



Finnish food culture



# TERVEYTTÄ RUOASTA!

HYVÄN RUOKAVALION AINEKSIA



VALTION RAVITSEMUSNEUVOTTELUKUNTA

## Eating habits in Finland

- Normally Finnish people eat general European food like pasta, potatoes, rice, meat and fish.
- Usually we eat two warm meals per day but almost everybody eats different snacks like bread about 3 o'clock
- Finns eat lunch normally between 11-12 and dinner at 5 o'clock but it varies in families
- The food drink is milk



Ota tulla  
lautasmallia.

Kuok  
juomaksi  
maitoa

**1/4**

perunaa,  
riisiä tai  
pastaa

**1/2**

kasviksia

**1/4**

lihaa, kalaa  
tai munaa

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## schoolfood

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- We have a free lunch in school
- We have a lunch break which lasts 45 minutes
- Even if our lunch is free for students, it's not free for teachers
- We normally have a vegetable dish once a week
- Ministry of education wants us to have a lunch that is as healthy as possible



# Holiday food traditions

- At Christmas Finns eat ham, salmon, roe, herring, peas, and many different casseroles like liver casserole and carrot casserole. Mulled wine is a Christmas drink.
- In Easter we eat Finnish easter pudding aka *mämmi* and of course we also eat Kinder chocolate eggs. We also eat lamb.
- At the first of May we drink mead and eat doughnuts.
- At Midsummer we grill sausages, corn and vegetables.

