

Name _____

Exploring the Flavors of Russia: Food and Diet

Open-Ended Response Questions

1. Explore the historical and cultural significance of borscht in Russian cuisine.
2. Discuss the role of traditional Russian foods in maintaining cultural identity.
3. How has globalization influenced the culinary landscape of Russia, and what are some examples of international foods commonly found in Russian cities?
4. Compare and contrast the traditional Russian diet with modern dietary trends and preferences.

