

Name _____

A Culinary Journey Through China: Exploring Foods and Diet

Short Answer Key

1. Balance in traditional Chinese cuisine is essential to achieve harmony in flavors, textures, and colors within a dish. It involves combining ingredients, seasonings, and cooking methods to create a well-rounded and satisfying meal.
2. The primary staple foods in China vary by region due to differences in climate and agriculture. Rice is the staple in the south, while wheat is more common in the north.
3. Two famous dishes from Cantonese cuisine are Dim Sum and Peking Duck.
4. Hot pot dining involves cooking a variety of ingredients, such as meats, vegetables, and noodles, in a simmering broth at the center of the table. Diners choose ingredients to cook in the pot.
5. The concept of yin and yang in Chinese dietary practices aims to achieve balance and harmony in the body. It involves consuming foods that are considered cooling (yin) or warming (yang) to maintain health.

