

**NAME:**

**Points:**                /69

**Directions:** Answer each of the following statements completely.

1. What are the 4 ways the Indians obtained their food? (4 pts)
2. How did the Indians help the first Colonists to survive? (2 pts)
3. A common dish of New England cooks was \_\_\_\_\_, which is a combination of corn and \_\_\_\_\_. (2 pts)
4. How did New Englanders preserve food and why? (3 pts)
5. Why were one dish meals popular? (1 pt)
6. What is a common one dish meal? (1 pt)
7. New Englanders were known for not wasting food and using \_\_\_\_\_ is creative ways. (1 pt)
8. What is the name of a common leftover dish? (1 pt)
9. Name 2 desserts and 2 main dishes that have Dutch origins. (4 pts)
10. What is the name of the Middle Atlantic settlers that have special mention? (1 pt)

11. What are 3 contributions this group made? (3 pts)
  
12. What is an example of a common dish from this group and what is in it/how made? (2pts)
  
13. Each meal included \_\_\_\_\_ sweets and \_\_\_\_\_ sours. (2 pts)
  
14. Give 2 examples of crops grown in the South. (2 pts)
  
15. Southerners are traditionally known for their “\_\_\_\_\_”  
\_\_\_\_\_.” (2 pts)
  
16. What are the 2 forms of cooking from the South and how are they different? (4 pts)
  
17. Define chitterlings. (1 pt)
  
18. Define beignets. (1 pt)
  
19. \_\_\_\_\_ is a Creole soup or stew made from meat, poultry, seafood, okra and other vegetables. (1 pt)
  
20. Another traditional Creole dish, \_\_\_\_\_, is made by simmering shellfish, poultry, and sausage. (1 pt)
  
21. What is the Midwest often called? (1 pt)
  
22. Name 2 crops and 2 livestock that are produced in the Midwest. (2 pts)

23. What are the 2 meal styles common in the Midwest that portrays the friendliness of the area? Define each. (4 pts)
  
24. What are the 4 influences on cooking in the West and Southwest? (4 pts)
  
25. What is a staple food in the Southwest? (1 pt)
  
26. What dish is often mistaken as a Mexican dish, but actually originates from Texas and was originally made with cubes of beef? (1 pt)
  
27. Name the type of cooking that involves basting meat and grilling it. (1 pt)
  
28. What do the oceans provide for the Pacific Coast cooking? Give 2 examples (3 pt)
  
29. How does the cooking in the Pacific Coast differ from the Pacific Northwest? (2 pts)
  
30. Describe the cooking style, in general, for the Pacific. (2 pts)
  
31. What did the prospectors who flocked to the Pacific states bring with them? What is it and how is it made? (3 pts)
  
32. Who first settled the Hawaiian Islands? (1 pt)

33. What are the 2 largest food-based industries? (2 pts)
  
34. What cooking technique did the Chinese bring to the Islands? (1 pt)
  
35. What are 2 types of fish or shellfish used? (2 pts)
  
36. What is the popular item made from bean curd? (1 pt)
  
37. What is an elaborate feast called and where did it get its name? (2 pts)
  
38. What is the name for an underground oven? (1 pt)