

Name _____ Class Period _____ Score _____ /30

SOUL FOOD WORKSHEET

Use the Soul Food packet to answer these questions. Note the headings so that you can find information easier. Each question is worth one point unless stated otherwise in parentheses.

1. What are two images in your mind when you think of soul food? (2)

History of Soul Food

2. Food was _____ for many slaves in bondage.

3. Why didn't slave use recipes for cooking? _____

4. What kinds of foods considered "unfit" for the slave owners were given to the slaves? Name four, please. (4)

5. Recipes were not written down but were passed on by observation and

George Washington Carver

6. Who raised him and why? (2) _____

7. What did he spend hours studying as a child? _____

8. What type of scientist was he? _____

9. Carver helped the poor farmers in the South make a profit by growing more than cotton. What became the two most important crops of the South? (2)

Lloyd A. Hall

9. How did his slave grandmother get to Illinois? _____

10. As a college graduate in food chemistry, he applied for a job with Western Electric. He was hired and then fired. Why?

11. What did he do related to bacon? _____

12. He was granted _____ patents related to food.

Frederick McKinley Jones

13. Although this famous inventor was an orphan and had only a 6th grade education, his curiosity enabled him to develop a way to keep fruits and vegetables fresher at the grocery store. Please explain.

14. Where else was his system used? _____

Norbert Rillieux

15. What did he invent? _____

16. What did his invention do? _____

17. In what two ways/times was Mr. Rillieux discriminated against? (2)

A. _____

B. _____

Joseph Lee

18. Where did he work as a boy? _____

19. What were his two main inventions? (2)

General

20. In class someone demonstrated how cornbread was prepared during slavery. What would be a healthier way to prepare cornbread? _____

21. Of the food you tasted from the soul food unit, which did you like best?
