

Sustainable Food Traditions of Madeira

Madeira is a beautiful island known for its green mountains and rich farming history. People in Madeira have grown crops like bananas, sweet potatoes, and grapes for many years. Some farmers build terraces called “poios” on the hillsides to help grow food without the soil washing away. These traditions help protect the land and keep food growing for future generations. Learning about these food traditions helps us understand how people and nature work together.

Fill in the Blank

Fill in the blank with the correct words:

1. Farmers in Madeira build _____ on hillsides to grow crops.
2. One important crop grown in Madeira is _____.
3. _____ are used to make wine in Madeira.
4. Growing food in a way that protects the land is called _____.
5. Sweet potatoes need good _____ and plenty of water to grow well.

Word bank: sustainability, bananas, terraces, grapes, soil

Multiple Choice Questions

Choose the correct answer from the choices for each question:

1. What are “poios” in Madeira?
 - a) A type of fruit
 - b) Terraces for farming
 - c) A kind of fish
 - d) An old building
2. Which crop is NOT traditional in Madeira?
 - a) Bananas
 - b) Sweet potatoes
 - c) Grapes
 - d) Pineapples

3. Why do farmers build terraces on hills?
- a) To make the land flat for farming
 - b) To build houses
 - c) To keep animals in one place
 - d) To find gold
4. What does “sustainability” mean?
- a) Growing as much as possible, as fast as possible
 - b) Growing food in ways that can last a long time and protect nature
 - c) Using all the water at once
 - d) Planting only one type of crop
5. Which of these helps keep the soil from washing away on Madeira’s hills?
- a) Cutting down all the trees
 - b) Building terraces (poios)
 - c) Only growing bananas
 - d) Leaving the land empty
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Open-Ended Questions

Answer the following questions in complete sentences:

1. How do poios (terraces) help farmers in Madeira grow crops?

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1. Name one Madeiran food tradition you think is important and explain why.

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1. What is one thing you can do to help make food growing more sustainable?

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ANSWER KEY

Fill in the Blank

1. terraces
2. bananas
3. grapes
4. sustainability
5. soil

Multiple Choice Questions

1. b) Terraces for farming
2. d) Pineapples
3. a) To make the land flat for farming
4. b) Growing food in ways that can last a long time and protect nature
5. b) Building terraces (poios)

Open-Ended Questions (example responses)

1. Poios help farmers by making flat spaces on hillsides, so soil and water do not wash away and crops can grow better.
2. I think making wine from grapes is important because it is part of Madeira's culture and brings people together.
3. I can help by not wasting food, planting some vegetables at home, or learning about ways to protect the environment when growing food.