

**Activity 1****Foods of the United States & Canada**

## Origins of U.S. Cuisine

**Purpose:** To relate geographic location to foods and cuisines in the United States.

**Directions:** Match the regions of the United States from the right column to the food items listed in the left column. Write the letter of the region in the space provided to the left of each food. Regions may be used more than once.

**Food Item**

- \_\_\_\_\_ 1. Sweet Walla Walla onions
- \_\_\_\_\_ 2. Poke
- \_\_\_\_\_ 3. Chile con carne
- \_\_\_\_\_ 4. Jambalaya
- \_\_\_\_\_ 5. Goulash
- \_\_\_\_\_ 6. Aplets and cotlets
- \_\_\_\_\_ 7. Succotash
- \_\_\_\_\_ 8. Hushpuppies
- \_\_\_\_\_ 9. Cioppino
- \_\_\_\_\_ 10. Étouffée
- \_\_\_\_\_ 11. Taro
- \_\_\_\_\_ 12. Gumbo
- \_\_\_\_\_ 13. Scrapple
- \_\_\_\_\_ 14. Huevos rancheros

**U.S. Regions**

- A. Northeast
- B. Midwest
- C. South
- D. Southwest
- E. West
- F. Northwest
- G. Hawaii

# Activity 2

## Foods of the United States & Canada

### Origins of Canadian Cuisine

**Purpose:** Relate history and geographic location to cuisines in Canada.

**Directions:** Write the correct name of the Canadian area from which each food originated in the space provided to the left of each number.

Newfoundland  
 Prince Edward Island  
 Manitoba  
 Northwest Territory

Nova Scotia  
 Quebec  
 Saskatchewan  
 Nunavut Territory

New Brunswick  
 Alberta  
 Yukon Territory  
 Canada

- \_\_\_\_\_ 1. Date squares, known as “matrimonial cakes,” are native to the west.
- \_\_\_\_\_ 2. Wild rice.
- \_\_\_\_\_ 3. Cod is the foundation of this cuisine.
- \_\_\_\_\_ 4. Farmed oysters and other fish are local businesses native to this province.
- \_\_\_\_\_ 5. Renowned for cultured mussels.
- \_\_\_\_\_ 6. The most valuable seafood catches are scallops and lobster.
- \_\_\_\_\_ 7. Excellent fresh and aged cheeses from the milk of cows, goats, and sheep.
- \_\_\_\_\_ 8. Jerusalem artichokes are native to this region.
- \_\_\_\_\_ 9. The largest city, Saskatoon is named for the local *Saskatoon berry*.
- \_\_\_\_\_ 10. Seafood and the massive, shaggy, bison-like musk ox are harvested here.
- \_\_\_\_\_ 11. Bannock, or flat, biscuit-like bread made of flour and oats, was brought by Scottish immigrants to this area.
- \_\_\_\_\_ 12. Seafood is broiled, baked, and made into croquettes in this region.

**Activity 3****Foods of the United States & Canada****Food Terms of the U.S. and Canada**

**Purpose:** To define important cuisine terminology for the United States and Canada.

**Directions:** Read each description below. Write the name of the correct term in the space provided to the left of each description.

- \_\_\_\_\_ 1. Common fish in both the Atlantic and Pacific Oceans.
- \_\_\_\_\_ 2. Common fish especially in the Atlantic.
- \_\_\_\_\_ 3. A Hungarian stew made with beef and vegetables and flavored with paprika.
- \_\_\_\_\_ 4. This rice dish cooks ham, seafood, chicken, and sausages with rice, vegetables, and seasonings.
- \_\_\_\_\_ 5. A sliced raw fish mixed with seaweed, onions, chiles, and soy sauce.
- \_\_\_\_\_ 6. Poi is another name for this cooked and mashed tropical tuber.
- \_\_\_\_\_ 7. This is a San Franciscan fish stew originally made at Fisherman's Wharf.
- \_\_\_\_\_ 8. For this dish, seafood is puréed and bound with a thick sauce and formed into small shapes.
- \_\_\_\_\_ 9. Baked pork scraps with cornmeal, flavored with thyme and sage, and then cut into slices and fried.
- \_\_\_\_\_ 10. Scottish, flat, biscuit-like bread made with flour or oats and cooked on cast iron over a hot grill.
- \_\_\_\_\_ 11. The answers for 1 through 10 are all examples of this kind of cuisine.