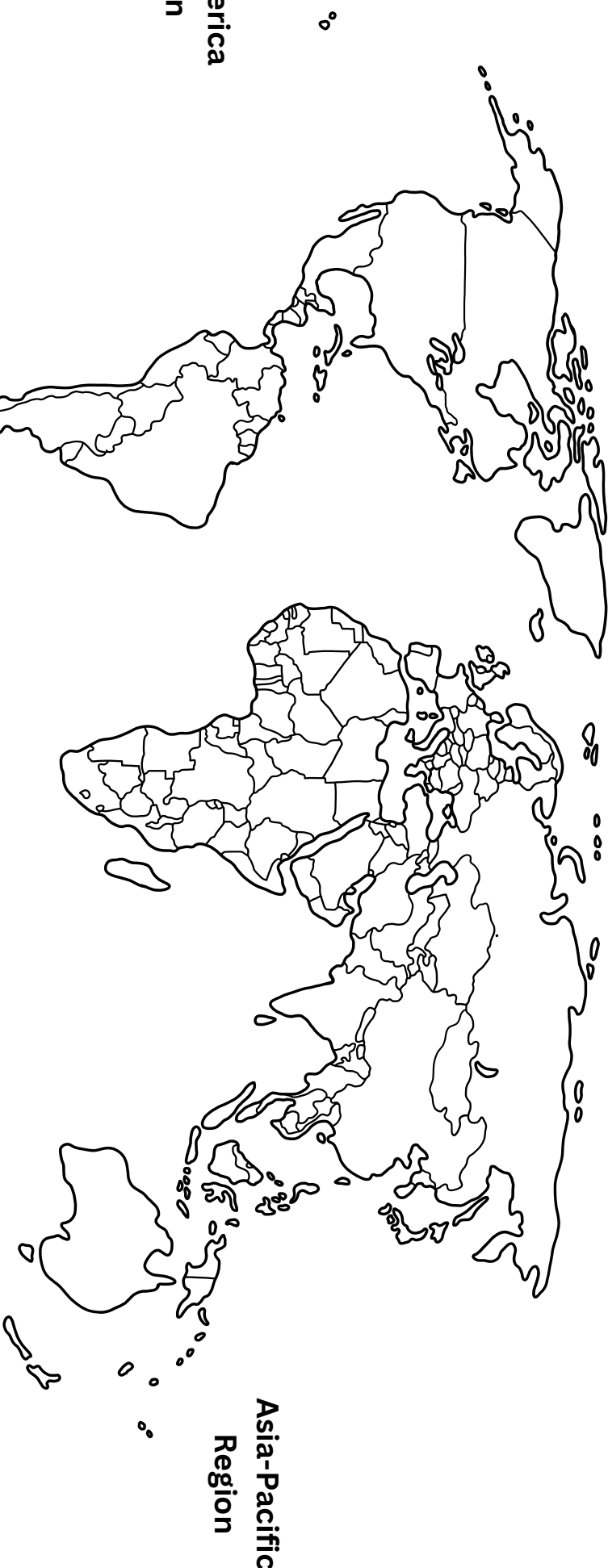
How did you do? Did you get them in the correct region? Isn't it fun to learn about what people eat in different places around the world? You can glue down the foods in the region where they belong, or make this a fun Christmas game to teach your family and friends about Christmas foods around the world. Remember, that joy is something you choose and sharing that joy can be like sharing food and time with others!

It is a gift from God!



**United States & Canada Region**

**Eurasia Region**



**Mesoamerica  
Region**

**South America  
Region**

**Africa Region**

**Asia-Pacific  
Region**



## AFRICA REGION



Senegal - Jollof Rice is popular across Africa and the world. It's often served with beef or lamb, vegetables, and spices.



Kenya – Nyama Choma is Swahili for roast meat, most popular...roasted goat...is eaten with the hands. Sides dishes include: kachumbari salad with tomatoes, onions, chile, lemon, and salt; Sukuma wiki...sauteed collard greens; chapati...soft, flaky flatbreads; and roast potatoes.



Madagascar - Fresh lychees, which are bought from shops and street sellers, fresh from the trees. At Christmas the streets get covered in lychee skins in Madagascar!

## ASIA-PACIFIC REGION



South Korea - Bungeoppang, which translates to "carp bread", is a fish shaped bread filled with red bean paste. This Korean street food in the shape of a fish symbolizes luck and abundance in Korean tradition.



New Zealand - Pavlova is made with a light meringue base and topped with fluffy whipped cream and fresh summer berries.



Fiji - Lovo is an underground oven used in traditional Fijian cooking. Meats and vegetables are wrapped in foil and banana leaves and placed on hot rocks lining a shallow pit. The food is covered and left to slow-cook in the steamy oven.

## EURASIA REGION



Armenia - Dolma, or Tolma, is a traditional Turkish dish of rice-and-meat-stuffed-vegetables or vegetable leaves. In Armenia they add many spices and herbs and it is a common treat during Christmastime.



Southern India - Biryani is a mixed rice dish with spices and some type of meat (chicken, goat, lamb, beef, prawn, or fish).



Italy - Pizzelles are the oldest known waffle cookie. The name pizzelle is based on the Italian word 'pizze' meaning round and flat, with the ending 'elle' referring to its small size. The traditional pizzelles are made with anise seed or anise extract, and they taste like licorice, but vanilla is also a very common flavor.



## MESOAMERICA REGION



Guatemala - Ponce de fruta (Special fruit punch), sweet and savory Tamales, made with a corn flour dough and cooked in corn husks, are two very important dishes served on Christmas Eve, the most common time to have Christmas dinner.



Haiti - Diri Kòlè, a very popular Haitian rice and beans dish. This is a common everyday dish, but is also very important during special occasions like Christmas.



Mexico - Champurrado is a thick warm drink made with Mexican chocolate, corn flour, milk, water, cinnamon, and vanilla. During the Christmas season it usually goes along with a tamale.

## SOUTH AMERICA REGION



Peru - Panettone, an Italian Christmas cake, filled with raisins and candied fruit, is always served with spiced hot chocolate in Peru. This is an essential part of the Christmas season, and is also the best Christmas present shared during a “chocolatada” or a hot chocolate Christmas party.



Venezuela - Pan de jamon, or ham bread. This treat was created in the early 1900's, using left over ham wrapped in bread dough. As the bread became famous around the country, additional ingredients were added such as olives, raisins, nuts, and capers. When you start to smell the Pan de Jamon, you know it is Christmas time.



Argentina - Asado or barbeque, is one of the country's most traditional and loved meals. The sizzling of different meats is a common sound and smell on Christmas night.

## UNITED STATES and CANADA REGION



Canada - Tourtière, a French-Canadian meat pie that originated in Québec, and is often served on Christmas or New Year's. It combines sweet and savory flavors, including beef, pork, potatoes, onions, allspice, and a flaky crust.



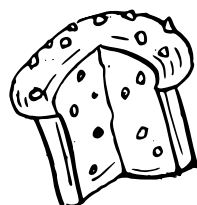
USA and Canada - Turkey, a traditional meat for Christmas dinner in many parts of the world especially USA and Canada, often served with stuffing, mashed potatoes, gravy, cranberry sauce, and vegetables.



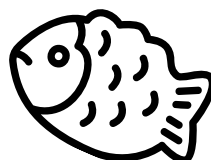
The United States - Cinnamon Rolls, a Christmas morning treat, using a very common but important holiday spice, cinnamon.



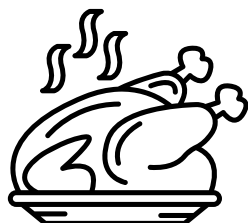
This week you will color the next two candles for your Advent wreath. Cut out the two candles below: One for this week, and one for week #4. Color the Joy candle pink, leaving the word JOY white; and color the Peace candle purple, leaving the word PEACE white. Draw and color some of your own special traditions on the candle as well. Then, make a cylinder shape and tape or glue your candle so it keeps that shape. You can twist red, orange and yellow tissue paper together and stick it inside the top to look like a flame. Then set, tape, or glue your candle on your advent wreath, where you will see it, and be reminded of ways you can share and prepare for the birth of Jesus.



J



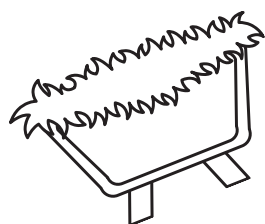
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Y



Tape or Glue

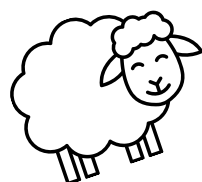


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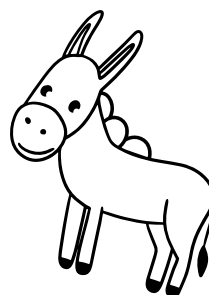


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Tape or Glue