

## 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 18<sup>th</sup> and 19<sup>th</sup> centuries.

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

- |                                   |                                  |
|-----------------------------------|----------------------------------|
| <input type="checkbox"/> Peanuts  | <input type="checkbox"/> Apples  |
| <input type="checkbox"/> Tomatoes | <input type="checkbox"/> 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:

- |                                      |                                     |
|--------------------------------------|-------------------------------------|
| <input type="checkbox"/> Okra        | <input type="checkbox"/> Pineapples |
| <input type="checkbox"/> Watermelons | <input type="checkbox"/> 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:

- |                                 |                                  |
|---------------------------------|----------------------------------|
| <input type="checkbox"/> Onions | <input type="checkbox"/> Pork    |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Chicken |

4. Grown in Europe but not Africa, these foods were introduced to the Americas by early European 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:

Abby Fisher, *What Mrs. Fisher Knows about Old Southern Cooking* (Bedford, MA: Applewood Books, 1995).

Evan Jones, *American Food: The Gastronomic Story* (New York: E. P. Dutton, 1975).

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