The Many Roots of African American Cooking

In their cooking, African Americans, from the beginning, freely combined foods from Africa with foods they found in America. In each list, check the item that does not belong.

1. These foods from the Americas, spread via Portuguese contact, were cultivated widely in West Africa in the 18th and 19th centuries.

Select the item that does **not** belong:

- Peanuts
- Tomatoes
- Apples
- Peppers

2. Introduced to the Americas early in the transatlantic slave trade, these foods were particularly associated with the food preferences of African slaves.

Select the item that does **not** belong:

- Okra
- Watermelons
- Pineapples
- Bananas

3. These foods, common in Europe and Africa, were introduced to the Americas by the earliest generation of European colonists.

Select the item that does **not** belong:

- Onions
- Celery
- Pork
- Chicken

4. Grown in Europe but not Africa, these foods were introduced to the Americas by early Europeans colonists.
Select the item that does not belong:

- Collards
- Kale
- Turnips
- Potatoes

5. African slaves newly arrived in America adopted these American foods into their cooking.

Select the item that does not belong:

- Sweet potatoes
- Corn
- Oats
- Lima beans

Sources:


http://teachinghistory.org/history-content/quiz