



LET'S LEARN ABOUT UKRAINE



Vyshyvanka is the casual embroidered blouse that many Ukrainian women and girls wear.

Learn about Ukraine as your family celebrates diversity and global culture with this grocery-box-to-go community meal. Immerse yourselves and learn about what it's like to be a family in Ukraine.

Pysanky are intricately decorated Easter Eggs from Ukraine. Families work together to decorate these. Red symbolizes the sun, life, joy; yellow stands for wealth and fertility; green is the symbol of spring and plant life.

http://www.ukrainianmuseum.org/ex_100306pysanka.html



Ukraine is located in Eastern Europe, bordering the Black Sea, between Poland, Romania, Moldova in the west, and Russia in the east.



WHAT IS THEIR CULTURE LIKE?

Families in Ukraine ride bicycles, visit historical sites, play soccer, go swimming, and decorate pysanky (Easter eggs).

HOW DO FAMILIES HAVE FUN?
 WHAT ARE UKRAINIAN KIDS LIKE?
 HOW DOES UKRAINIAN FOOD TASTE?
 HOW CAN WE FIND OUT MORE?

LET'S MAKE SOME UKRAINIAN FOOD!



Borscht (борщ), is a red beet soup that is native to Ukraine and is an integral part of the cuisines of several countries in Eastern and Central Europe. Visit this website to learn how to make borscht and other traditional Ukrainian recipies.



WHAT KIND OF INGREDIENTS?

In Ukraine, people eat foods like bread, pork, fish, sour cream, dumplings, and borscht (beet soup) .

NURSERY RHYMES



Listen to the Ukrainian version of "Twinkle, Twinkle, Little Star". Scroll down under the "Notes" section to watch.

SEE UKRAINIAN DANCE!



The word *Hopak* derives from the word "to hop". It was initially a Cossack social dance.

GRAB YOUR PASSPORT!



Bring your passport to every meal to earn prizes for participating.

BOOKS CONNECTED TO UKRAINE

Mitten: A Ukrainian Folktale

Available through Traverse Area District Library.



United Way of Northwest Michigan

