

Name \_\_\_\_\_

## A Culinary Journey Through China: Exploring Foods and Diet

### Multiple Choice Questions

1. What are the five fundamental flavors emphasized in traditional Chinese cuisine?  
A) Sweet, sour, salty, savory, and spicy  
B) Sweet, sour, bitter, umami, and salty  
C) Sweet, tangy, bitter, hot, and salty  
D) Sweet, sour, bitter, spicy, and salty
2. Which Chinese province is known for its bold and spicy flavors in cuisine?  
A) Cantonese  
B) Sichuan  
C) Shandong  
D) Hunan
3. What are the primary staple foods in China?  
A) Rice and barley  
B) Rice and wheat  
C) Wheat and oats  
D) Rice and corn
4. Which Chinese culinary tradition involves cooking a variety of ingredients in a simmering broth at the center of the table?  
A) Peking Duck  
B) Dim Sum  
C) Sichuan Hotpot  
D) Street Food
5. What concept in Chinese dietary practices aims to achieve harmony in the body?  
A) Sweet and savory balance  
B) Yin and yang  
C) Spicy and mild contrast  
D) Salty and sour pairing

