



A Taste of the Past: Gullah Geechee Foodways

Name _____ Grade _____ Date _____

Food and diets directly reflect the people and the environment of a particular time and place. Students will watch the video on Gullah Geechee Foodways and answer these questions. You will have 15 minutes to complete the activity.

Question 1: Who are the Gullah Geechee people?

Question 2: What is a foodway?

Question 3: What grain is central in most Gullah Geechee dishes?

Question 4: What are some Southern dishes that reflect Gullah Geechee cuisine?