the

HISTORY

of

AMERICAN

CUISINE

Worksheets
History of American Cuisine Video

1. What is the most authentic original food of the United States?
   ________________________________________________________________

2. Name three foods that the Europeans brought to this country.
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________

3. Name two foods that the Native Americans contributed.
   ________________________________________________________________
   ________________________________________________________________

4. What did the New England cuisine center on?
   ________________________________________________________________

5. In which region did two kinds of cuisine develop side by side?
   ________________________________________________________________

6. What style of cooking originated in Louisiana by those people who spoke Creole, describe it.
   ________________________________________________________________

7. Which region is considered the Breadbasket of America?
   ________________________________________________________________
8. What helped more and more settlers to come to the Midwest and made shipping crops possible?

_____________________________________________________________

9. Name one product besides corn syrup that corn may be in.

_____________________________________________________________________

10. One of the first ethnic cookbooks focused on which group’s culinary tradition?

_____________________________________________________________________

11. Name the most popular cookbook of the 20th Century first published in 1936.

_____________________________________________________________________

12. What category of food was abundant in the Northwest?

_____________________________________________________________________

13. Name one of the two major setbacks that the early California wine-producers faced.

_____________________________________________________________________

14. What was the first drive-in restaurant created by two brothers in the Forties?

_____________________________________________________________________

15. What kind of cuisine is said to be coming out of California presently?

_____________________________________________________________________
1. What is the most authentic original food of the United States?  
   **Corn**

2. Name three foods that the Europeans brought to this country.  
   **Cattle, Milk Products, Pigs, Chickens, Sheep, Goats. Oranges, Olives, Grapes,**
   **Apples, Apricots, Peaches.**

3. Name two foods that the Native Americans contributed.  
   **Beans, Squash, Pumpkins, Tomatoes, Potatoes, Peanuts, Chilies, Vanilla,**
   **Chocolate**

4. What did the New England cuisine center on?  
   **Hearth Cooking, One Pot Meal**

5. In which region did two kinds of cuisine develop side by side?  
   **In the south: that of the masters’ tables’ (meat, preserved foods, cakes) and that**
   **of the slaves’ (green vegetables, peas and other foods available to them,**
   **eventually referred to as soul food.**

6. What style of cooking originated in Louisiana by those people who spoke Creole, describe it.  
   **Cajun: Spicy**

7. Which region is considered the Breadbasket of America?  
   **Midwest**
8. What helped more and more settlers to come to the Midwest and made shipping crops possible?

**Railroad**

9. Name one product besides corn syrup that corn may be in.

**Soft Drinks, Lipstick, Toothpaste, Rubber Tires, Dynamite**

10. One of the first ethnic cookbooks focused on which group's culinary tradition?

**German Jews**

11. Name the most popular cookbook of the 20th Century first published in 1936.

**Joy of Cooking**

12. What category of food was abundant in the Northwest?

**Seafood, Fish**

13. Name one of the two major setbacks that the early California wine-producers faced.

**Disease In 1880; Prohibition In 1919**

14. What was the first drive-in restaurant created by two brothers in the Forties?

**McDonald's**

15. What kind of cuisine is said to be coming out of California presently?

**Fusion Cuisine**
Activities for History of American Cuisine

• **In small groups.** Create a menu from one of the cuisine regions mentioned. (Southwest desert, New England coast, deep South, Midwest, Northwest, early settlers, Native Americans)

• **Sketch a map** of the United States and identify where at least ten different foods originate from. Present it to the class.

• **Mix and match activity.**

  1. Each student writes ten ingredients (including spices, meats, vegetables) on ten small pieces of paper.

  2. Mix all the slips of paper and draw out six at a time.

  3. Ask students the following questions:
     • How do you think it would taste?
     • Would you eat it?
     • Can you modify it so it is tasty?
     • What would you call it?
     • What region of the country would it come from and why?