

# Study Guide A

## Foods of Western, Northern, & Southern Europe

**Directions:** Read chapter 48, and answer the following questions. Later, you can use this study guide to review.

1. What is the national beverage in the United Kingdom and the Republic of Ireland? Describe the two meals that feature this beverage.

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2. Describe bangers and mash.

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3. Why are Indian curries popular in England?

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4. Describe a Scottish stovie.

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5. List the foods that comprise a typical Welsh breakfast.

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6. Name some of the ingredients used in Irish cooking.

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7. Which fats are commonly found in the foods of southern, northern, and eastern France?

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8. Contrast French provincial cuisine, haute cuisine, and nouvelle cuisine.

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9. Describe sauerbraten and Black Forest cake.

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Chapter 48 Study Guide (continued)

10. Explain the Indonesian influence on the Dutch dish rijsttafel.

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11. Describe roesti when used as a main dish.

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12. Describe the famous Austrian sachertorte.

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13. Name all the countries of Scandinavia.

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14. Describe smorrebrod, the Danish open-face sandwich.

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15. What is unique about Swedish meatballs?

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18. List the typical seasonings in Norwegian cabbage rolls.

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19. Describe the Finnish dish kalakukko.

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# Study Guide B

## Foods of Western, Northern, & Southern Europe

**Directions:** Read chapter 48, and answer the following questions. Later, you can use this study guide to review.

1. Describe the Mediterranean diet.

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2. List four or five foods brought by various groups who settled in Spain over the centuries.

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3. Describe paella and gazpacho.

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4. What is the Portuguese linguica? How is it used?

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5. Name three common Portuguese dishes other than linguica.

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6. Describe polenta.

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Chapter 48 Study Guide (continued)

7. Describe pizza Margherita. Where did it originate?

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8. Name five ingredients found in Greek cuisine.

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9. Describe horiatiki.

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10. What is spanakopita?

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# Activity 1

## Foods of Western, Northern, & Southern Europe

### ABCs of Dining in Western and Northern Europe

**Directions:** Consider the countries of Western and Northern Europe. Use your text, Internet, and other sources to identify foods, recipes, or culinary terms typical of these countries beginning with the letters listed below. Write them in the space provided. Then write the country of origin and a brief description of each item. List your resources on a separate sheet of paper and attach it to this activity.

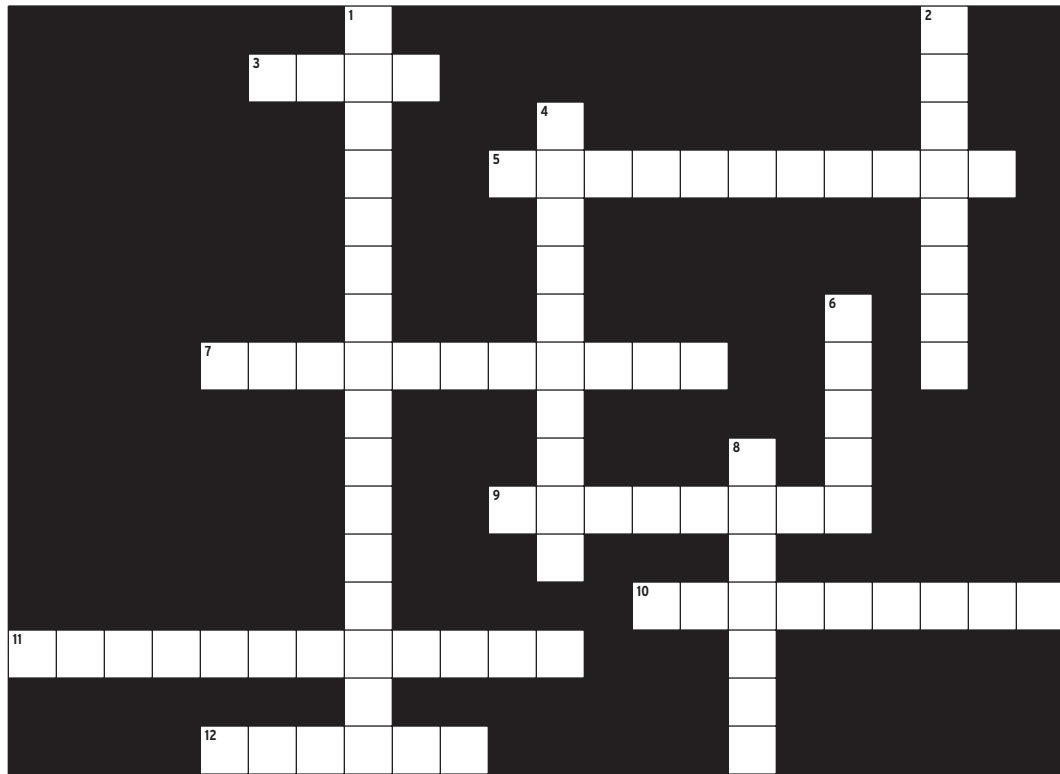
Food/Recipe/Culinary Term	Country	Description
A _____		
B _____		
C _____		
D _____		
E _____		
F _____		
G _____		
H _____		

# Activity 2

## Foods of Western, Northern, & Southern Europe

### Puzzling Over Foods of Western and Northern Europe

**Directions:** Complete the crossword puzzle below by placing the answer to each numbered clue in the appropriate space.



**Across**

- 3. Puréed fruit folded into whipped cream
- 5. Beef roast marinated in vinegar with cloves, bay leaves, and peppercorns
- 7. A buffet laden with cured fish, cold meats, cheeses, salads, and vegetables
- 9. A long, crusty loaf of bread
- 10. Potato mashed with leeks and mixed with chopped, cooked cabbage
- 11. Classic French cuisine known for high-quality ingredients, expertly prepared and artistically presented
- 12. Sheep stomach stuffed with a mixture of oats, organ meats, onions, and beef or lamb

**Down**

- 1. A popover baked in the hot pan drippings from roast beef
- 2. Dried cod fish soaked in culinary ash and water.
- 4. Processed seaweed
- 6. A rich cake made with a small amount of flour and often with ground nuts or bread crumbs
- 8. Sweet yeast bread filled with dried fruit and topped with confectioner's sugar icing

# Activity 3

## Foods of Western, Northern, & Southern Europe

### Southern Versus Northern Italy

**Directions:** Southern and northern Italian cooking differ because of the land, the climate, and the customs. Below are listed characteristic ingredients of each regional cuisine and recipe titles that are typical of each. Match the recipe titles with the region by writing the recipes in the appropriate area of the chart. Use information from your textbook, the Internet, or other print sources to find the recipes. Then respond to the questions and statements on page 222.

Northern Italian Cuisine	
Characteristic Ingredients	Recipe Title
Flat pasta	
Butter	
Cream sauce	
Rice dishes	
Spinach	
Cornmeal porridge	
Southern Italian Cuisine	
Characteristic Ingredients	Recipe Title
Round or tubular pasta	
Olive oil	
Tomato sauce	
Yeast flatbread	
Meatballs	

**Recipe Titles**

Risotto á la Milanese

Macaroni and Cheese

Linguine with Clam Sauce

Baked Penne and Sausage

Manicotti

Spaghetti and Meatballs

Creamy Polenta

Pasta Florentine

Rigatoni and Tomato Sauce

Calzones

Lasagna with Béchamel

Pesto Sauce

Fettuccine Alfredo

Eggplant Parmesan

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Chapter 48 Activity 1 (continued)

1. With which recipes and foods are you familiar?

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2. Choose a dish from each Italian region and look up a recipe for each dish. Write a description of each dish and report to your classmates.

Northern Italian Dish: \_\_\_\_\_

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Southern Italian Dish: \_\_\_\_\_

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3. Which regional Italian cuisine is more appealing to you and why?

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