

Activity 1

Foods of Southwest Asia, The Middle East, & Africa

Food and Geography

Purpose: To relate history and geographic location to foods and cuisines in Southwestern Asia and Africa.

Part I. Directions: Match each definition on the left with the correct term on the right. Write the letter of the correct term in the space provided to the left of each number.

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|-------|---|------------|
| _____ | 1. A thin, spongy, sourdough flatbread made from <i>teff</i> , a high-protein grain. | A. Meze |
| _____ | 2. A well-seasoned stew from Morocco made in a covered pot of the same name. | B. Tahini |
| _____ | 3. Appetizers that are often used to start the midday meal in Southwest Asian cuisine. | C. Injera |
| _____ | 4. A deep red native berry, usually ground, that adds a fruity flavor to foods. | D. Sumac |
| _____ | 5. Sesame seeds that are ground into a thick paste. | E. Tajne |
| _____ | 6. The pungent, thread-like center of the crocus flower that turns rice a brilliant yellow. | F. Saffron |

Part II. Directions: For each area of Southwest Asia or Africa listed in the left column of the chart, write at least three ingredients common to the area in the right column.

Area	Ingredients
Southwest Asia	
Israel	
North Africa	
Sub-Saharan Africa	

Activity 2

Foods of Southwest Asia, The Middle East & Africa

Dishes of Southwestern Asia and Africa

Purpose: To describe dishes from Southwestern Asia and Africa.

Directions: Describe each dish listed below in the space provided.

1. Tahini: _____

2. Marcook: _____
3. Hummus: _____
4. Falafel: _____

5. Tabbouleh: _____

6. Kibbeh: _____

7. Zerkeshk polo: _____
8. Zatar: _____

9. Kahuah: _____

10. Harissa: _____
11. Chakchouka: _____

12. Lokshen Kugel: _____

13. Hoender pastei: _____

14. Knish: _____
