

Name: _____ **KEY** _____

Period: _____

China Study Sheet

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1. What are the geographical features that have kept China isolated from the rest of the world?

Coastlines-Pacific Ocean, South China Sea; Western China- mountainous- Himalayas and Tien Shan Mountains

2. Why is Chinese food considered nutritious?

Meals include large amounts of rice and vegetables but small amounts of meat that are stir-fried, steamed or simmered; healthy ingredients and light methods of cooking make Chinese cuisine low fat, high in vitamins, fiber and minerals.

3. What is one nutritional drawback of the Chinese diet?

It is high in sodium because of liberal usage of soy sauce.

4. **True** or False: Today, most of China's people are farmers.

5. China's chief agricultural product is _____ **rice** _____. Name 10 other important crops.

Wheat

Oats

Tea

Soybeans

Corn

Rye

Sugar cane

Millet

Barley

Sorghum

6. What types of animals do the Chinese raise?

Few beef and dairy cattle

Pigs, chickens, duck and geese

Sheep and goats in mountains

7. Name at least 10 important seasonings to Chinese cooking.

Ginger root

Bean paste

Sesame seed oil

Scallions

Fermented Black beans

Star anise

Garlic

Monosodium Glutamate (MSG)

Chinese peppercorns

Sugar

Hot pepper

Five spice powder

8. Why do Chinese cooks spend more time preparing ingredients than cooking them?

Because most dishes cook so quickly that all ingredients must be assembled ahead of time; this involves slicing, chopping, shredding, dicing and mincing of vegetables and meat.

9. Describe the following Chinese cooking utensils and its use.

A. **Wok- a metal bowl with sloping sides that is ideal for stir-frying**

B. **Steamer- round shallow basket with openings; used to steam foods**

C. *Cleaver*- large cutting utensil; used for all cutting as well as crushing and pounding; used for scooping and transferring food

D. *Carved spatula*- fits shape of pan; used for stirring and turning foods in a wok

E. *Long chopsticks*- large chop sticks used for loosening and mixing foods in a wok

10. Describe how the Chinese perform the following Chinese cooking methods.

A. *Stir-frying*- most common cooking method; all ingredients cut into small uniform pieces so they cook evenly; heat in a small amount of oil in wok; put longest cooking foods in first and then add foods that cook quickly; stir continuously until vegetables are crisp tender

B. *Steam*- replaces baking; a kettle used for steaming must be large enough for steam to circulate freely around the food; water should never touch the food

C. *Deep-frying*- seals in juices and gives crisp covering; cut into small cubes, coated with corn starch or dipped in flour and egg batter; plunged into hot fat a few pieces at a time; drained

D. *Simmering*- soups and large pieces of meat; ingredients are simmered in a liquid over low heat

E. *Roasting*- used for pork or poultry; rub meat with oil and/or marinate it; quick searing over an open flame make skin crisp; place meat on a rack and hang it on a hook to roast it slowly; Peking duck

11. How do the Chinese use both the following rices?

A. glutinous short-grain rice- rice flour and translucent noodles

B. long grain rice- served as side dish and main dish- fried rice

12. Describe: *lo mein*, *wontons*, and *egg roll*.

Lo mein- noodles made with flour and eggs; like spaghetti

Won tons- wheat flour made dumplings; filled with a mixture of minced vegetables and meat, poultry, or shellfish; prepared by steaming, deep-frying or boiling in soups

Egg Rolls- wrapper made from wheat flour; filled with filled with a mixture of minced vegetables and meat, poultry, or shellfish; prepared by deep-frying

13. Vegetables are used to a greater extent than meat in China. Name 7 vegetables frequently used.

Chinese cabbage

Radishes

Broccoli

Mushrooms

Spinach

Cauliflower

Pea pods

14. Why do the Chinese eat very little beef? What other animal source of protein do they eat?

Beef is scarce and not very good and some religions forbid eating of beef

Chicken, duck, pork, fish and eggs

15. **True** or False: Fish are more important in the Chinese diet than meat.

16. Name 6 ways the Chinese use eggs.

Egg drop soup
Scrambled

Fried rice
Steamed

Egg foo yung (omelet)
Smoked

17. Name 4 Chinese soups and how the Chinese eat soup.

Chinese noodle soup
Bird's nest soup

Velvet corn Soup

Shark fin soup

They eat it with spoons.

18. Describe the following Chinese desserts.

A. *Peking dust*- whipped cream covered with chestnut puree and garnished with nuts

B. *Almond Float*- cubes of almond flavored gelatin garnished with fruit

C. *Eight treasure rice pudding*- molded rice pudding made with candied or dried fruit

19. Tea is China's national drink. What types of tea do they drink?

Black- usually called red tea because black is an unlucky color

Oolong

Green

Why do they offer tea to arriving and departing guests?

As a sign of hospitality

20. Describe the meals of China.

A. Breakfast- Congee (thick porridge of rice or barley), rice, or boiled noodles
Hot sesame muffins, Chinese doughnuts, or pastries

B. Lunch- All dishes served at once; soup in center of table, four other dishes of pork, chicken, or fish with or without vegetables and one vegetable dish surround the main dishes

C. Dinner- similar to lunch; each person's cover contains rice, large dish, and tea cup

21. If eating in a Chinese home, why would you be wise to refuse the rice course that is serve as the next to the last course?

Eating rice would mean you are still hungry and that the host has failed to meet your needs