

the  
**HISTORY**  
of  
**AMERICAN**  
**CUISINE**

**Worksheets**



## History of American Cuisine Video

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

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

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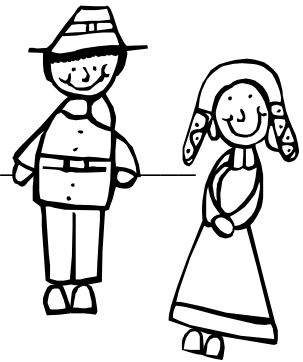
3. Name two foods that the Native Americans contributed.

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4. What did the New England cuisine center on?

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

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

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7. Which region is considered the Breadbasket of America?

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8. What helped more and more settlers to come to the Midwest and made shipping crops possible?

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

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

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11. Name the most popular cookbook of the 20<sup>th</sup> Century first published in 1936.

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

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

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

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

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## History of American Cuisine Video

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

Corn

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

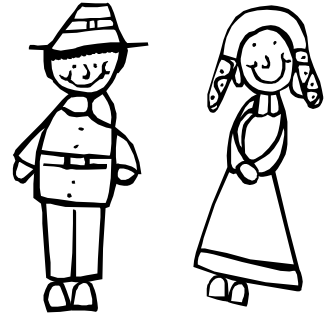
Cattle, Milk Products, Pigs, Chickens, Sheep, Goats. Oranges, Olives, Grapes, Apples, Apricots, Peaches.

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 20<sup>th</sup> 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?

