

# Christmas in Sweden



God Jul! That's how we say 'Merry Christmas' in Sweden. I am dressed up as Saint Lucia with a crown of candles on my head. As the oldest daughter in my family, I wear this costume to wake up my family on St. Lucia Day on December 13th. St. Lucia Day is the first event of the Swedish Christmas season! Two days before Christmas, we will decorate our home and prepare food for our big Christmas Eve meal. On Christmas Eve, it is a Swedish tradition to watch a Donald Duck cartoon in the afternoon before we have our meal and open presents!



Place the St. Lucia  
bun here!

A traditional Swedish Christmas food is the **St. Lucia bun**. St. Lucia buns are made with a spice called saffron which gives the buns a bright yellow color.

In Sweden, a Christmas elf called **Jultomten** brings presents to children on the afternoon of Christmas Eve. Jultomten knocks on the door and asks, "Are there any good children here?"



Place  
Jultomten  
here!

## A Bit About Sweden



Continent: Europe  
Neighbors: Norway, Finland  
Capital City: Stockholm  
Official Language(s): Swedish  
Population: 9 Million  
Money: Swedish krona  
Anthem: "Thou Ancient, Thou Free"

This decoration is the **Julbock**, the Christmas goat. People once believed that the spirit of the Julbock would visit before Christmas to make sure everything for the holiday was being prepared well.



Place  
the Julbock  
here!

People leave out a bowl of porridge for Jultomten to eat.

