

Traditional Christmas cake, with nuts, raisins, dates and candied fruit, and not forgetting a generous dose of brandy or rum.

In some countries, families gather around Christmas lunches, in other countries, around Christmas dinners. Traditional Christmas meals usually consist of a variety of cooked meats and vegetables. Father Christmas (Santa Claus) enjoys a glass of milk and cookies the night before.



Milk and cookies for Santa

The **Christmas candy cane**, shaped as a shepherds' crook, represents the humble shepherds who were first to worship the new-born Christ.



Legend has it that the candy cane was invented in 1670 by a choirmaster at the Cologne Cathedral who handed out the bent sugar sticks among children to keep them quiet during the long Living Crèche ceremony.

