

Fika: Sweden's Favorite Coffee Break

Introduction

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

Vocabulary Exercises

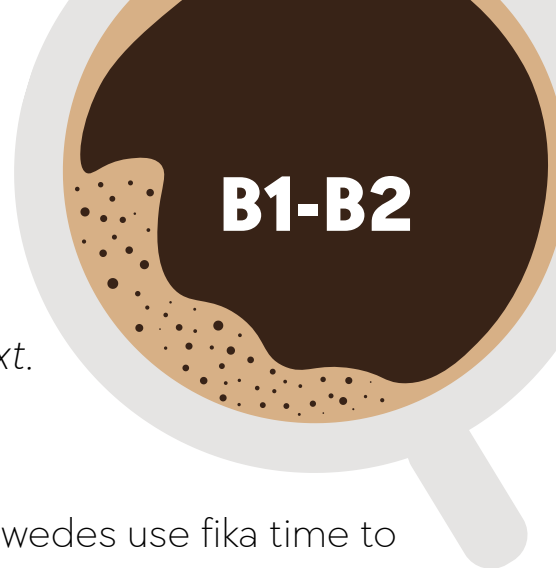
Exercise 1: Match the words to their meanings

- | | |
|-----------------|---|
| 1. Tradition | a) A baked sweet food, like a bun or croissant |
| 2. Socialize | b) A regular activity or routine |
| 3. Workplace | c) The place where people do their jobs |
| 4. Habit | d) To spend time talking to others |
| 5. Pastry | e) The ideas, customs, and lifestyle of a group of people |
| 6. Conversation | f) A way of doing things passed down over time |
| 7. Culture | g) Talking with someone, usually in a friendly way |

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

1. In Sweden, fika is an important ____.
2. People like to ____ during fika.
3. My favourite ____ is a cinnamon bun.
4. Fika is a great time for a friendly ____.
5. This ____ has been around for many years.
6. Fika is part of Swedish ____.
7. At the ____, workers take fika breaks together.





Reading

Put the statements in the right places in the text.


There is one that is not needed.

1. Whether at a café, in the office, or at home, Swedes use fika time to socialize, relax, and recharge.
2. Many companies schedule two fika times—one in the morning and one in the afternoon.
3. So popular is this pastry that there's even a Cinnamon Bun Day on October 4th!
4. In a world that often moves too fast, fika invites everyone to slow down and enjoy life's simple pleasures.
5. Nobody wants fika to end too quickly!
6. But in Sweden, this simple act has become a cultural tradition known as fika.
7. Children have fika at home or school, enjoying juice and a sweet snack.

Fika: Sweden's Favorite Coffee Break

In many countries, taking a coffee break is a quick moment to grab a drink and return to work. (1)..... Fika is more than just drinking coffee—it's about pausing your day to enjoy good company, sweet treats, and meaningful conversation.

Fika usually includes a cup of coffee or tea and something delicious like a cinnamon bun, a cookie, or a small cake. But the real focus is on connecting with others. (2).....



In Swedish workplaces, fika breaks are often a regular part of the day.

(3).....

Colleagues gather in break rooms to share stories and pastries. These breaks help improve communication and teamwork.

Fika isn't only for adults.(4)..... It's a moment to slow down and spend time with family or friends. Fika is also popular on weekends, when people meet at cafés to catch up with loved ones.

One of the most famous fika treats is the kanelbulle, or cinnamon bun.
(5)

What makes fika special is how it reflects Swedish values—balance, connection, and well-being. It's a small daily ritual that helps people stay grounded and feel part of a community. (6)

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Comprehension Questions

1. What does fika usually include?
2. Where do people usually have fika?
3. How many fika breaks do some workplaces have?
4. Why is fika important in the workplace?
5. What do children drink during fika?
6. What is a kanelbulle?
7. What values does fika represent in Swedish culture?



True or False

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

1. Fika is only about drinking coffee.
2. People have fika at work, at home, and in cafés.
3. Fika helps people feel more connected to each other.
4. Children never take part in fika.
5. Fika includes sweet snacks and friendly conversations.
6. There is a special day for cinnamon buns in Sweden.
7. Fika is not important in Swedish culture.



Discussion Questions

1. Do people in your country have a tradition like fika?
2. How often do you take breaks during your day?
3. Do you enjoy spending time at cafés? Why or why not?
4. What kind of snacks or drinks do you like with your coffee or tea?
5. Would you like to have fika at your school or workplace?
6. How can taking breaks help you feel better or work better?
7. What does "slowing down" mean to you in daily life?

Fika: Sweden's Favorite Coffee Break **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 - f) A way of doing things passed down over time
2. Socialise - d) To spend time talking to others
3. Workplace - c) The place where people do their jobs
4. Habit - b) A regular activity or routine
5. Pastry - a) A baked sweet food, like a bun or croissant
6. Conversation - g) Talking with someone, usually in a friendly way
7. Culture - e) The ideas, customs, and lifestyle of a group of people

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

1. In Sweden, fika is an important HABIT.
2. People like to SOCIALISE during fika.
3. My favourite PASTRY is a cinnamon bun.
4. Fika is a great time for a friendly CONVERSATION.
5. This TRADITION has been around for many years.
6. Fika is part of Swedish CULTURE.
7. At the WORKPLACE, workers take fika breaks together.

Reading

Put the statements in the right places in the text.

- *Nobody wants fika to end too quickly! - EXTRA STATEMENT*

Fika: Sweden's Favorite Coffee Break teacher's version

In many countries, taking a coffee break is a quick moment to grab a drink and return to work. **(1) But in Sweden, this simple act has become a cultural tradition known as fika.** Fika is more than just drinking coffee—it's about pausing your day to enjoy good company, sweet treats, and meaningful conversation.

Fika usually includes a cup of coffee or tea and something delicious like a cinnamon bun, a cookie, or a small cake. But the real focus is on connecting with others. **(2) Whether at a café, in the office, or at home, Swedes use fika time to socialize, relax, and recharge.**

In Swedish workplaces, fika breaks are often a regular part of the day. **(3) Many companies schedule two fika times—one in the morning and one in the afternoon.** Colleagues gather in break rooms to share stories and pastries. These breaks help improve communication and teamwork.

Fika isn't only for adults. **(4) Children have fika at home or school, enjoying juice and a sweet snack.** It's a moment to slow down and spend time with family or friends. Fika is also popular on weekends, when people meet at cafés to catch up with loved ones.

One of the most famous fika treats is the kanelbulle, or cinnamon bun. **(5) So popular is this pastry that there's even a Cinnamon Bun Day on October 4th!**

What makes fika special is how it reflects Swedish values—balance, connection, and well-being. It's a small daily ritual that helps people stay grounded and feel part of a community. **(6) In a world that often moves too fast, fika invites everyone to slow down and enjoy life's simple pleasures.**

Comprehension Questions

1. What does fika usually include? - COFFEE, GOOD COMPANY, SWEET TREATS AND GOOD COMPANY
2. Where do people usually have fika? - HOME, CAFE, WORKPLACE, SCHOOL
3. How many fika breaks do some workplaces have? - TWO
4. Why is fika important in the workplace? - IT HELPS IMPROVE COMMUNICATION AND TEAMWORK.
5. What do children drink during fika? - DRINK JUICE AND ENJOY A SNACK
6. What is a kanelbulle? - A CINNAMON BUN
7. What values does fika represent in Swedish culture? - BALANCE, CONNECTION, WELL BEING

True or False

1. Fika is only about drinking coffee. - FALSE
2. People have fika at work, at home, and in cafés. - TRUE
3. Fika helps people feel more connected to each other. - TRUE
4. Children never take part in fika. - FALSE
5. Fika includes sweet snacks and friendly conversations. - TRUE
6. There is a special day for cinnamon buns in Sweden. - TRUE
7. Fika is not important in Swedish culture. - FALSE

Discussion Questions

Discuss in pairs/groups.