

Name _____

A Culinary Journey Through China: Exploring Foods and Diet

Short Answer

1. Describe the importance of balance in traditional Chinese cuisine.
2. Explain why the primary staple foods in China vary by region.
3. Name two famous dishes from Cantonese cuisine.
4. How does hot pot dining work, and what ingredients are typically cooked in it?
5. What is the significance of the concept of yin and yang in Chinese dietary practices?

