

## What is Fika?



### Introduction

- What do you do when you feel tired and you need a break?
- Do you know the word "Fika"?

### Vocabulary Exercises

*Exercise 1: Match the words to their meanings*

- |              |  |
|--------------|--|
| 1. Tradition | a) A small meal between meals                    |
| 2. Break     | b) Something people do regularly over many years |
| 3. Coffee    | c) A person you like and spend time with         |
| 4. Sweet     | d) To rest and feel calm                         |
| 5. Friend    | e) A hot brown drink                             |
| 6. Relax     | f) A short time to stop working                  |
| 7. Snack     | g) Something with sugar                          |

*Exercise 2: Fill in the blanks with the words from exercise 1.*

1. I drink \_\_\_\_ every morning.
2. We take a short \_\_\_\_ at 10 a.m.
3. Anna is my best \_\_\_\_.
4. Cake is a \_\_\_\_ food.
5. Fika is a Swedish \_\_\_\_.
6. Let's \_\_\_\_ after lunch.
7. I want a small \_\_\_\_ before dinner.





*Exercise 3: Choose the correct word*

1. Fika is a (drink/tradition/animal).
2. People usually have fika with a (cat/friend/car).
3. Fika is a time to (run/relax/jump).
4. You can eat a (sweet/hat/bus) at fika.
5. A short rest is called a (break/ride/building).
6. Coffee is a (cold/hot/loud) drink.
7. People in Sweden love to (sing/fika/fish) every day.

## Reading

*Put the statements in the right places in the text.*

- One popular sweet for fika is the cinnamon bun
- It is a time to stop working, sit down, and enjoy the moment.
- It is a time to stop working for 10 or 15 minutes.
- It shows that taking time to relax and be with others is good
- It is also about friends and talking

## What is Fika?

In Sweden, people love to take time for fika. Fika means having coffee or tea with something sweet, like a cookie, cake, or bun. (1)

.....

Fika is not only about food and drink (2) .....  
People meet at cafés or at home. They talk, laugh, and feel relaxed. It is a nice way to take a break during the day.



At many Swedish jobs, workers have fika together.  
(3)..... People  
drink coffee and eat a snack. This helps them feel  
happy and work better.

At many Swedish jobs, workers have fika together.  
(3)..... People drink coffee and eat a snack.  
This helps them feel happy and work better.

Children also enjoy fika. After school, they may have juice and a small  
sweet with their family. Fika is for everyone, young and old.  
(4) ..... In Sweden, there is even a special  
day for cinnamon buns in October!

Fika is very important in Swedish culture. (5)  
..... People in Sweden enjoy fika every day.  
Would you like to try it too?

## Comprehension Questions

1. What do people drink during fika?
2. What sweet foods can you eat at fika?
3. Where do people have fika?
4. Do people talk during fika?
5. How long is a fika break at work?
6. Do children also have fika?
7. What is a popular bun for fika?



## True or False

*Decide if the statements below are true or false, correct the false statements.*

1. Fika is only for children.
2. People drink tea or coffee during fika.
3. Fika is a time to work harder.
4. People in Sweden like to eat cinnamon buns at fika.
5. Fika is always at home.
6. Fika is about relaxing and talking.
7. Swedish people have fika every day.

## Discussion Questions

1. Do you take breaks during your day?
2. What drinks do you like—coffee or tea?
3. What is your favourite sweet snack?
4. Would you like to have fika at school or work?
5. Do you enjoy talking with friends during breaks?
6. Do you think taking time to relax is important?
7. If you had fika today, what would you eat and drink?



## What is Fika? – teacher's version

### Introduction

Start with the following questions as an introduction -

- What do you do when you feel tired and you need a break?
- Do you know the word "Fika"?

If your students are not familiar with fika, add the following explanation -  
*In Sweden, this is a special part of daily life. It's called fika. Fika is more than just coffee—it's about relaxing, talking, and enjoying time with others.*

### Vocabulary Exercises

*Exercise 1: Match the words to their meanings*

1. Tradition - b) Something people do regularly over many years
2. Break - f) A short time to stop working
3. Coffee - e) A hot brown drink
4. Sweet - g) Something with sugar
5. Friend - c) A person you like and spend time with
6. Relax - d) To rest and feel calm
7. Snack - a) A small meal between meals

*Exercise 2: Fill in the blanks with the words from exercise 1.*

1. I drink COFFEE every morning.
2. We take a short BREAK at 10 a.m.
3. Anna is my best FRIEND.
4. Cake is a SWEET food.
5. Fika is a Swedish TRADITION.
6. Let's RELAX after lunch.
7. I want a small SNACK before dinner.



*Exercise 3: Choose the correct word*

1. Fika is a (drink/**tradition**/animal).
2. People usually have fika with a (cat/**friend**/car).
3. Fika is a time to (run/**relax**/jump).
4. You can eat a (**sweet**/hat/bus) at fika.
5. A short rest is called a (**break**/ride/building).
6. Coffee is a (cold/**hot**/loud) drink.
7. People in Sweden love to (sing/**fika**/fish) every day.

## Reading

*Put the statements in the right places in the text.*

### What is Fika?

In Sweden, people love to take time for fika. Fika means having coffee or tea with something sweet, like a cookie, cake, or bun. **(1) It is a time to stop working, sit down, and enjoy the moment.**

Fika is not only about food and drink. **(2) It is also about friends and talking.** People meet at cafés or at home. They talk, laugh, and feel relaxed. It is a nice way to take a break during the day.

At many Swedish jobs, workers have fika together. **(3) It is a time to stop working for 10 or 15 minutes.** People drink coffee and eat a snack. This helps them feel happy and work better.

Children also enjoy fika. After school, they may have juice and a small sweet with their family. Fika is for everyone, young and old.

**(4) One popular sweet for fika is the cinnamon bun.** In Sweden, there is even a special day for cinnamon buns in October!

Fika is very important in Swedish culture. **(5) It shows that taking time to relax and be with others is good.** People in Sweden enjoy fika every day. Would you like to try it too?

### Comprehension Questions

1. What do people drink during fika? - COFFEE
2. What sweet foods can you eat at fika? - COOKIE/CAKE/BUN
3. Where do people have fika? - CAFES/AT HOME
4. Do people talk during fika? - YES
5. How long is a fika break at work? - 10/15 MINUTES
6. Do children also have fika? - YES
7. What is a popular bun for fika? - CINNAMON BUN

### True or False

1. Fika is only for children. - FALSE
2. People drink tea or coffee during fika. - TRUE
3. Fika is a time to work harder. - FALSE
4. People in Sweden like to eat cinnamon buns at fika.- TRUE
5. Fika is always at home.- FALSE
6. Fika is about relaxing and talking.- TRUE
7. Swedish people have fika every day.- TRUE

### Discussion Questions

Discuss in pairs/groups.