



**Title**

**Ruthenian Dinner for Christmas Day**

**Author**

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**Table of activities**

<b>School subject</b>	<i>Biology</i>
<b>Topic</b>	<i>The food pyramid</i>
<b>Age</b>	<i>14 years</i>
<b>Required time fo the activity</b>	<i>90 minutes</i>
<b>Required materials</b>	<i>Fish-carp, rice, onion, oil, pepper, ground Krsturska peppers, salt, potatoes, heat source-stove, dishes, paper, thumbnails of given foods, glue, crayons</i>
<b>Cultural concept</b>	<i>Preparing Ruthenian traditional Christmas dinner</i>



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## Teaching concept

The goal of this activity is to study the food pyramid, which is a visual representation and can serve as a guideline for a proper and balanced diet. Through the preparation of a traditional Ruthenian Christmas dinner and the foods used for that occasion, the students study where they are in the food pyramid and what importance they have for nutrition.

## Cultural concept

Many nations have a tradition of preparing specific dishes for Christmas Eve or Christmas, as well as for other holidays. Ruthenians traditionally prepare a fasting dinner for Christmas Eve, i.e. river fish, mostly carp with rice and potatoes with the addition of oil and spices.

## Biological concept

The meals we eat during the day should contain a certain type and amount of food. The food pyramid is a pictorial representation of a healthy diet, where foods are classified into several different categories. It shows how and in what quantities certain foods should be used. At the bottom of the pyramid there are basic foods that should be used in the largest quantities, while towards the top there are foods that should be used less and less frequently. There are no forbidden foods, but it is necessary to balance the diet so that the body can function normally. At the very bottom of the pyramid is water, without which the body cannot function, followed by fruits and vegetables. Then comes cereals that contain sugars, vitamins, minerals and plant fibers. Followed by fruits and vegetables, then foods of animal origin and milk and dairy products, and finally, near the top of the food pyramid, smaller amounts of fat, oil, and sweets.

## Aim of the activity

The goal of the activity to apply students' knowledge of biology in everyday life in order to know how to prepare and combine foods for a balanced diet.

## Activities

This activity consists of the following steps:

The first step is for students to research information about the food pyramid to know which foods are on it and at what level. In the second step of this activity, students independently make a food pyramid on hammer paper with pictures and drawings of different foods. The created pyramid will serve as a help to determine where and in which level of the pyramid are the foods that will be used in the preparation of the Ruthenian dinner for Christmas Day, which

traditionally consists of carp fish, rice and potatoes with the addition of onions, pepper, salt, paprika and oil. To find an authentic Ruthenian recipe, students can use "Mother's Ruthenian Cookbook" or "Modern Ruthenian Cookbook". The last step in this activity is the preparation process and the way of serving the dinner itself.

### Additional materials

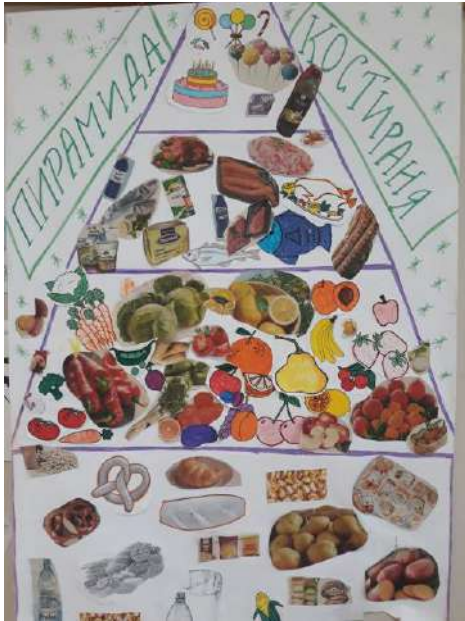


Figure 1. Food pyramid made by students



Figure 2. Food pyramid made by students



Figure 3. Preparation of traditional Christmas dinner



Figure 4. Traditional cookbook