

Name \_\_\_\_\_

## Exploring the Flavors of Russia: Food and Diet

### Open-Ended Response Answer Key

1. Borscht is a traditional beet-based soup in Russian cuisine, often served with sour cream. It is significant for its vibrant color, rich flavors, and cultural symbolism, representing the resilience and resourcefulness of the Russian people.
2. Traditional Russian foods play a crucial role in preserving cultural identity by connecting people to their heritage and fostering a sense of belonging and tradition.
3. Globalization has introduced international foods to Russian cities, leading to a fusion of flavors. Examples include sushi, pizza, and fast food chains.
4. The traditional Russian diet tends to be hearty and seasonally influenced, while modern dietary trends may include a greater variety of international cuisines and a focus on healthier options.

