

The background features a light blue-green gradient with various Mexican food items scattered around. At the top left is a red bell pepper. Below it is a burrito. To the right is a cucumber. Further right is a plate with two tacos. On the right side is a whole red tomato. At the bottom right is a wooden cutting board with a knife. At the bottom center is a burrito. At the bottom left is another red bell pepper. In the center, a large green circle contains the text "Mexican Food".

Mexican Food

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



The eatwell plate shows how much of each food group should make up your daily food intake. What should you eat the most of? What should you eat the least of? Why do you think this is? Can you think of any Mexican ingredients that would fit on this plate?

Design a Menu

Using the information of the eatwell plate and what you learnt in our last lesson about Mexican food, I would like you to design a menu that includes a range of Mexican ingredients that link to the eatwell plate. Remember, it must be a balanced meal that includes a large amount of vegetables, fruits and carbohydrate and smaller amounts of proteins, dairy and sweets.

I have included a reminder of these ingredients in the next slide as well as some different things you could include in your menu.

Your menu must include a starter, main course and desert.

The staple ingredients (this means ingredients that are used the most) of Mexican cuisine include lots of fresh ingredients that are widely grown in Mexico, including:



Vanilla



Agave



Turkey



Beans



Cactus



Corn



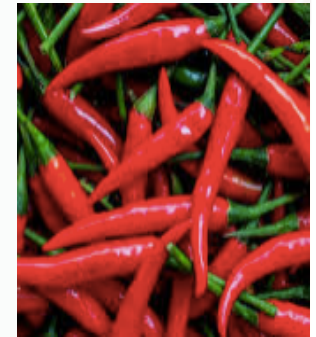
Avocadoes



Squash



Tomatoes



Chilli
peppers



Sweet potato



Cacao

Mexican dishes for your menu:

- Elote – Mexican corn on the cob, served with salt, chilli powder and lime
- Enchilada – corn tortilla wrapped around meat or fish, topped with tomato salsa
- Guacamole – mashed avocados, onions, garlic, tomatoes, lemon juice and chilli (usually served as a side dish to tortilla chips or fajitas)
- Tacos – soft corn tortillas grilled and filled with either meat, vegetables or fish
- Croquetas – fried potato balls
- Achiote chicken – chicken cooked in lime and spices
- Frijoles – creamy black beans
- Rice

You might choose to research more Mexican dishes online to find something you like the sound of, or you might already have an idea of something you have had to eat before.

I am looking forward to reading your menus!