

# Global Food Culture Fundamentals

Food Studies · Practice Test · 18 Questions

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**1. Which grain is the primary staple food for more than half of the world's population?**

- A) Wheat
- B) Rice
- C) Maize
- D) Barley

**2. What is the name of the traditional Japanese practice of consuming raw fish served with vinegared rice?**

- A) Sashimi
- B) Tempura
- C) Sushi
- D) Ramen

**3. Which continent is considered the original geographic source of the potato?**

- A) Europe
- B) South America
- C) Asia
- D) Africa

**4. What is the core ingredient used to produce traditional Italian pasta?**

- A) Durum wheat semolina
- B) Corn flour
- C) Soy protein
- D) Potato starch

**5. In which country did the culinary tradition of 'dim sum' originate?**

- A) Japan
- B) Thailand
- C) China
- D) Vietnam

**6. What is the primary leavening agent used in traditional sourdough bread?**

- A) Commercial yeast
- B) Baking soda
- C) Wild yeast and lactic acid bacteria
- D) Baking powder

**7. Which country is famous for the dish 'paella', traditionally made with rice, saffron, and seafood or meat?**

- A) Portugal
- B) Italy
- C) Spain
- D) Greece

**8. What is the main protein source in the traditional Middle Eastern dish known as 'hummus'?**

- A) Lentils
- B) Chickpeas
- C) Black beans
- D) Peanuts

**9. Which spice, known as the most expensive in the world by weight, is derived from the *Crocus sativus* flower?**

- A) Turmeric
- B) Cinnamon
- C) Saffron
- D) Paprika

**10. In the context of French cuisine, what are the five 'Mother Sauces' historically classified as?**

- A) Béchamel, Velouté, Espagnole, Hollandaise, Tomate
- B) Soy, Teriyaki, Oyster, Hoisin, Chili
- C) Curry, Tikka, Masala, Korma, Vindaloo
- D) Pesto, Marinara, Alfredo, Carbonara, Bolognese

**11. Which traditional Indian flatbread is typically cooked in a cylindrical clay oven known as a tandoor?**

- A) Chapati
- B) Naan
- C) Paratha
- D) Papadum

**12. What is the name of the fermented cabbage dish that is a staple in Korean cuisine?**

- A) Kimchi
- B) Miso
- C) Sauerkraut
- D) Pickles

**13. Which Mexican culinary staple is made from nixtamalized corn dough?**

- A) Flour tortilla
- B) Masa
- C) Baguette
- D) Sourdough

**14. What is the primary fat used in traditional Mediterranean cooking?**

- A) Lard
- B) Butter
- C) Olive oil
- D) Coconut oil

**15. Which herb is the primary ingredient in the Italian sauce known as pesto?**

- A) Parsley
- B) Coriander
- C) Basil
- D) Mint

**16. The culinary technique of 'sous-vide' involves cooking food in which manner?**

- A) Deep frying in oil
- B) Steaming over high heat
- C) Vacuum-sealed in a water bath
- D) Roasting in an open flame

**17. What type of food is 'tahini' made from?**

- A) Crushed sesame seeds
- B) Pressed sunflower seeds
- C) Ground peanuts
- D) Roasted almonds

**18. Which country is recognized as the origin of the culinary concept 'umami' (the fifth taste)?**

- A) South Korea
- B) Japan
- C) India
- D) Thailand