

Which diet would you choose?

The workers for the Central Pacific Railroad were mostly either Irish or Chinese immigrants. Each group had a very different dietary plan. They both brought their tastes from home. The Chinese workers in particular made demands on the railroad company to provide their foods of choice. Satisfied with proper food, they worked long and hard hours. Also, the Chinese drink of choice and diverse diet helped reduced how often they were sick. What do you think the Chinese drank and ate that made a difference? Organize the following foods into the correct groups: (a few may belong to both groups)

IRISH

CHINESE

- Beans
- Tea
- Butter
- Rice
- Potatoes
- Fruit
- Boiled Beef
- Oysters
- Water
- Chicken
- Bamboo Shoots
- Sweet Rice Crackers
- Pork
- Onions
- Bread
- Black Coffee
- Cabbage
- Fish