

Name \_\_\_\_\_

## Exploring the Delicious World of Chinese Cuisine

### Multiple Choice Questions

1. What are two fundamental staples in Chinese cuisine?
  - a) Pasta and bread
  - b) Rice and noodles
  - c) Potatoes and corn
  - d) Quinoa and couscous
  
2. Which Chinese cooking technique involves quickly cooking ingredients in a hot wok?
  - a) Baking
  - b) Boiling
  - c) Stir-frying
  - d) Grilling
  
3. What is dim sum in Chinese cuisine?
  - a) A style of cooking large portions of meat
  - b) A type of dessert
  - c) Small, bite-sized portions of dumplings and savory treats
  - d) A spicy sauce
  
4. What is a common protein source in Chinese cuisine?
  - a) Tofu
  - b) Chocolate
  - c) Ice cream
  - d) French fries
  
5. Why is it important to practice moderation when enjoying Chinese cuisine?
  - a) Because all Chinese food is unhealthy
  - b) Because some dishes may be high in sodium and unhealthy fats
  - c) Because it's too expensive
  - d) Because Chinese cuisine has no nutritional value

