

## Cultural Food Challenge

Play this matching game to learn about foods from around the world. Draw a line to connect each food in the left column to its description and image in the right column.

1. Plantain

**A.** This tropical fruit has yellow-orange flesh and is popular in Asia, South America, and Africa. In India, it is blended with yogurt and spices to make a smoothie-like drink, called lassi.



2. Tahini

**B.** This green vegetable is filled with tiny white seeds and is also called a “lady’s finger.” In Africa, it is commonly sliced and added to soups and stews.



3. Rambutan

**C.** This vegetable with a green or yellow peel looks like a large banana and is popular in Latin, Caribbean, and African cooking. In Latin America, it is cooked and served with beans, eggs, avocado, cheese, and tortillas for breakfast.



4. Miso

**D.** This salty and savory paste is made from soybeans. In Japan, it is added to ramen and other soup-like dishes.



5. Mango

6. Paneer

7. Yuca/Cassava

**E.** This Indian cottage cheese is cut into cubes and added to rice, lentil pancakes called dosas, and spiced sauces called curries.



8. Teff

**F.** This small, brown grain is the size of a poppy seed. In Ethiopia, it is ground into flour to make a flatbread, called injera, that is eaten with meat and vegetables.



9. Okra

**G.** This root vegetable looks like a long, large potato and is common in Latin America, the Caribbean, and Africa. In Latin America, it is made into fries or cheese bread.



10. Bok choy

**H.** This type of Chinese cabbage has green or white leaves coming from a stem. It is commonly cooked with sauce and seasoning on the stove.



**I.** This white fruit is covered by a red skin with soft hairs. It is peeled and eaten as a snack in Thailand, the Philippines, and other parts of Southeast Asia.



**J.** This light brown paste is made from sesame seeds. In Middle Eastern or Mediterranean countries, it is a popular topping for meat and vegetables or is blended with chickpeas to make hummus.



### Answer Key:

1. C, 2. J, 3. I, 4. D, 5. A, 6. E, 7. G, 8. F, 9. B, 10. H

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