

Study Guide

Foods of Eastern Europe & Russia

Directions: Read chapter 49, and answer the following questions. Later, you can use this study guide to review.

1. What are potatoes called and how are they used in the Baltic countries of Estonia, Latvia, and Lithuania.

2. Describe the Latvian fruit dessert, kisélis.

3. Why is the cuisine lighter in the central countries of Poland, the Czech Republic, Slovakia, and Hungary? Name two examples of the lighter style.

4. Name four of the Mediterranean elements in the southern Balkan cuisines.

5. What is Romanian mamaliga, and how is it served?

6. Describe Russian black bread.

7. What is caviar? How is it served in Russia?

Chapter 49 Study Guide (continued)

8. Give two examples of dishes in the Caucasus that show Mediterranean influence.

9. What is the most common meat eaten in the Central Asian Republics? Name two ways it is eaten.

Activity 1**Foods of Eastern Europe & Russia**

News Flash from Abroad

Directions: Imagine you are a reporter for the food section of your local newspaper. You have been assigned to travel to Eastern Europe and Russia to report on the cuisines of the countries in these regions. Report on the typical foods from each of the countries or regions you visit. Include soups, main courses, and desserts. Use additional paper, if needed. List your resources on a separate sheet of paper and attach it to this activity.

The Baltic countries

1. Estonia: _____

2. Latvia: _____

3. Lithuania: _____

The Central & Balkan Countries

4. Poland: _____

5. Czech Republic: _____

6. Hungary: _____

7. Croatia: _____

(Continued on next page)

Chapter 49 Activity 1 (continued)

8. Romania: _____

9. Bulgaria: _____

10. Macedonia: _____

Russia

11. Russia: _____

The Independent Republics

12. Ukraine, Belarus, Moldova: _____

The Caucasus

13. Georgia, Armenia, Azerbaijan: _____

Central Asian Republics

14. Kazakhstan, Uzbekistan, Turkmenistan, Kyrgyzstan, Tajikistan: _____

