

Name _____

Exploring the Flavors of Russia: Food and Diet

Multiple Choice Questions

1. What type of soup is often served with sour cream in Russian cuisine?
 - a) Ukha
 - b) Solyanka
 - c) Borscht
 - d) Shchi

2. Which ingredient introduced in the 18th century has become a staple in Russian cuisine?
 - a) Potatoes
 - b) Rice
 - c) Pasta
 - d) Tomatoes

3. What are pelmeni and vareniki?
 - a) Types of bread
 - b) Meat pies
 - c) Dumplings
 - d) Pancakes

4. Which type of pastry is often filled with mushrooms or berries in Russian cuisine?
 - a) Blini
 - b) Pirozhki
 - c) Syrniki
 - d) Pryaniki

5. What is kvass in Russian cuisine?
 - a) A type of fish soup
 - b) A fermented bread beverage
 - c) A sweet dessert
 - d) A traditional type of bread

