

Study Guide

Foods of Southwest Asia, The Middle East & Africa

Directions: Read chapter 51, and answer the following questions. Later, you can use this study guide to review.

1. Name four of the earliest crops that grew in the valleys of the great rivers of the Middle East.

2. List some of the staple foods of Southwest Asian cooking.

3. Describe sumac and saffron, and list at least two other seasonings used in these countries.

4. Name two common appetizers in Southwest Asian cuisine.

5. Describe a common dish that balances meat with grain.

6. What beverage is the symbol of hospitality in the Arab world? How is this beverage often prepared?

7. What foods can be prepared in advance for the Jewish Sabbath?

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Chapter 51 Study Guide (continued)

8. How is couscous prepared?

9. Why does Libyan cuisine feature macaroni dishes? What does that say about the way in which cuisines develop?

10. Describe the basic starchy foods in Sub-Saharan African cuisine.

11. Name two foods common to South African cuisine. Who influenced these foods?

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The Seasonings of Southwest Asia and Africa

Directions: Select four countries from this region, including India and at least one African nation, and research the seasonings used in the cuisines of each country. Use your text and Internet or print resources. Also, describe how the land and climate influence the cuisines. Write the results of your research on the lines that follow. If you wish, you can choose countries that are not discussed in the text. Attach a list of resources you used for your research to this activity.

1. India's typical seasonings: _____

Influences of land and climate on the cuisine: _____

2. Name of country #2 and its typical seasonings: _____

Influences of land and climate on the cuisine: _____

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Chapter 51 Activity 1 (continued)

3. Name of country #3 and its typical seasonings: _____

Influences of land and climate on the cuisine: _____

4. Name of country #4 and its typical seasonings: _____

Influences of land and climate on the cuisine: _____

5. List three similarities and differences among the cuisines you studied. _____

