

Name \_\_\_\_\_

## Exploring the Exquisite Flavors of Indian Cuisine

### Multiple Choice Questions

1. What is the heart and soul of Indian cuisine?
  - a) Dairy products
  - b) Vegetables
  - c) Spices
  - d) Rice
  
2. Which region of India is known for its extensive use of rice and coconut in its cuisine?
  - a) North India
  - b) South India
  - c) East India
  - d) West India
  
3. What is tandoori cooking, and what kind of oven is used for it?
  - a) Boiling meat in water; pressure cooker
  - b) Grilling meat; barbecue grill
  - c) Cooking in a clay oven; tandoor
  - d) Slow-cooking meat; slow cooker
  
4. Which type of bread is commonly served alongside Indian curries?
  - a) Pita
  - b) Tortilla
  - c) Naan
  - d) Baguette
  
5. Why is portion control important when enjoying Indian cuisine?
  - a) Because Indian food is low in calories
  - b) Because some Indian dishes may be high in calories due to the use of ghee and cream
  - c) Because all Indian food is unhealthy
  - d) Because it's too expensive

