

Name _____

Savory Delights: Exploring the Foods and Diet of Nigeria

Short Answer Key

1. Possible answer: Jollof Rice is a popular Nigerian dish made with rice, a flavorful tomato sauce, peppers, onions, and a blend of spices. It is often served with chicken, beef, or fish.
2. Possible answer: Fufu is prepared by pounding and mashing cassava, yam, or plantains until it reaches a smooth, dough-like consistency. It is typically soft and stretchy when served.
3. Possible answer: Suya's flavorful sauce is primarily made from peanuts. Commonly used meats for Suya include beef, chicken, or goat.
4. Possible answer: The main ingredient in Egusi Soup is ground melon seeds. It is often cooked with vegetables, palm oil, and various meats or fish.
5. Possible answer: Cultural influences on Nigerian cuisine include indigenous ingredients, Islamic traditions, the colonial legacy, and the impact of historical trade routes.

