

# Global Food Culture Quiz

Food Culture · Practice Test · 18 Questions

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**1. Which ancient civilization is credited with developing the first known written recipes, particularly for beer and bread?**

- A) Ancient Greece
- B) Ancient Rome
- C) Mesopotamia
- D) Ancient Egypt

**2. The tradition of 'fika' in Sweden, involving coffee breaks with pastries, is primarily about:**

- A) Boosting productivity
- B) Social connection and relaxation
- C) Consuming high-energy foods
- D) Showcasing culinary skills

**3. What is the primary grain used in the preparation of couscous, a staple dish in North African cuisine?**

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

**4. In Japanese food culture, what is the name for the art of Japanese cuisine, emphasizing balance, seasonality, and presentation?**

- A) Kaizen
- B) Ikigai
- C) Wabi-sabi
- D) Washoku

**5. The spice 'saffron,' known for its distinct aroma and color, is derived from which part of a flower?**

- A) Petals
- B) Stamens
- C) Roots
- D) Pistils

**6. What does the term 'umami' refer to in the context of taste perception?**

- A) Sweetness
- B) Bitterness
- C) Savory taste
- D) Sourness

**7. Which country is renowned for its widespread use of fermentation in its cuisine, particularly for dishes like kimchi and gochujang?**

- A) Japan
- B) China
- C) Vietnam
- D) South Korea

**8. The concept of 'Slow Food' originated in Italy as a response to:**

- A) Agricultural overproduction
- B) The rise of fast food chains
- C) Global climate change
- D) A decline in traditional farming methods

**9. What is the name of the traditional Indian flatbread often cooked on a griddle (tawa) and typically made with whole wheat flour?**

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

**10. In Mexican cuisine, what is the name of the traditional corn dough used to make tortillas and tamales?**

- A) Adobo
- B) Mole
- C) Pipián
- D) Masa

**11. The culinary practice of 'farm-to-table' emphasizes:**

- A) Using only imported ingredients
- B) Sourcing ingredients locally and seasonally
- C) Minimizing food waste through composting
- D) Promoting genetically modified foods

**12. What is the main ingredient in the traditional Italian dish 'Pesto Genovese'?**

- A) Tomatoes
- B) Basil
- C) Olives
- D) Artichokes

**13. The 'Mediterranean Diet' is characterized by a high consumption of all of the following EXCEPT:**

- A) Olive oil
- B) Fish
- C) Red meat
- D) Fruits and vegetables

**14. What is the primary purpose of 'mise en place' in professional kitchens?**

- A) To clean and sanitize equipment
- B) To prepare and organize all ingredients before cooking
- C) To test new recipes
- D) To manage inventory and ordering

**15. Which continent is considered the origin of coffee cultivation and consumption?**

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

**16. In Thai cuisine, what is the name of the fragrant soup often made with coconut milk, lemongrass, galangal, and chili?**

- A) Pad Thai
- B) Tom Yum
- C) Tom Kha Gai
- D) Green Curry

**17. The historical exchange of foods, plants, and animals between the Americas, West Africa, Europe, and Eurasia is known as the:**

- A) Industrial Revolution
- B) Renaissance
- C) Columbian Exchange
- D) Age of Exploration

**18. What is the fundamental role of spices in many food cultures, beyond adding flavor?**

- A) To increase the cost of dishes
- B) To act as natural preservatives
- C) To only provide vibrant colors
- D) To exclusively mask undesirable tastes