


What are the three mandatory components of every Christmas meal? *

A Kutia, borshch and varenyky



B Kutia, compote and traditional bread ✓

C Banosh, kutia and varenyky

Correct!



When the evening comes, families sit down to enjoy a meal of 12 fasting dishes in celebration of the 12 apostles. Although the gastronomic choices vary by region and village, kutia, compote, and traditional bread are the universal components of a Christmas meal for every Ukrainian table. Kutia, a wheat or barley porridge mixed with raisins, poppy seeds, honey, and nuts, is the first dish. After kutia, one moves on to the remaining dishes. These have to be fasting (without milk, eggs, or butter) and usually include cabbage, potatoes, peas, mushrooms, and salty foods. The food is accompanied with a drink of compote.





What does Kutia symbolize on Christmas?

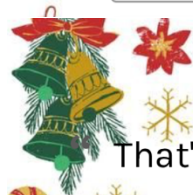


A Thankfulness for the bountiful harvest



B Reunion with deceased relatives ✓

C 12 apostles



That's right.



The Holy Supper is a communal supper, and even dead relatives are invited to dinner. The dinner's host invites them to the feast by leaving Kutia and compote on the windows, and sometimes even unwashed spoons and bowls after dinner so that souls can lick them for food.



What is forbidden until the family dinner is over?



A Getting up from the table



B Leaving the house before the dinner has ended ✓

C Putting the kids to bed



Yes indeed.



No family member should leave the house until the end of the family dinner. It is believed that opening the door will let in evil spirits.





Children also had their own activities during the celebrations. What is an example of a traditional Christmas children's entertainment?



A Singing carols with adults



B Decorating pine branches with sweets

C Looking for hidden nuts in the hay ✓



Yes!



After the Holy Supper, the fun begins. One of the activities for young children is looking for nuts in the hay (usually buried there by their parents). If the children find these "treasures," it is believed that the next year will be productive for the family.



There are also many superstitions around Christmas. Why don't Ukrainians borrow money on Jan. 6?

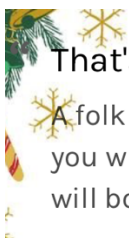


A It will attract evil spirits



B It is believed that you will be poor the coming year ✓

C It will bring bad luck for the coming year

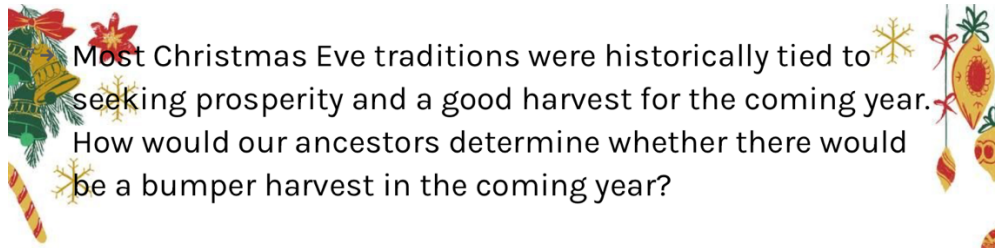


That's right.



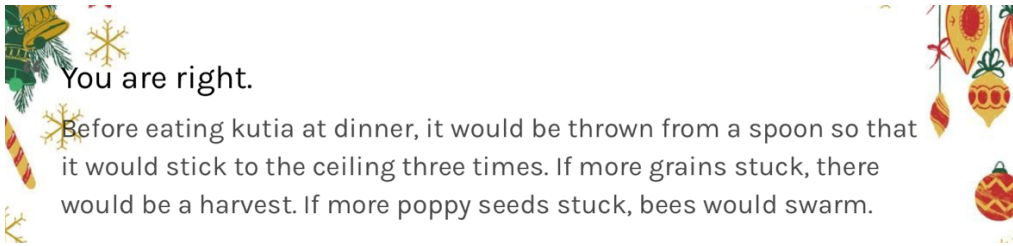
A folk superstition maintains that "how you will start the year is how you will spend it." Coming into the new year with debts means that you will borrow for the whole year and be poor.



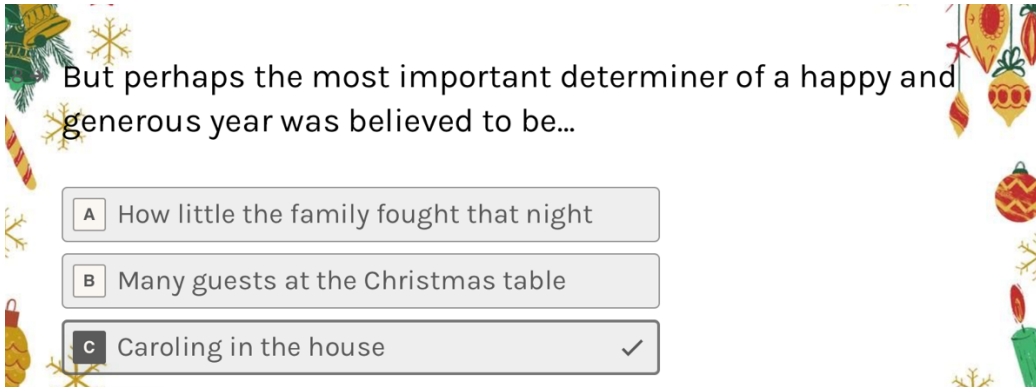


Most Christmas Eve traditions were historically tied to seeking prosperity and a good harvest for the coming year. How would our ancestors determine whether there would be a bumper harvest in the coming year?

- A If kutia grains were successfully stuck to the ceiling using a spoon
- B If the sun was shining on Christmas Day
- C If the sun wasn't shining on Christmas Day

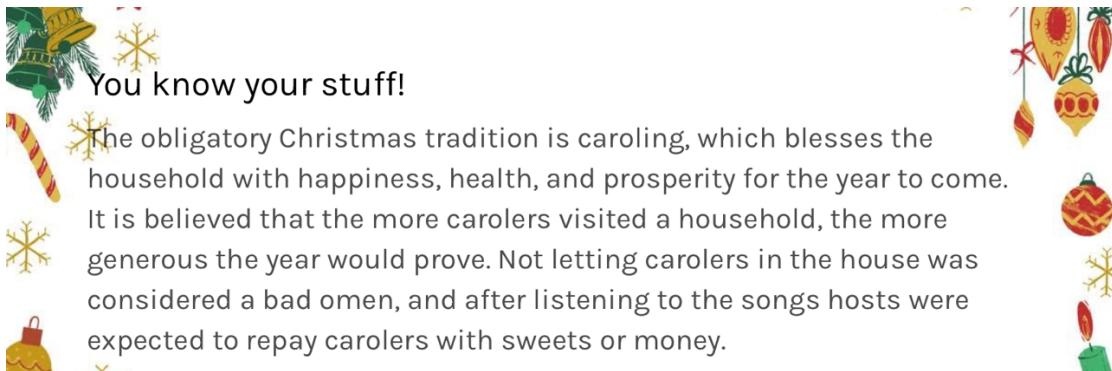


You are right. Before eating kutia at dinner, it would be thrown from a spoon so that it would stick to the ceiling three times. If more grains stuck, there would be a harvest. If more poppy seeds stuck, bees would swarm.



But perhaps the most important determiner of a happy and generous year was believed to be...

- A How little the family fought that night
- B Many guests at the Christmas table
- C Caroling in the house



You know your stuff! The obligatory Christmas tradition is caroling, which blesses the household with happiness, health, and prosperity for the year to come. It is believed that the more carolers visited a household, the more generous the year would prove. Not letting carolers in the house was considered a bad omen, and after listening to the songs hosts were expected to repay carolers with sweets or money.