



The national dish of Brazil is feijoada – a stew of beans, meat, herbs and spices. It is traditionally a popular meal for a Wednesday or Saturday lunch. The dish is served with a spicy salsa, kale and slices of orange.



Moqueca is a thin stew or soup that consists of fish (such as shark or swordfish), tomatoes, onions, garlic and coriander. The ingredients are slowly cooked in a special casserole dish called a capixaba pan. It is sometimes served with prawns.



These are **pastels**. They are a popular fast-food dish in Brazil. They are rectangular-shaped thin crust pies, with fillings such as meat, cheese, fish or vegetables, that are fried in vegetable oil. Some pastels can be sweet, with fillings like chocolate or banana, but these are less common.



Coxinha is another popular food. Dough is wrapped around shredded chicken, which is then battered and fried. They are shaped to resemble chicken legs, and the name 'coxinha' literally means 'little thigh'. Other variations include fillings such as cheese or vegetables.



Pão de queijo are small, baked cheese rolls, typically about 3-5cm in size. They are a popular breakfast food or daytime snack. Although the name literally translates as 'cheese bread', the taste is sweeter, and the texture more elastic.



Pizza is a very popular food in Brazil. As well as the traditional Italian toppings, Brazilians also like to use sweet toppings such as banana, cinnamon and chocolate!



These are **brigadeiros**. They are traditional Brazilian desserts, first created in 1940. They are made from condensed milk, cocoa powder and butter, and covered in a layer of chocolate sprinkles. They are often served at children's birthday parties, after the birthday cake.



This is **bolo de rolo**. It looks similar to a Swiss roll cake, but the layers are much thinner. Typical fillings are marmalade, 'doce de leite' (this is similar to caramel), or melted guava (a tropical fruit). The outside of the cake is sprinkled with sugar.

Brazilian Beverages

- **Black**, strong, sweet coffee is a popular hot drink in Brazil, as well as **chimarrão**, which is an unsweetened green tea.
- **Guaraná** is a caffeinated soft drink, made from the seeds of the guarana fruit. It has a mild and apple-like taste.
- **Batida** is a drink similar to a milkshake. It is made with fruit juice and sugar, and is blended with ice. Sometimes sweet condensed milk is added. The most common flavours are lemon, passionfruit, or coconut.
- **Cachaça** is the most popular alcoholic drink in Brazil. It is a spirit made from sugarcane juice. It can be drunk by itself, or used as an ingredient in a famous Brazilian cocktail called a **Caipirinha**, which also includes lime juice, sugar and ice.

What are the similarities and differences between drinks in Brazil and drinks in the UK?



Brazilian Desserts

Popular Brazilian desserts usually contain milk products, nuts and local fruits, such as mango, papaya, cashew, guava, orange, passionfruit and pineapple.

- **Arroz Doce** - this is a rice pudding flavoured with cinnamon.
- **Brigadeiro** - this is a small chocolate sweet that is covered in chocolate sprinkles.
- **Bolo de rolo** - a thin sponge cake rolled into the shape of a log, filled with marmalade, melted guava or caramel.
- **Cocada** - made from eggs and shredded coconut, this is a hard sweet which has a soft, chewy centre.



Do any of these desserts sound similar to those we have in the UK?

What is Brazilian food like?

Meat and fish play an important role in the typical dishes of Brazil. Root vegetables such as cassava and yams are also staple ingredients, and popular fruits used in cooking are mango, papaya, guava, passionfruit and pineapple.

Brazilians typically eat three meals a day. Breakfast usually consists of a cup of coffee or chocolate milk, some fruit or cheese rolls. Lunch is eaten anywhere between 11am and 2pm, and is the largest meal of the day. A typical meal might be a stew of meat, beans and rice. Supper is usually a light meal, for example soup, a sandwich or a salad.

Some restaurants in Brazil provide a buffet, where food is paid for according to its weight. Churrascarias are also popular places to eat - a fixed price is paid, then servers bring round assorted barbecued meats.

What are the similarities and differences between what and how food is eaten in Brazil and the UK?



Regional Brazilian Dishes

The regions of Brazil differ in terms of traditional and popular dishes.

- **NORTH REGION** - the most famous dish in this region is 'pato no tucupi', which is duck served in a yellow broth made from cassava, a root vegetable.
- **NORTH-EAST REGION** - 'vatapa' is a popular dish made from bread, shrimp, coconut milk and peanuts, all finely ground together to form a creamy, thick paste.
- **CENTRAL-WEST REGION** - 'arroz com pequi' is a rice dish flavoured with a rich, strongly flavoured fruit.
- **SOUTH-EAST REGION** - 'bolinhas de bacalhau' are fried cod balls. They are a popular street food in this region.
- **SOUTH REGION** - barbecued meats called 'churrasco' are a popular dish.



Which region would you most like to sample the food from, and why?



Footvolley, as the name suggests, is a blend of football and volleyball. The players use their head, chest and legs to get the ball over the net. Originally there were five players on each team, but this has been reduced to two players to increase the difficulty of the game.



Football is by far the most popular sport in Brazil, both for playing and watching. As of 2018, the national football team have never failed to qualify for the World Cup competition, and have won it a record five times, the last occasion being in 2002.



Capoeira is an Afro-Brazilian martial art combining music and dance. The dancers perform acrobatic movements whilst the two musicians play the atabaque (hand drum) and berimbau (a musical bow with a single string).



Motor racing is also a popular sport in Brazil. The Brazilian Grand Prix is a Formula One championship race which is currently held every year in the Autódromo José Carlos Pace in São Paulo. The Brazilian driver, Felipe Massa, won in 2006 and 2008.



By © John Lamonica, CC BY-SA 3.0, <https://commons.wikimedia.org/w/index.php?curid=9111428>

Brazilian jiu-jitsu is a martial art that focuses on ground fighting. The concept behind this sport is that a smaller, weaker person can defend themselves against a larger, stronger person by using the proper techniques.



The Amazon Theatre is an opera house found in the Amazon rainforest. It hosts the Amazonas Opera Festival every year, and people can go to see musical concerts and other performances there.



Samba is a very popular music and dance style that originated and developed in Brazil. The dance is characterised by forwards and backwards steps and tilting, rocking body movements, and the music is played on different types of percussion instruments.



Fresecobol is a beach sport similar to tennis, but without a net and using smaller rackets and ball. The aim is to keep the ball in play as long as possible.

Football

Football is the most popular sport in Brazil, and plays a huge part in the country's national identity and culture. Brazilian football fans often refer to their country as 'o País do Futebol' - 'the country of football'.

The national football team have won the World Cup a record five times, in 1958, 1962, 1970, 1994 and 2002. Brazil is the only country to have qualified for and played in every single World Cup held to date.

Pelé, a Brazilian football player, is considered by many to be the greatest player of all time. He is the most successful league goal scorer in the world, achieving 1,281 goals in 1,363 games.

In Brazil, informal games of football are played by children and adults alike on the beaches, streets, or in special indoor fields.

What sport or sports do you think are important to your country's culture?



Martial Arts

A martial art is a method of fighting or defending yourself. Several different styles of martial arts are popular in Brazil:

- **Brazilian Jiu Jitsu** - the focus for this type of martial art is on ground fighting. The Brazilian form promotes the idea that, if using the proper techniques, a smaller, weaker person can defend themselves successfully against a larger, stronger or heavier person. It is seen as a sport which improves physical fitness and is character building.
- **Capoeira** - this is a Afro-Brazilian martial art, which combines music, dance and acrobatics. It is characterised by constant, quick and complex movements, including spins, kicks, cartwheels and rolls.



Which of these martial arts most appeals to you, either to watch or take part in, and why?

Music & Dance

Samba is a very popular music and dance style that originated and developed in Brazil. The dance is characterised by quick steps and a swaying, rocking motion of the body, to the rhythm of the music. A strong beat is played on different types of percussion instruments, such as drums and tambourines.

Samba originally began as a solo dance, but it has since developed into many different forms and types, including gentler versions at slower tempos, and partner dances.

Samba features prominently in the Carnival, where it is performed as a street dance. Samba schools (dancing clubs) spend many months designing a theme, making costumes and rehearsing their dances for the festival.

Have you heard or seen Samba music or dance before?
How would you describe it?



Beach Sports

There are many beautiful beaches on the coast of Brazil. People go there to enjoy the scenery and relax, but there are also lots of popular beach sports too.

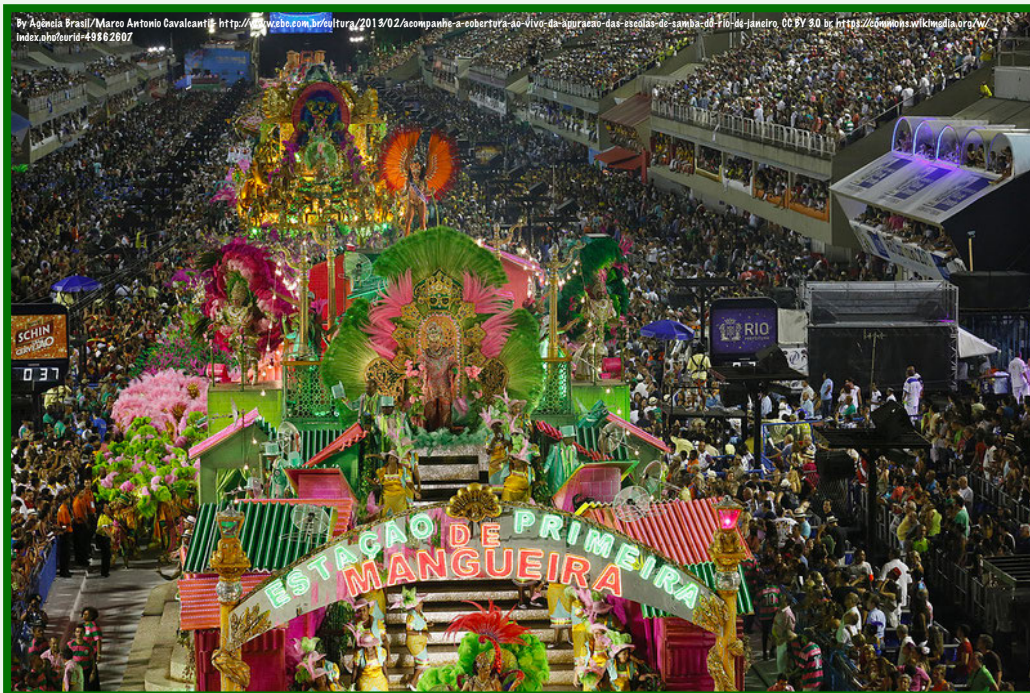
- **Futevôlei** - this is 'footvolley', and as the name suggests, it is a mixture of football and volleyball. The players need to get the ball over the net, and can do this by using any part of their body except their arms or hands. When the game was first played, there were five players on each team, but this has gradually been reduced to two players, to increase the difficulty level.
- **Frescobol** - this game is similar to tennis, except there is no net and the players stand closer together. The rackets and ball are more similar in size to those used in table tennis. Rather than trying to score points against each other, the aim of the game is for the players to work together to see how long they can keep the ball in play for.

Which of these beach games would you like to play
and why?





The carnival is Brazil's most famous holiday. It lasts for six days, and covers the period leading up to the 40 days of Lent. There is music, singing and dancing in the streets both day and night.



During the Carnival in Brazil, there are huge parades which involve music, dance, elaborate costumes and floats (decorated platforms). The parades are held in the specially built Sambadrome, which can hold up to 80,000 spectators.

It is considered unlucky to eat chicken or turkey at New Year, as these birds scratch backwards in the ground with their claws. New Year is seen to be a time to move forward.



Eating seven pomegranate seeds at New Year is thought to bring you wealth for the following year.



Dia de Finados, or Day of the Dead, is meant for remembering and honouring family members and friends who have died. Candles are lit and flowers are made as offerings to lost loved ones.



At New Year, it is traditional to wear white clothes, as it is believed that this will give you energy for the new year and keep away bad luck.



Lots of New Year celebrations are held on the beach in Brazil. It is traditional to jump over seven waves, making a wish for the new year each time.



A table of sweet treats and desserts is typically displayed at children's birthday parties. Empty gift bags are given to the guests, who can fill them with food to take home.



The birthday girl or boy is given the first slice of cake. However, instead of eating it, it is traditional that they give it to an important person in their life, like this mum or dad.

Brazilian Carnival

This is the most famous holiday in Brazil, and is widely celebrated in cities throughout the country. It is a six-day-long festival, beginning on the Friday before Ash Wednesday, and ending on that day at noon. This marks the beginning of Lent, the 40 days before Easter.

Due to their religious beliefs, some people do not eat meat during Lent. The term 'carnival' comes from the Portuguese word 'carnelevar', which means 'to remove meat'.

The carnival is celebrated with music, dancing and singing in the streets both day and night. Huge parades are organised by Samba schools (Samba is a Brazilian dance), where each school has different floats (specially decorated platforms), costumes, dances and music. The performances are scored by judges and winners are announced.

Why do you think this festival is held directly before Lent?



Dia de Finados

Dia de Finados, or Day of the Dead, is a national holiday in Brazil. It is held on the 2nd November each year. The day is meant for remembering and honouring family members and friends who have died. Many Brazilians will visit the graves of their loved ones, taking offerings of flowers and lighting candles for them.

In Brazil, this day is not celebrated with a party, but friends and family do gather together to remember and celebrate their lost loved ones. As a sign of respect for the dead, some Brazilians do not eat meat or drink alcohol.

It is a solemn, quiet day, with people spending time thinking and reflecting on past events.



What are your thoughts about this holiday?

Birthday Traditions

In Brazil, it is traditional to celebrate the birthday of a child with a party. Most parties are held at home. However, sometimes special venues that organise children's birthday parties, called 'buffet infantil', are hired. Parties in these venues usually last four hours.

In the room there is a table full of food. In the centre stands the birthday cake, which is surrounded by lots of sweet treats and desserts. There are empty gift bags which the guests can use to take some of the food home. When the birthday cake is cut, the first piece goes to the birthday boy or girl. However, they do not eat it - they give it to an important person in their life, like their mum or dad.

Near the end of the party, everyone sings 'Happy birthday' to the child. It is considered impolite to leave before this is sung!

What do you think about the tradition of giving the first piece of cake to an important person in the child's life?



New Year Celebrations

In Brazil, there are a number of traditions associated with New Year:

- **Wearing white**- this colour is a symbol of peace. Wearing white clothes is believed to give you energy and keep away bad luck. Coloured underclothes can be worn though, and different colours represent different wishes for the coming year; orange for success, blue for harmony, green for good health, red for romance, and purple for inspiration.
- **Offering gifts to the goddess** - in Brazilian myths, Lemanja is a goddess who controls the waters. People give her gifts to appease her - they float flowers and candles on the water, or throw rice, jewellery and perfume into the sea.
- **Jump seven waves** - as lots of New Year celebrations are held on the beach, it has become tradition at midnight to jump over seven waves, making a wish for the new year each time.

What New Year traditions do you have?



Explain the rules (found on the lesson plan) to the children before beginning the quiz.

Category	Question	Answer
Food & Drink	What are the main ingredients of Brazil's national dish, Feijoada?	Beans, meat, herbs, spices
Sport & Leisure	How many times has the Brazilian national football team won the World Cup?	Five times (as of 2018)
Celebrations & Holidays	Traditionally, what happens to the first piece that is cut from a birthday cake?	It is given by the birthday girl or boy to a person important to them
Food & Drink	What are brigadeiros?	A small chocolate sweet
Sport & Leisure	What is the name of the Brazilian music and dance style that is especially popular during Carnival?	Samba
Celebrations & Holidays	Who is remembered during Dia de Finados?	Lost friends, family and loved ones
Food & Drink	Name a popular filling for bolo de rolo.	Marmalade, melted guava, doce de leite (accept caramel)
Sport & Leisure	What is the aim of Frescobol?	The players work together to keep the ball in play
Celebrations & Holidays	Why is it traditional to wear white at New Year?	White is thought to give energy and keep away bad luck
Food & Drink	What food is served in a churrascaria?	Barbecued meats
Sport & Leisure	Which martial art is a combination of music, dance and acrobatics?	Capoeira
Celebrations & Holidays	How long does Brazil's carnival last?	Six days
Food & Drink	What Brazilian drink is similar to a milkshake?	Batida
Sport & Leisure	Which famous Brazilian football player scored a record 1,281 goals in 1,363 games?	Pelé
Celebrations & Holidays	The seeds of which fruit should be eaten if hoping for a prosperous New Year?	Pomegranate

Culture Expert on:



SPORT & LEISURE

Culture Expert on:



SPORT & LEISURE

Culture Expert on:



FOOD & DRINK

Culture Expert on:



FOOD & DRINK

Culture Expert on:



CELEBRATIONS &
HOLIDAYS

Culture Expert on:



CELEBRATIONS &
HOLIDAYS

Culture Quiz Challenge!

In pairs, choose a Brazilian Culture Pack. Read and discuss the information together.

Devise a set of nine questions about this information. Make sure you have 3 'easy', 3 'medium' and 3 'hard' questions. Write them on the Culture Quiz Template.



Now, find another pair who have looked at a different aspect of Brazilian Culture to you. Swap Brazilian Culture Packs with them, and give each other time to read the information.

Now take away the Brazilian Culture Packs, and swap Culture Quizzes with each other. See how well you do on each other's quizzes!

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ROUND ONE (each correct answer scores 1 point)		
QUESTION:	QUESTION:	QUESTION:
ANSWER:	ANSWER:	ANSWER:
ROUND TWO (each correct answer scores 2 points)		
QUESTION:	QUESTION:	QUESTION:
ANSWER:	ANSWER:	ANSWER:
ROUND THREE (each correct answer scores 3 points)		
QUESTION:	QUESTION:	QUESTION:
ANSWER:	ANSWER:	ANSWER: