

# Study Guide

## Foods of the United States and Canada

**Directions:** Read chapter 46, and answer the following questions. Later, you can use this study guide to review.

1. Describe the Northeastern region of the United States and some of the foods typical of that region.

---

---

---

---

2. Describe the ingredients in Boston cream pie.

---

---

3. Who are the Pennsylvania Dutch, and what foods are important to their culture?

---

---

---

4. What is goulash? Which immigrant group introduced it to America?

---

---

5. Describe the Southern specialty, grits.

---

6. Describe the differences between Creole and Cajun cuisines.

---

---

---

---

7. List the main ingredients found in New Mexican and Texan cuisines. Give two examples of dishes using these ingredients.

---

---

(Continued on next page)

Chapter 46 Study Guide (continued)

8. How should the meat in a true barbecue be seasoned?

---

---

9. Why are Oregon, Washington, and Alaska known for their seafood cuisines?

---

---

---

10. Why are the vegetables in Alaska of enormous size?

---

---

---

11. Describe the Hawaiian dish, poke.

---

---

12. Explain how the Scottish who immigrated to Canada made bannock, their traditional dish.

---

---

---

13. What foods are typically found in the Canadian Northeast?

---

---

---

14. List four or five crops that grow in Canada's Midwestern provinces.

---

---

15. What is potlatch?

---

---

---

---

# Activity 1

## Foods of the United States and Canada

### What Do They Bring to the Table?

**Directions:** Below is a list of U.S. and Canadian foods. Write each food in the box with the name of the region from which it originated on the next page.



Baked beans	Gumbo	Hushpuppies	Seafood chowder
Cobb salad	Peach cobbler	Cornbread	Manhattan clam chowder
Scrapple	Cheesecake	Succotash	Red flannel hash
Goulash	Boston brown bread	Wursts	Shoofly pie
Brunswick stew	Cioppino	King crab	Beef barbecue
Poi	Potboiler	Jerusalem artichokes	Grits
Swedish meatballs	Raisin pie	Pretzels	Key lime pie
Jambalaya	Étouffée	Potlach foods	Newfie cuisine
Sopaipillas	Huevos rancheros	Aplets	Poke
Bannock	Croquettes	Chili con carne	Lomi lomi

(Continued on next page)

Chapter 46 Activity 1 (continued)

**U.S. Northeast**

**New York City**

**Boston**

**Pennsylvania Dutch**

**U.S. Midwest**

**U.S. South**

**Louisiana**

**U.S. Southwest**

**California**

**U.S. Northwest**

**U.S. Hawaii**

**Canada**

**Canadian Northeast**

**Canadian East & Midwest**

**Canadian West**



Chapter 46 Activity 2 (continued)

1. Make a list of ingredients with which you are unfamiliar. \_\_\_\_\_

---

---

---

---

---

---

---

---

---

---

2. List similarities and differences between your recipes and those of your classmates. \_\_\_\_\_

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

3. Have you eaten the foods you wrote about? If yes, do you like them? \_\_\_\_\_

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---