



EMBASSY OF THE REPUBLIC OF THE PHILIPPINES Stockholm



05 APRIL 2025

SILID ARALAN SA EMBAHADA STUDENTS COMMEMORATE THE FOOD MONTH 2025



PHILIPPINE EMBASSY IN
STOCKHOLM

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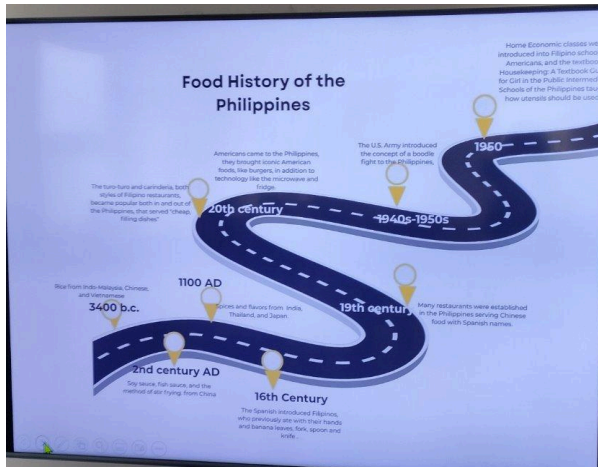
In celebration of the Filipino Food Month, the Philippine Embassy, in partnership with the Philippine Education Society (PES), organized a lecture and demonstration of Filipino cuisine on 05 April 2025, as part of the Silid-Aralan sa Embahada Termino III program.

PES Teacher Rofellita Larsson led the activities for the day, which started with a lecture on the food history of the Philippines entitled: “*Sarap ng Pagkaing Pilipino, Yaman ng ating Kasaysayan, Kultura, at Pagkatao*”. She expressed the importance and connection of Filipino food in Filipino culture and traditions.

Teacher Larsson presented a video showing how to make *lumpiang shanghai*. After the demo, the students were given the opportunity to make it themselves, and it was served as their snacks for the afternoon. END.



Slid Aralan students enjoyed the lumpiang shanghai making activities.



SARAP NG PAGKAIN PILIPINO, YAMAN NG ATING KASAYSAYAN, KULTURA, AT PAGKATAAO

THE DELIGHT OF FILIPINO CUISINE: A TREASURE OF OUR HISTORY, CULTURE AND IDENTITY

Isang Paglalakbay sa Sarap, Tradisyon, at Pagkakakilanlan

Historia på Matbordet

Impluwensya ng mga Kastila, Amerikano, Tsino, at iba pa.

Halimbawa: Adobo (Espanyol), Pancit (Tsino), Fried Chicken (Amerikano).

Bawat putaheng ay may kasaysayang nakapaloob.

PAGKAIN NG PILIPINO: BUNGA NG MAKULAY NA KASAYSAYAN
FILIPPINSK MAT: FRÅN FÄRGRIK HISTORIA

- ▶ Tradisyong bayan: Fiesta, Simbang Gabi, Pista ng Patay.
- ▶ Pagkain bilang bahagi ng selebrasyon at pagkakaisa.
- ▶ Lufong bahay = pagmamahal at pag-aaruga.
- ▶ Fester: Fiesta, Simbang Gabi, Dagen för de döda.
 - Mat betyder gemenskap och glädje
 - Hemlagad mat = kärlek och omtanke

PAGKAIN BILANG PUSO NG KULTURA

MATEN ÄR HJÄRTAT AV VÅR KULTUR

Above photos are the lessons discussed during the class