

Name: _____

Period: _____

India Study Sheet

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1. What name do the local people call India? **Bharat**
2. Describe the three distinct geographical areas that make up India.
 - A. Himalayan mountains- **they form a natural barrier from the rest of Asia; hilly regions beneath the mountains are forests or grazing lands.**
 - B. Broad river plains – **formed by the Indus, Ganges, and Brahmaputra Rivers; rich, deep soil for farming two crops a year**
 - C. plateaus – **south of river plains; agriculture possible due to rainfall or irrigation systems**
3. India has a tropical climate. It is cool from December to March. In June, the monsoon season starts lasting until September. What are monsoons? **Monsoons are storms with high winds and heavy rains**
4. Rice is India's major crop – List 12 other important crops.

Wheat	Chickpeas	Tea
Barley	Beans	Coffee
Millet	Peas	Coconut
Corn	Other Legumes	Spices
Sorghum	Sugarcane	
5. Indians raise more cattle than any other type of livestock. What uses do they provide their owners?
 - **Milk**
 - **Primarily as work animals**
6. Indian cuisine gets a high rating on the _____ **nutrition** _____ **scale** _____. Many Indian dishes are _____ **vegetarian** _____. Even those dishes that include meat generally do so in _____ **small** _____
_____ **amounts** _____.
7. Describe the difference between the Northern and Southern cuisine of India and why it is so.
 - A. Northern – **Mongols- meat based diet; rich and heavily seasoned; drier climate so wheat bread replaces rice**
 - B. Southern – **less foreign influence; foods are spicier; not as subtle or refined as North; heavy rainfall so rice fruits and vegetables can be grown**
8. Describe the food restrictions imposed by the two largest religious groups in India.
 - A. **Hindus- no beef; most are vegetarians; lower castes will eat mutton, goat, poultry, and fish; not artificial colors and chemical processing**
 - B. **Muslims- no pork; can eat beef, mutton, lamb, fish and poultry**

A condiment containing fruit, onions, spices and herbs

14. What is*roti*? bread

B. *Chapatis*- flat bread

C. *naan*- bread made with yeast or baking powder; baked in a tandoor

D. *tandoor*- Indian oven

E. *paratha*- bread dough that is rolled and folded to create layers; could be stuffed with meat or vegetables

15. What is *mawa*? What do cooks do with it? It is simmered milk thickened into a mass. They cook it with sugar and add flavorings such as almonds and coconut.

16. Describe the following Indian cooking methods.

A. *Tandoori*- simplest techniques; used in North; requires a clay oven for baking; tandoori chicken, lamb on skewers, and naan

B. *Korma*- foods are braised usually in yogurt; lamb traditionally made this way

C. *Vindaloo*- foods have a hot, slightly sour flavor created by combining vinegar with spices

D. *Chasnidarth*- Indian version of Chinese sweet and sour

17. Describe how meals are served.

All dishes are served one at a time; serving dishes are placed on a *thalis*- a large round tray often made of brass, stainless steel or silver; rice is place in the center, chutneys, pickles, yogurt and other condiments surround it; main dishes are placed at edges of tray

18. How do diners serve themselves at a meal?

They help themselves by using their fingers.

19. Describe the family etiquette following a meal.

Requires the diners wash their hands and rinse their mouths following a meal; usually follow this with a *paan*- a betel leaf spread with lime paste and wrapped around copped betel nuts; people chew it; acts as a mouth refresher and digestive aid,