



# Holiday Trivia



1. What does the word Kwanzaa mean in Swahili?

- First fruits
- Faith
- Ancestors



2. Which of the following is NOT considered a Hanukkah food?

- kreplach (dumplings)
- potato pancakes
- brisket
- jelly doughnuts

3. What country does eggnog come from?

- Germany
- United Kingdom
- Sweden



4. Popcorn garland was first hung on trees outdoors in the winter to \_\_\_?

- feed the birds
- keep snakes out of the trees
- to show who owned the tree



5. What country are potato pancakes a national dish?

- Belarus
- Poland
- Russia



6. What are gelt?

- the candles on the Hanukkah Menorah
- chocolate candy coins
- plastic spinning tops



7. Peanut soup and Carp Kidgerie are holiday foods associated with what culture?

- Islamic
- African
- Scandinavian



8. Marzipan is a popular holiday food in this country.

- Germany
- China
- India

Answers: 1) First Fruits, 2) 165 B.C., 3) Boxing Day, 4) Mistletoe, 5) Epiphany, 6) Hanukkah, 7) African, 8) Germany

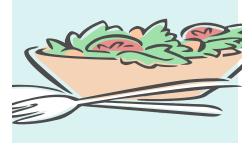




# Healthy Holiday Gift Ideas

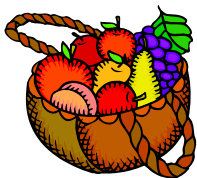


**Salad Set** – Fill a decorative salad bowl with flavored olive oils and a variety of seasoned vinegars. Add dry seasonings and a salad dressing carafe to complete this gift.



**Pasta Set** – Fill a Pasta Pot with a locking strainer lid with a variety of pasta - include whole wheat pasta. Add a couple jars of sauce and some dry seasonings to complete this gift.

**Soup Starter Kit** – Fill a Crock Pot and fill with a variety of dry beans, whole grain brown rice and dry seasonings. Add a cookbook on crock pot cooking to encourage frequent use.



**Holiday Fruit Basket** – Fill a basket, decorative bowl or platter with colorful fruits of all varieties, fresh and dried. Add nuts and a nut cracker. This is always a holiday favorite, especially for those who are trying to eat healthy during the holidays.

**Rice cooker/steamer kit** – This is a great gift. The cooker/steamer unit cooks perfect rice every time and can be used to steam vegetables. Include packages of whole grain rice. A healthy cookbook would be a good finishing touch to this gift, such as “The New American Heart Association (AHA) Cookbook” or “The AHA Meals in a Minute Cookbook.”



**Exercise Bag** – Buy an attractive canvas bag and include a colorful water bottle, hand/wrist weights, pedometer and a 2008 calendar. Include a gift certificate to health club or sports apparel store as a bonus.

## Other Holiday Theme Basket Ideas

- Flavored Tea and Coffee Sampler
- Movies (videos/DVD) and Popcorn
- Book Certificate and Gourmet Hot Cocoa
- Restaurant or Supermarket Gift Certificates

The Schenectady County Office for the Aging denies no person services or access to service based upon race, color, sex, religion, national origin, marital status and/or handicapping conditions. The Office for the Aging is a Schenectady County Department, primarily funded with County tax dollars. Supplemental funding is through the New York State Office for the Aging under Title III-B/D, III-C-1, III-C-2, III-F of the Federal Older Americans Act, and New York State Expanded In-Home Services for the Elderly (EISEP), Community Services for the Elderly Act (CSE), Congregate Services Initiative (CSI), and the Supplemental Nutrition Assistance Program (SNAP).

**ATTENTION SENIOR CITIZENS: Have a nutritional question or concern? If you are participating in a senior meal program, you are eligible to have a free consultation with a Registered Dietitian. Call 372-1622, extension 269, for more information.**