



Name: _____

Hour: _____

VIDEO WORKSHEET

Review

Directions: After watching “*World Food Markets: China*”, answer the following questions.

- Hong Kong was a British colony until 1997 when it was integrated into the People’s Republic of China. What are some examples that British influence still exists in Hong Kong today?
- According to Chinese belief, _____ stand outside buildings to ward off evil spirits and the color _____ is believed to bring good luck and wealth.
- Which of the following is true about birds sold at the bird market?
 - Birds are kept in one big cage and must be caught after purchase
 - Birds are valued more for their songs than their appearance
 - Birds are fed red birdseed to bring good luck and longevity
- What are some examples of natural remedies used in Chinese herbal medicine?
- Noodles are thought to have originated in China. Chinese noodles are made from what foods? How did noodles influence pasta in Italy?



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TEACHER'S KEY

Review

Directions: After watching “World Food Markets: China”, answer the following questions.

- Hong Kong was a British colony until 1997 when it was integrated into the People’s Republic of China. What are some examples that British influence still exists in Hong Kong today?
English is widely spoken and signs are written both in Chinese and English.
- According to Chinese belief, dragons stand outside buildings to ward off evil spirits and the color red is believed to bring good luck and wealth.
- Which of the following is true about birds sold at the bird market?
A. Birds are kept in one big cage and must be caught after purchase
B. Birds are valued more for their songs than their appearance
C. Birds are fed red birdseed to bring good luck and longevity
- What are some examples of natural remedies used in Chinese herbal medicine?
Dried mushrooms, seahorses, deer antlers, snake wine
- Noodles are thought to have originated in China. Chinese noodles are made from what foods? How did noodles influence pasta in Italy?
Chinese noodles are made from wheat, beans or rice. Legend credits Marco Polo with bringing noodles from China to Italy in 1295.

6. Why is the seafood section of a Chinese food market called the “wet market”?

It is called the “wet market” because the seafood is so fresh that it is still alive. The Chinese place a high value on fresh food. Once the buyer selects a fish, the fishmonger scales and cleans the fish.

7. What is unique about fish purchased at a Chinese food market?

The Chinese fishmonger rarely decapitates the fish because the Chinese believe that everything in life needs to be accomplished with a beginning and an end (a “head” and a “tail”), so fish are usually cooked in their entirety.

8. What has changed in the live fowl area of Chinese food markets since bird flu became a concern?

Prior to bird flu, shoppers would buy live chickens and take them home. Now there are tight controls of the poultry area.

9. What vegetables and fruits can be found at a Chinese food market?

<i>Vegetables:</i>	<i>Bok choy</i>	<i>Water chestnuts</i>	<i>Fruits:</i>	<i>Watermelon</i>
<i>Bean sprouts</i>	<i>Chinese</i>	<i>Flowering</i>	<i>Bananas</i>	<i>Durian</i>
<i>Eggplants</i>	<i>cabbage (Napa</i>	<i>Chinese chives</i>	<i>Mangos</i>	
<i>Daikon radish</i>	<i>cabbage)</i>	<i>(garlic chives)</i>	<i>Dragon fruit</i>	
<i>Squash</i>	<i>Bitter melon</i>	<i>Taro</i>	<i>Pomelo</i>	
<i>Long beans</i>	<i>Lotus root</i>	<i>Gingerroot</i>	<i>Longan</i>	

10. What are some Chinese beliefs about food and health?

Chinese believe eating organs such as intestines, lungs, livers, feet, ears, etc. strengthens the corresponding organs in the diner’s body. Foods are consumed not only for flavor, but also for their health-promoting properties. The Chinese believe that eating proper foods helps to restore balance in the body.

11. How are 1000-year-old eggs made?

Duck or chicken eggs are coated with a mixture of clay, wood ash, salt and lime. Each egg is individually rolled in rice chaff to keep them from sticking together and they are placed in large jars or baskets. The eggs are stored in a cool, dry place for 3 to 4 months. The lime petrifies the egg, causing it to harden like a 3-minute boiled egg. Both the white and yolk darken in color. The method was developed when villagers expected food supplies to run low. They are a popular delicacy in China, often served as a snack or part of a meal and often for special events like weddings or birthdays. (These eggs are also sometimes called 100-year-old or century eggs)

12. Why do typical Chinese meals consist of many courses and why do meals always include soup?

A meal consists of many different courses because the Chinese feel it’s impossible to incorporate all the healthful properties of foods into a single dish. Soup is served with each meal as a beverage at the end of meal to maintain health.

13. What building has become a symbol of Shanghai?

Oriental Pearl TV Tower

14. What are some street foods found in Shanghai that makes quick and inexpensive meals?

Dumplings, stir-fried dishes