

Julbord Table / Christmas Table

Festivities across Europe



This image shows a typical julbord set-up. A smorgasbord depicting several different types of foods displayed over a dinner table.

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General overview

This module will be primarily focused around such an event called 'Julbord'. Which is the customary tradition of a smorgasbord (a buffet offering a variety of foods) of food centred around Christmas.

A type of festive Swedish smorgasbord is the 'Julbord' meaning Christmas table. The classic Swedish 'Julbord' is central to festive Swedish tradition, it often includes bread and dipping options, a variety of fish, baked ham, meatballs, pork ribs, cheeses, sausages, potatoes of various cooking styles, salads, boiled cabbage, kale and puddings made from rice.

- Cooking (Activity Two and Three)
- History (Activity One)
- Digital devices (Activity One)
- Hospitality (Activity One, Two, and Three)
- Economy (Activity One and Three)

Smorgasbords became popular in the seventeenth century, this is when the food moved from the side table to the main table, then the service adapted facilitating both warm and cold dishes, restaurants in Stockholm at the 1912 Olympic Games stopped serving smorgasbords as an appetizer and started serving them instead as a main course.

Vocational students are the future of the working world and need a concrete understanding of Holiday foods to;

- Have a more cost effective and still reputable business.
- Increase their corporate and social responsibility.
- Have a positive impact on the natural world.
- Understanding how to cater for groups of people.

Understanding European Festive Foods - Activity 01

Activity overview

The differences and similarities of traditional Christmas dishes

This activity will focus on learning about different foods from various countries to learn about how different countries have adopted different palates and tastes for their festive seasons. The students will focus on foods that are not from their native country and will try to find recipes to create the dish. Along with this challenge they will be tasked to find the foods at the lowest possible prices as a way to explore budgeting and managing finances.

Selecting a recipe and finding ingredients is important for anybody who wishes to pursue hospitality as a career.

Descriptive activity sheet

Stage 1

Description / Instruction

This will give the students an understanding of different food types that have been adapted for festive traditions.

This exercise is for the entire class.

The teacher will provide websites for the students to research 'Christmas foods' from across the world and have them finally select a recipe they wish to use. (Select a backup meal in case an ingredient is unavailable or not easily sourced).

Entry level Basic

Objectives

Increasing the students' awareness of different food groups.
To develop their understanding of international celebrations.
To develop their knowledge of the Julbord celebration.

Key competences

- Communication in the mother tongue;
- Communication in foreign languages;
- Digital competence;
- Cultural awareness and expression.

Resources

Equipment:
Internet connection, laptop

Duration

Allow the students time to set up and get a good amount of researching finished (40min)

Stage 2

Description / Instruction

This will allow students to talk with local people and see how they can get better prices for items needed for hospitality, it will also show initiative and entrepreneurship in the form of taking action when things are needed.

This Exercise is for the entire class.

The students will go to local businesses and attempt to find the cheapest ingredients for their selected foods. The students can do this by reusing waste from restaurants or shopping locally and support sustainability.

Entry level Basic

Objectives

Increasing the students capacity to barter for necessary items. This increases the initiative of students as well as increasing their self-confidence when the activity is completed

Key competences

- Communication in the mother tongue;
- Communication in foreign languages;
- Mathematical competence and basic competences in science and technology;
- Social and civic competences;

Resources

Teachers who understand spoken languages and can network with local vendors

Equipment: The students ingredients lists for their chosen meals. And money to pay for ingredients

Duration

This should allow time for students to discuss with each other their thoughts and perspectives (30-40 minutes)

Christmas the Time of Giving - Activity 02

Activity overview

Providing and Networking for groups

Catering for groups can often be a daunting task, but every smorgasbord has many participants (That's the main idea of a smorgasbord). This activity will be bringing students into the spotlight of providing food for a group of people.

The main section of this activity will be finding an appropriate group of people to cater for whether it's a closed setting (a chosen group of people) or an open setting (Walk-in and listed recipes).

The students will be tasked with appropriating the function and catering for the people themselves giving them experience in many fields of hospitality.

Descriptive activity sheet

Stage 1

Description / Instruction

This allows the students to have a working relationship with local businesses and organizations which leads to useful connections in the industry. Students should carry out interviews with clients to gauge their Julbord knowledge and awareness of this tradition.

Take the students for a field trip to local businesses or organizations and allow them to offer catering services with the specific focus of also teaching others of Swedish Julbord or Christmas Tables.

Use the form (Client Scoping Template) provided below and allow students time to complete it. This form will help collect all necessary information related to the clients coming to the event e.g. Dietary requirements, Favoured drinks, Personal necessities, Etc. Awareness of JulBord and the Swedish Traditions.

Entry level Basic

Objectives

To allow the students the capacity to establish networks with local businesses around their town/city.

To increase their communication skills and contact with potential clients.

To increase their awareness of the cultural traditions of Julbord and all that it encompasses.

Key competences

- Communication in the mother tongue;
- Communication in foreign languages;
- Social and civic competences;
- Sense of initiative and entrepreneurship;

Resources

A teacher with connections to local businesses or organizations and has experience organizing catering.

Equipment:

Vehicle for transportation (If walking is not possible)

And a list of potential organizations (provided by the teacher)

Duration

A whole day trip is likely necessary to complete this step (Varies on situation/what is possible to organise)

Stage 2

Description / Instruction

The students will have an increased understanding of how to prepare a dinner or event for multiple people and how much work is necessary.

The students will attempt to secure a location with available seating and necessary tools needed for cooking and catering for a group of people. The teacher may need to help with this.

Entry level Basic

Objectives

This will improve student's understanding of hospitality practices especially in event planning.

Key competences

- Communication in the mother tongue;
- Communication in foreign languages;
- Digital competence;
- Social and civic competences;

Resources

A teacher with catering experience and understanding of locations.

Equipment: Laptop, Internet connection, (phone if useable)

Duration

Half a day

Stage 3

Description / Instruction

This will allow students to gain a better understanding of the foods and cultures they are about to cook foods from.

Ensure all students have completed the **Client Scoping Template** and have gathered enough significant information about the proposed clients.

With this information students should prepare an informative yet informal presentation of Julbord traditions, with some information about their selected food.

These presentations will be part of Activity 3 and will be presented to the guests who attend and should give them understanding and access to knowledge of other cultures and Julbord traditions.

Entry level Basic

Objectives

This increases students awareness of cultures and designing for when they may need to have menus in the future.

To develop their presenting skills and researching competences. Students should be able to extract the most relevant information based on their clients needs and wishes.

Key competences

- Communication in the mother tongue;
- Communication in foreign languages;
- Digital competence;

Resources

A teacher with a basic understanding of digital design

Equipment: Laptop/computer

Internet connection

Printer

Paper

Recipes/food names

Duration

This process should not take too long, the longest part will be gathering the information into a document (45 minutes)

The following form is used as an example. If you have an alternative form you wish to adapt please feel free to use that instead with your students. This form can be completed individually or as a group.

Julbord Table/ Christmas Table Client Scoping Template

Client:

Event Date/Time:

Group Description:

Groups Awareness of Julbord:

Ask these questions as an example to understand their level of knowledge:

Are you aware of the Swedish Christmas tradition Julbord?

Have you ever experienced a Julbord before?

What are your experiences of a Julbord?

What would you like to experience?

Dietary Requirements or Allergies?

Dislikes/Likes?

Any other comments/points?

Let's get Festive - Activity 03

Activity overview

People have been learning new intercultural recipes for thousands of years, and recreating these dishes in your own country can help people understand how things are in other places, the richness or quality of ingredients used in foods can sometimes tell of the states of countries and people evolved pallets.

This activity will allow students to explore different types of cultures and foods that may not be considered 'festive' or 'Christmassy'. This allows the expansion of the students skills and being able to add another food they can cook to their memory/repertoire.

This will be an incredibly useful activity for students in the hospitality sector of VET education. As it increases multiple skills in the field of cooking;

- Health and safety
- Food preparation
- Meal cooking
- Recipe following
- Using new ingredients

Descriptive activity sheet

Stage 1

Description / Instruction

So they are prepared to begin cooking while organizing their current situation.
Have the students prepare all of the ingredients necessary for their chosen foods.

Entry level Basic

Objectives

This will improve the students' ability to prepare/ organize themselves in a situation where they will soon begin to cook.

Key competences

- Communication in the mother tongue;
- Communication in foreign languages;
- Mathematical competence and basic competences in science and technology;

Resources

Teachers who are familiar in the hospitality sector and can communicate with the class.

Equipment:

- Each students ingredients list,
- The ingredients themselves
- Measuring implements and utensils

Duration

Allow students sufficient time to properly prepare the ingredients in correspondence with food handling laws (30-40 minutes)

Stage 2

Description / Instruction

This is a cooking portion of the exercise and is very straightforward. Simply follow the instructions on the students' recipes.

Have the students read what needs to be done in order to proceed with cooking and have them follow the methods on their chosen food, during which time the teacher will supervise and assure the meals created are of decent quality

Entry level Basic

Objectives

This activity will improve all of the skills associated with cooking and the addition of different cultural foods increases this change.

Key competences

- Communication in the mother tongue;
- Communication in foreign languages;
- Mathematical competence and basic competences in science and technology;

Resources

Teachers who can assist with hospitality (Specifically cooking).

Equipment needed:

- Ingredients
- Cooking methods (differs between students)
- Measuring and cooking tools
- Cooking stove/fridge/ devices etc.

Duration

The duration of this activity will change in regards to food chosen, materials, resources.
(N/A)

Stage 3

Description / Instruction

This is a common workplace practice and a useful skill to know for day to day home cooking and cleaning.

The students will clean up after themselves including all equipment used.

Entry level Basic

Objectives

This will improve student's ability to clean and follow safety guides.

Key competences

- Social and civic competences;
- Sense of initiative and entrepreneurship;

Resources

A teacher who can communicate simple instructions to the students and remind them of safety.

Equipment: Cleaning tools, Sink, Soap, Gloves.

Duration

Allow students varying times for different equipment used. (30-40 minutes)

Stage 4

Description / Instruction

This will give the students functional experience in the art of catering.

Students, after having prepared a table with their various foods, will tend to the other needs of guests, e.g. drinks, cleaning, resupplying.

Entry level Basic

Objectives

This entire activity is to allow students non-formal but hands-on experience with competences involving catering.

Key competences

- Communication in the mother tongue;
- Communication in foreign languages;
- Social and civic competences;

Resources

A teacher with catering experience and who can communicate the local language.

Equipment: Cooked foods,
Cutlery, Glasses, Drinks.

Duration

The catering process and the event may take some time, allowing a whole session for the event.

Resources

<http://www.dlc.fi/~marianna/gourmet/smorgasb.htm>

<https://djaunter.com/julbord-swedish-christmas-meal/>

Activity 1

1. <https://happybellyfish.com/traditional-christmas-foods-around-the-world/>
2. <https://www.fluentin3months.com/christmas-food/>

Activity 2

1. <http://www.cateringandmore.com/ideas/>