

BELL RINGER 1

In Canada, people love to eat poutine (fries with cheese and gravy) as a comfort food. What is a similar comfort food that people love in Sweden?



EXAMPLES TO LOOK AT AFTER ANSWERING BELL RINGER 1

Swedish Meatballs (Köttbullar)

Served with creamy
gravy, mashed
potatoes, lingonberry
jam, and pickled
cucumbers.

Pea Soup and Pancakes (Ärtsoppa och Pannkakor)

A traditional
Thursday dish, this
yellow pea soup is
served with mustard,
followed by pancakes
topped with jam and
whipped cream.

Pytt i Panna

A hash made from
diced potatoes,
onions, and leftover
meats, often topped
with a fried egg and
served with pickled
beets.



BELL RINGER 2

Maple syrup is a common ingredient in Canada, often poured on pancakes or used in desserts. What is a popular Swedish ingredient that represents Sweden?



EXAMPLES TO LOOK AT AFTER ANSWERING BELL RINGER 2

Lingonberry Jam

Used in traditional dishes like meatballs, pancakes, or with porridge, this jam is iconic in Sweden and represents the country's forests and wild berries.

Dill

An essential herb in Swedish cooking, dill is often used in fish dishes, potato salads, and pickles, adding a fresh and distinctly Swedish taste.

Västerbotten Cheese

A unique, flavorful cheese often used in pies or as a topping in various dishes, this cheese is a Swedish specialty that represents its culinary heritage.



BELL RINGER 3

Canada's national animal is the beaver. It's famous for building dams in rivers and lakes. What animal represents Sweden, and why?



EXAMPLES TO LOOK AT AFTER ANSWERING BELL RINGER 3

Moose (Älg)

The moose is an iconic symbol of Sweden, known for its size and strength.

Moose are often found in Swedish forests, and they're popular in Swedish art, souvenirs, and road signs!

Dala Horse (Dalahäst)

Though not a real animal, the Dala horse is a symbol of Swedish heritage and craftsmanship. It represents Swedish culture and is often painted red with traditional patterns.

Reindeer (Ren)

Reindeer are essential to the Sami people in northern Sweden and symbolize the life and culture of the Arctic regions. They're important for food, clothing, and traditions.

BELL RINGER 4

Canada celebrates Canada Day on July 1st, with fireworks and parties. What is a similar celebration in Sweden?



EXAMPLES TO LOOK AT AFTER ANSWERING BELL RINGER 4

Swedish National Day

On June 6, 1523, Gustav Vasa was chosen as King of Sweden. This led to Sweden breaking away from the Kalmar Union with Denmark and Norway, becoming an independent country again with its own monarch.

Midsummer Celebration

Midsummer is a unique Swedish celebration held in June, usually around the longest day of the year. People dance around the maypole, sing traditional songs, and enjoy festive meals.

Valborg (Walpurgis Night)

In Sweden, Valborg (April 30th) is celebrated with large bonfires, singing, and parties to welcome spring.



BELL RINGER 5

Canada has many Indigenous groups, such as the First Nations, Inuit, and Métis, each with rich cultures, languages, and traditions. What Indigenous group in Sweden has its own unique culture and traditions?



EXAMPLES TO LOOK AT AFTER ANSWERING BELL RINGER 5

Sámi

The Indigenous group in Sweden with its own unique culture and traditions is the Sámi people. The Sámi are traditionally known for their reindeer herding, distinctive handicrafts, and joik singing—a unique form of musical expression. They have a deep connection to nature and a rich history that stretches across Sweden, Norway, Finland, and Russia. Like Canada's Indigenous groups, the Sámi have their own languages and cultural practices and have worked to preserve their heritage and rights within their countries.



BELL RINGER 6

Canadians love butter tarts, a gooey pastry with a rich filling. What type of traditional pastry or dessert do Swedes enjoy?



EXAMPLES TO LOOK AT AFTER ANSWERING BELL RINGER 6

Kanelbullar

Kanelbullar are sweet, spiral-shaped buns filled with cinnamon and sugar, often enjoyed with coffee, making them a popular fika treat in Sweden.

Semlor

Semlor are soft, sweet buns filled with almond paste and whipped cream, traditionally eaten on Fat Tuesday (Fettisdagen) before Lent in Sweden.

Prinsesstårta

Prinsesstårta is a layered cake made with sponge, raspberry jam, and whipped cream, covered with a layer of green marzipan. It's a classic Swedish dessert often served at celebrations.

BELL RINGER 7

In Canada, traditional log cabins are popular. What kind of traditional homes or buildings are common in Sweden?



EXAMPLES TO LOOK AT AFTER ANSWERING BELL RINGER 7

Red wooden houses with white trimmings

These cottages
are a classic
symbol of
Swedish
countryside
living.

Stuga

Swedes often
have small
wooden cabins
called stugas,
used for summer
getaways in
nature, often near
lakes or forests.

Ladugård

Traditional
Swedish
farmhouses,
typically made
of wood, often
seen in rural
landscapes.

BELL RINGER 8

In Canada, people make maple sugar candies from tree sap. What is a unique, traditional candy in Sweden?



EXAMPLES TO LOOK AT AFTER ANSWERING BELL RINGER 8

Salt Licorice

Salt licorice, a popular candy in Sweden known for its unique salty flavor, often enjoyed as a distinctive treat.

Polkagris

Polkagris, a type of striped peppermint stick candy originally from the town of Gränna.

Knäck

Knäck, a type of toffee candy made with sugar, syrup, and often mixed with nuts or seeds, traditionally served during Christmas.

BELL RINGER 9

In Canada, people celebrate the maple syrup season. What is a similar seasonal festival or celebration in Sweden?



EXAMPLES TO LOOK AT AFTER ANSWERING BELL RINGER 9

Kräftskiva

Crayfish Party, celebrated in August where people gather to eat boiled crayfish, often enjoyed outdoors with singing and drinking.

Lucia

Celebration, held on December 13th, featuring processions with girls in white dresses and candles, celebrating light during the darkest time of the year.

Advent

Advent, the period leading up to Christmas, is celebrated throughout December. It includes lighting candles on Advent wreaths and various festive activities.

