



Cultural Quiz

1. What is the middle eastern dish made out of chickpeas called?
 - a. Tzatziki
 - b. Hommus
 - c. Chipotle
 - d. Tahini
2. Bao Buns originate from
 - a. China
 - b. Cambodia
 - c. Vietnam
 - d. Korea
3. Buna is a traditional coffee ceremony, found in?
 - a. Nigeria
 - b. France
 - c. Ethiopia
 - d. India
4. If you were eating gorgonzola cheese, where would you most likely be?
 - a. France
 - b. Spain
 - c. Italy
 - d. Macedonia
5. Antipasto is typically served as which course in Italian cuisine?
 - a. Main meal
 - b. Dessert
 - c. supper
 - d. Appetiser
6. The world's largest spice market can be found in
 - a. India
 - b. Morocco
 - c. Sri Lanka
 - d. Barbados
7. A traditional Indonesian breakfast meal is usually
 - a. Adobo
 - b. Briyani
 - c. Ramen
 - d. Nasi Goreng
8. What item is on the table at most Japanese meals?
 - a. Soy Sauce
 - b. Sriracha Sauce
 - c. Sesame Oil
 - d. Lemon Juice
9. Jackfruit, a round, bumpy green fruit grown in South east Asia and Africa is best known for?
 - a. Its sweet fruit
 - b. Its toxicity
 - c. Its vegetable like meat
 - d. Its distinctive smell
10. Sweden has been commonly known for its
 - a. Strawberry jam
 - b. Meatballs
 - c. Butter
 - d. All of the above
11. Traditional French pot-au-feu is usually made with which meat?
 - a. Pork
 - b. Chicken
 - c. Beef
 - d. Lamb
12. Poutine originates from which country?
 - a. Canada
 - b. Belgium
 - c. New Zealand
 - d. Fiji



13. In which of these countries would you enjoy Dosa for breakfast?
 - a. Turkey
 - b. Lebanon
 - c. Iran
 - d. India
14. What is the staple food of one third of the world's population?
 - a. Lentils
 - b. Rice
 - c. Apples
 - d. Pasta
15. What is Kimchi?
 - a. A type of noodle
 - b. Fermented meat
 - c. Fermented vegetable
 - d. A type of spice
16. Traditional Ghaninan Fufu is made from
 - a. Rice and Lentils
 - b. Pounded Cassava and Plantain
 - c. Purple Sweet Potatoes
 - d. Turnips
17. Which of these foods is not Latin American?
 - a. Paella
 - b. Empanada
 - c. Tamales
 - d. Ceviche
18. Nikkei food is a combination of which two global cuisines?
 - a. Japanese-Peruvian
 - b. Mexican-Colombian
 - c. French-Chinese
 - d. Moroccan-Jamaican

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Cultural Quiz Answer sheet

- 1. B** - Hummus is a favourable Middle Eastern dip or spread that's made by blending chickpeas with tahini, lemon juice, garlic and salt. It is usually eaten as a dip with pita bread but can also be served as an appetizer with crackers.
- 2. A** - Bao is originally from Northern China but is now very popular across the world. Bao is traditionally a white dough stuffed with a variety of fillings including pork, beef, chicken and vegetables then steamed to finish.
- 3. C** - Buna is a community based, coffee-making ceremony that involves roasting, grinding and brewing beans to make coffee. Buna is normally served without milk and sugar can be added to individual preferences.
- 4. C** - Gorgonzola takes its name from the Italian city of Gorgonzola, located in the region of Lombardy. The Cheese is usually made from cow's milk and has a milder flavour compared to other blue cheeses.
- 5. D** - In a formal Italian meal, Antipasto is the first course. It consists of cured meats, olives, cheeses, pickled vegetables and savoury crackers. The aim of antipasto traditionally, is to prepare you for the many courses to follow in an Italian setting.
- 6. A** - Khari Baoli is a street in Delhi, India and is Asia's largest wholesale spice market selling a variety of spices, nuts, herbs and other food products like rice and tea.
- 7. D** - Nasi goreng is made out of leftover rice from the previous day and is traditionally served at home for breakfast.
- 8. A** - Soy Sauce is a traditional Chinese condiment made from fermented soybean paste. Soy Sauce is referred to as Shoyu in Japan, where it became increasingly popular after Buddhism became prominent and sparked interest in vegetarianism.
- 9. C** - Jackfruit is a very large tropical fruit often used as a meat substitute. The fruit is indigenous to India, but increased in popularity in vegan and vegetarian circles, meaning it is now more easily available canned or fresh.
- 10. B** - Köttbullar, or Swedish meatballs are made of ground pork and beef, cream, egg and onion. They are traditionally served with mashed potatoes, gravy and lingonberry jam.
- 11. C** - This is a French comfort dish that compares to the common meat and vegetable soup across the world. This classic French version also consists of stewed meats with vegetables. While it is most commonly made with beef, a variety of meats can be added to bring out different flavours.
- 12. A** - Poutine originates from French Québec in the eastern province of Canada. It is made up of french fries and topped with cheese and gravy.
- 13. D** - Dosa is a thin pancake or crepe originating from South India usually made up of rice and black gram. Dosa has gained popularity all over India and surrounding countries. The dish is typically served with sambar and coconut chutney.
- 14. B** - Rice is the main source of daily nourishment for more than 3.5 billion people around the world. Rich in nutrients, vitamins and minerals, it is an excellent source of carbohydrates.
- 15. C** - Kimchi is a Korean staple. It is made from vegetables, garlic, ginger, and fish sauce. It can be sweet, sour or spicy and works as a condiment, an ingredient, a dip, or a side dish.
- 16. B** - In Ghana, Fufu is made from boiled cassava and other starchy vegetables like Plantain or Yam. During this process, the mixture is turned by hand and water is gradually added until a smooth, soft and sticky texture is created. Fufu is usually served with liquid soups such as light soup.
- 17. A** - Paella is a Spanish rice dish that includes vegetables, meats and/or seafood. It is seasoned with saffron and other spices. Every Paella dish will have unique flavours depending on the recipe and area in Spain it comes from.
- 18. A** - Nikkei cuisine is over 100 years old. In 1889, many Japanese miners and railroad workers traveled to Peru. When they arrived, they began cooking Japanese food with local Peruvian ingredients. Nikkei food is celebrated as a symbol of Peru's ethnic diversity.