

Name _____

Exploring the Delicious World of Chinese Cuisine

Short Answer Key

1. Cantonese and Sichuan
2. Rice and noodles
3. Stir-frying is a Chinese cooking technique that involves quickly cooking small pieces of meat, seafood, or vegetables in a hot wok with flavorful sauces.
4. Hot pot is a communal dining experience in which various ingredients are cooked in a simmering broth at the table. Diners can customize their hot pot by choosing ingredients to cook in the broth.
5. Herbs and spices like ginger and garlic are believed to have antioxidant and anti-inflammatory properties, which can offer health benefits. Additionally, they add flavor to dishes without the need for excessive salt.

