

Name: _____

Date: _____

Asian American and Pacific Islander Heritage Month: Cultural Cuisine



Directions: Asian American and Pacific Islander Heritage Month is a wonderful time to learn about this vibrant group. Across this population, there are many unique foods and traditional dishes that celebrate the culture. Read the passage below and answer the questions in complete sentences to show off your learning!

In Asian American and Pacific Islander cultures, people enjoy many different types of food. Some of those foods have ingredients and flavors that are the same. Many dishes are made with vegetables, but others include chicken, beef, and fish.

In Japan, sushi is a popular dish. Sushi can be served with raw (uncooked) fish, cooked fish, or vegetables and is usually rolled up with rice and seaweed. People like to dip sushi in salty and spicy sauces. Sushi is eaten with chopsticks, rather than a fork.



In Korea, one popular food is kimchi. Kimchi is made from vegetables like cabbage, onions, radish, and carrots. It takes a few days to make kimchi. The vegetables sit in salty water and spices and then they are ready to eat.

In China, there is a whole category of food called dim sum. The words “dim sum” translate to “touch the heart”. Dim sum includes dumplings, beef, eggs, spring rolls, and more. Dim sum foods can be eaten any time of day. There are some foods that are eaten at breakfast, as a snack, or for dinner and even dessert.

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Asian American and Pacific Islander Heritage Month: ***Cultural Cuisine Questions***

1. According to the reading, what ingredients are in sushi? Have you ever tried sushi before? If 'yes,' what did you think of it? If 'no,' would you like to try it? Explain your answer.

2. In Korea, people eat kimchi. How is kimchi made? What are some food you've made (or helped make) that take a long time to prepare?

3. In China, the food that's called "dim sum" has a translation. The words "dim sum" mean "touch of the heart." Why do you think people call this category of food "dim sum?"
