

REGIONAL FOODS PRE-TEST

Name _____ Period _____

MATCHING

- | | | | |
|-----------|------------------------|----|---|
| _____ 1. | American Indians | a) | catfish, chitterlings, chicken, vegetable gardens |
| _____ 2. | Colonists | b) | sour dough bread |
| _____ 3. | New England States | c) | pineapple, maize, pumpkin, tomatoes |
| _____ 4. | Middle Atlantic States | d) | poi, tofu |
| _____ 5. | Midwestern States | e) | Sally Lunn, wild blueberries |
| _____ 6. | Soul Food | f) | son-of-a-gun stew |
| _____ 7. | Creole Cooking | g) | gumbo, file (fee-lay) |
| _____ 8. | Southwestern/West | h) | 7 sweets and 7 sours |
| _____ 9. | Pacific Coast | i) | clam chowder |
| _____ 10. | Hawaii | j) | pot-luck dinner |

TRUE OR FALSE

- _____ 11. During Columbus' time Europeans were much more healthy than American Indians.
- _____ 12. The American Indians cultivated 50% of all the foods the world grows today.
- _____ 13. Tofu is a food from the Southwest.
- _____ 14. People of the Midwest ate wild game that was cooked in large fireplaces in an iron pot or in a Dutch oven.
- _____ 15. The Pennsylvania Dutch made Shoofly Pie, a crust with molasses and brown sugar filling.
- _____ 16. The West is called the bread basket of the nation because of its rich soil and good climate.
- _____ 17. Major crops of the South are tobacco, sugar cane, rice, cotton, peanuts.
- _____ 18. Son-of-a-gun stew is made from tongue, liver, stomach, and heart of a freshly slaughtered steer on a drive.
- _____ 19. The colonists who came in the 1600s and 1700s brought with them cooking traditions of their homelands, many of which are still with us today.
- _____ 20. Soul food is a combination of foods prepared by slaves and influenced by foods prepared by whites.