

ACTIVITY

Culture and the Food Supply

Directions: Fill in the missing word or words in the sentences below.

1. Culture includes the _____, _____, and _____ shared by a group of people.
2. Cultures have subcultures with their own special _____.
3. The foods and food traditions belonging to an ethnic group are often called _____.
4. _____ may include times of feasting and fasting.

Directions: In most cultures certain foods are associated with particular celebrations. In column one below, list three holidays or holy days. In columns two and three, list two foods associated with each of the days you listed.

Day	Food	Food
5.		
6.		
7.		

Directions: Listed below are some foods that are part of America’s food heritage. Match each food in the left column with the letter of the people in the right column from whose culture the food originated. Write the correct letter in the space provided. Do not use any letter more than once.

- | Foods | People |
|--|----------------------|
| _____ 8. Pumpkins, turkey, cranberries | A. Africans |
| _____ 9. Corned beef and cabbage | B. Eastern Europeans |
| _____ 10. Hoppin’ John | C. Germans |
| _____ 11. Apple strudel | D. Irish |
| _____ 12. Bagels | E. Native Americans |
| _____ 13. Meatballs | F. Scandinavians |

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Cultural Foods Exchange

Directions: The foods listed below are considered regional foods. Match each food in the left column with the correct region from the right column. Write the letter of the region in the space provided. Each region will be used at least once.

Food	Region
_____ 1. Peach desserts	A. Alaska
_____ 2. Barbecued beef	B. Hawaiian islands
_____ 3. Deer and elk	C. Louisiana
_____ 4. Pineapple pickles	D. New England
_____ 5. Creole dishes	E. South
_____ 6. Okra	F. Southwest
_____ 7. Maple syrup	

Directions: On the line following each of the regional foods of the United States listed below, write the factor that probably had the greatest influence in making this food a regional food. Write either *climate/geography* or *ethnic diversity*.

- Cornbread _____
- Barbecued beef _____
- Deer and elk _____
- Pineapple _____
- Creole dishes _____
- Peaches _____
- Okra _____
- Clam chowder _____
- Hot sauce _____

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Ethnic Foods for Nutrition and Flavor

Directions: Eating ethnic foods is a great way to enjoy new foods and flavors while getting the nutrients you need. On the lines below, list some ethnic foods and dishes that you could substitute for the ones you usually eat in each food group indicated to add variety to your eating plan.

Fruits

Vegetables

Grains

Directions: Suppose that you are traveling to a remote area of a foreign country. The climate is mild, and the people have modest technology, including refrigerators. They eat mostly grains, fruits, and vegetables plus some milk, butter, cheese, fish, and seafood. This is your chance to introduce the people of this culture to North American cuisine. On the lines provided, plan a menu of foods to share with them at a cultural-exchange dinner. Choose foods that will supply balanced nutrition and give them a new eating experience.
