

Transcontinental Railroad – Diet Choices Activity

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 reduce 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 Workers	Chinese Workers

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

Transcontinental Railroad - Diet Choices Activity - Teacher Answer Guide

Irish Workers	Chinese Workers
<p data-bbox="337 422 565 768">Boiled Beef Pork Onions Potatoes Beans Butter Black Coffee Water</p>	<p data-bbox="987 422 1349 810">Fish Pork Sweet Rice Crackers Fruit Rice Chicken Oysters Bamboo Shoots Tea</p>