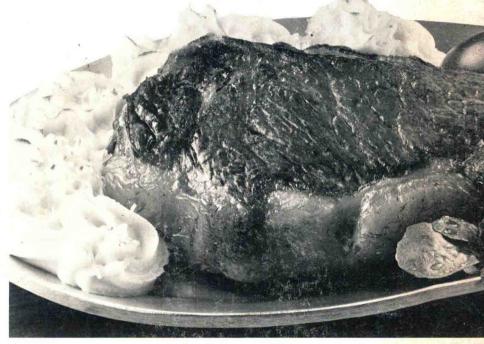
Activity Guide for

The Food Book









Activity Guide for

The Food Book

by

Jane Morris

Home Economist South Holland, Illinois

and

Nancy Henke-Konopasek, C.H.E. Griffith, Indiana

South Holland, Illinois
THE GOODHEART-WILLCOX COMPANY, INC.
Publishers

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International Standard Book Number 0-87006-566-1

12345-87-3210987

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INTRODUCTION

This activity guide is designed to help you study and learn the material presented in the text, *The Food Book*. As you do these activities, you can review the facts and concepts given in the text. You will also be able to understand and apply these facts and concepts to your everyday experiences with food.

You will find a variety of activities in this guide. Some of the activities include crossword puzzles, word mazes, experiments, and true and false questions. Other activities will let you apply what you have learned through planning, evaluating, or making comparisons.

The best way to use this activity guide is to begin by reading your assignment in the text. You will find that the activities in the activity guide correspond to the chapters in the text. Follow the instructions carefully at the beginning of each activity.

Do your best to complete each activity carefully and accurately. Try to complete as much of each activity as you can without referring to the text. Then compare the answers you have to the information in the book. At that time, you can also complete any questions you could not answer. You may wish to use many of the activities as study guides as you review in preparation for quizzes and tests.

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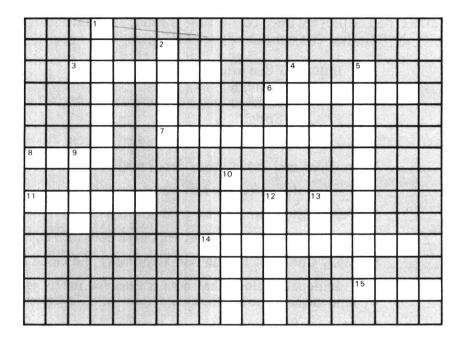
EXPLORING YOUR FOOD CHOICES

FOODS OF OTHER LANDS Activity A Date _____ Score ____ Chapter 1 Pretend that you are going to be an exchange student to a foreign country. Choose the country to which you will be going and describe the foods and food customs of the country. Country: _____

CULTURAL FOOD CUSTOMS

Activity	B
Chapter	1

Name		
Date	Score	



Across

- 3. Made a major difference in the cooking styles that developed in northern and southern Europe.
- 6. The region of the United States that is often called the nation's breadbasket.
- A cuisine which is a unique blend of cultural variety and the coming together of many different people from all over the world.
- 8. The staple food for most Orientals.
- 11. A food associated with Thanksgiving.
- 14. A popular German dish made from pickled cabbage.
- 15. A type of food which is part of the cultural heritage of American Blacks.

Down

1. The knowledge, beliefs, customs, and

- traditions shared by a group of people.
- 2. A food which is a part of the cultural heritage of many Italian-Americans.
- 4. A Middle Eastern bread which is slit to form a pocket to hold various fillings.
- Persons who do not eat meat, fish, or poultry.
- One of the first "new" foods that American Indians introduced to the first European colonists.
- A Japanese grill that uses small amounts of charcoal.
- 12. A type of cooking that is popular in the Louisiana area which combines the cooking traditions of the French, Spanish, African, and American Indian.
- 13. A special kind of pan used for stir-frying with sides that slope down toward the middle.

FOOD CHOICE INFLUENCES

Activity C

Chapter 1	Date _	Sc	core
Influences that affect food statement, identify the infl			statements. Next to each
	Influences that affect Cultural Religious Social Psychologic		
1.	In China and Japan, ma	any foods are stir-	fried.
2.	Food is often offered w	hen friends drop	by or at get-togethers.
3.	People often associate h	appy times with o	ertain foods.
4.	Traditionally, Moslems	and Jews have bee	en forbidden to eat pork.
5.	Many Christians fast or	Ash Wednesday	and Good Friday.
6.	Traditionally, dinner had time to share the day's of		r family togetherness, a
7.	Many Italian-Americans meals.	s include pasta dis	shes and cannoli in their
8.	Seventh Day Adventists alcohol.	are not allowed	to drink coffee, tea, or
9.	Some people feel guilty	if they leave any	food on their plates.
10.	Many families eat more	meals away from	home.
11.	In the United States, pe foods from their Mexica		west have adopted many
12.	Turkey is often served a	t Thanksgiving.	
13.	Because they believe tha eat beef.	t the cow is a sacre	ed animal, Hindus do not
14.	Sometimes people will be choice because they don		
15.	Taking food to a family areas.	who is facing a c	risis is a custom in some