

Heritage Dinner Party

Pass on Scandinavian food traditions to all generations.

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Summer is the perfect time to gather your family or lodge and host a Scandinavian-themed meal. No matter the size, it's an activity that both adults and kids can help with and enjoy. From preparing the food to making crafty table décor, it's all about creating fun, relaxed moments that encourage family and friends to share Nordic traditions.



Activities for Young People

PRESCHOOL

Cook Together

Get little ones into the kitchen at a young age as you make traditional recipes. Give them simple tasks to help with as you talk about the recipe and how it's important to the family.

Expand It: Incorporate language lessons by identifying the Norwegian words for certain dishes, such as rice pudding (*riskrem*) and cream cake (*blotkake*).

ELEMENTARY AGES

Pretty Table

Get crafty with the table décor by creating name tags for each place setting. Keep it simple with construction paper and Norwegian flag stickers or try a project that's a little more involved (see resources below).

Expand It: Make a red, white and blue ribbon vase for your floral centerpieces. See instructions at sweetpaulmag.com/crafts/ribbon-vase.

TEENAGERS

Game Time

Next to each place setting, write the name of a famous Norwegian on a card. Make sure it is face-down, so nobody can see it. Provide clues to help everyone guess who is written on your card.

Expand It: Let your teen be in charge of one dish to make.



Sample Menu

Poached salmon
with dill sauce

Marinated cucumber salad

Dill muffin dinner rolls

New potatoes

Norwegian rice cream

Blotkake



Resources

Sons of Norway's Recipe Box
sofn.com

Twig Name Tag Flags,
"Scandinavian Gatherings"
by Melissa Bahen

Cinnamon Stick
Place Cards
sweetpaulmag.com

Flag stickers
ingebretsens.com

To see Family Matters pages from previous issues, go to sofn.com, log in and select "Cultural Programming" then "Family Matters."