

Name _____

Savory Delights: Exploring the Foods and Diet of Nigeria

Open-Ended Response Answer Key

1. Possible answer: Food in Nigerian celebrations and festivals holds cultural significance and brings people together. It symbolizes hospitality, shared traditions, and cultural identity. It fosters a sense of community and strengthens social bonds.
2. Possible answer: As a nutritionist in Nigeria, I would advise people to incorporate vegetables into their meals, choose lean proteins, control portion sizes, limit fried foods, and stay hydrated to maintain a healthy diet while enjoying traditional Nigerian dishes.
3. Possible answer: Preserving and promoting traditional Nigerian cuisine is essential for preserving cultural heritage. It helps pass down traditions to future generations, celebrates diversity, and showcases the uniqueness of Nigerian culture.
4. Possible answer: I would choose Egusi Soup. It has a rich, nutty taste and a thick, creamy texture due to the ground melon seeds. The addition of vegetables and meats or fish adds depth to the flavor. I would love to try it because it sounds both delicious and nutritious, reflecting the variety and complexity of Nigerian cuisine.

