

Activity 1

Foods of Western, Northern, & Southern Europe

Geo-Food Identification

Purpose: Relate geographic location to cuisines in Western and Northern Europe.

Directions: Write the appropriate geographical location for each food in the chart below. Then write the ingredients used in each dish in the space provided in the third column of the chart.

Western Europe	Northern Europe
The United Kingdom (England, Scotland, Wales) Ireland France Germany Belgium The Netherlands Switzerland, Liechtenstein, Luxembourg, Austria	Denmark Sweden Norway Finland Iceland

Food	Geographical Origin	Ingredients
1. Irish stew		
2. Cawl		
3. Haggis		
4. Yorkshire pudding		
5. Lefse		
6. Jansson's frestelse		
7. Frickadeller		
8. Tafelspitz		
9. Roesti		
10. Pommes frites (French-Fried Potatoes)		
11. Himmel und erde		

Activity 2

Foods of Western, Northern, & Southern Europe

Western and Northern European Ingredients

Purpose: Identify typical ingredients used in dishes of Western and Northern Europe.

Directions: For each area listed below, list the typical dishes and ingredient(s) for each country. Write your answers in the space provided.

1. England (standard dinner): _____

2. Scotland: _____

3. Wales (breakfast): _____

4. Ireland: _____

5. Classic French cuisine: _____

6. German meats: _____

7. The Netherlands: _____

8. Swiss (dairy): _____

9. Denmark (at least one meal a day): _____

10. Luxembourg: _____

Activity 3**Foods of Western, Northern, & Southern Europe**

Vocabulary: Western and Northern Europe

Purpose: Identify vocabulary common to Western and Northern European cuisine.

Directions: Write the term that correctly matches each definition in the space provided to the left of each number. Use your text as a resource.

- _____ 1. A long, crusty bread.
- _____ 2. An Irish dish of mashed potatoes and cabbage.
- _____ 3. Puréed fruit folded into whipped cream.
- _____ 4. An ancient recipe in which sheep stomach is stuffed with a mixture of oats, organ meats, onions, and beef or lamb suet and then boiled.
- _____ 5. Classic French cuisine known for high-quality ingredients, expertly prepared and artistically presented.
- _____ 6. This distinctively Welsh product is processed seaweed. Griddlecakes, called *bara lawr*, are a traditional breakfast food.
- _____ 7. Dried cod soaked in culinary ash and water.
- _____ 8. A beef roast marinated in vinegar with cloves, bay leaves, and peppercorns.
- _____ 9. A buffet laden with cured fish, cold meats, cheeses, salads, and vegetables.
- _____ 10. A cardamom-spiced fruitcake.
- _____ 11. A rich cake made with a small amount of flour and often with ground nuts or breadcrumbs.
- _____ 12. A popover baked in the hot pan drippings from roast beef.

Activity 4**Foods of Western, Northern, & Southern Europe**

Culinary History: Southern Europe

Purpose: To relate history and geographic location to the cuisines of countries in Southern Europe.

Directions: In the space provided, write your answers to the questions below.

1. What foods were found in abundance by the Phoenicians in Spain 3,000 years ago?

2. How did the Moors of North Africa influence the foods in Spain from the seventh to the thirteenth century?

3. What did the Romans add to Portuguese cuisine?

4. What did the Moors add to Portuguese cuisine?

5. What did irrigation do for the Portuguese?

6. What did traders bring from India and Indonesia to Portugal in the 1500s?

7. What African plant influences Portuguese hot sauces?

8. What did the Moors contribute to Italian cuisine?

9. What Turkish technique contributed to Greek cuisine?

Activity 5

Foods of Western, Northern, & Southern Europe

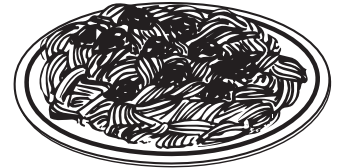
Southern European Ingredients

Purpose: Identify typical ingredients used in dishes of Southern European countries.

Directions: For each dish listed below, name the typical ingredients.

1. Paella: _____

2. Cocido: _____



3. Tapas: _____

4. Cannoli: _____

5. Gazpacho: _____

6. Fabada: _____

7. Bacalhao: _____

8. Bacalhau à Gomes de Sá: _____

9. Linguiça: _____

10. Biscotti: _____

11. Gnocchi: _____

12. Polenta: _____

13. Gremolata: _____

14. Moussaka: _____

15. Spanakopita: _____

Activity 6**Foods of Western, Northern, & Southern Europe**

Defining Southern Europe

Purpose: Identify important vocabulary from the countries of Southern Europe.

Directions: In the space provided to the left of each number, write the vocabulary term that completes each statement.

- _____ 1. An Italian word meaning “before the meal” is ___?___.
- _____ 2. Greece’s famed dish that alternates tiers of phyllo with finely chopped walnuts or almonds mixed with sugar and cinnamon is ___?___.
- _____ 3. Italian twice-baked cookies are called ___?___.
- _____ 4. Italian deep-fried pastry tubes are called ___?___.
- _____ 5. Grape leaves folded and rolled with rice and ground meats and then steamed is the Greek variation of stuffed vegetables called ___?___.
- _____ 6. A cured sausage made from beef cattle and pigs is ___?___.
- _____ 7. The name for Italian potato dumplings is ___?___.
- _____ 8. A confection made of almond paste and sugar is ___?___.
- _____ 9. Sliced eggplant that is layered with a mixture of ground lamb, onions, garlic, tomato sauce, and cinnamon is ___?___.
- _____ 10. A dish of rice seasoned with saffron and mixed with meat and seafood is ___?___.
- _____ 11. A sauce of ground fresh basil, pine nuts, garlic, Parmesan cheese, and olive oil is ___?___.
- _____ 12. A thick Italian cornmeal porridge is called ___?___.
- _____ 13. Immensely popular and greatly varied small snacks or appetizers are called ___?___.