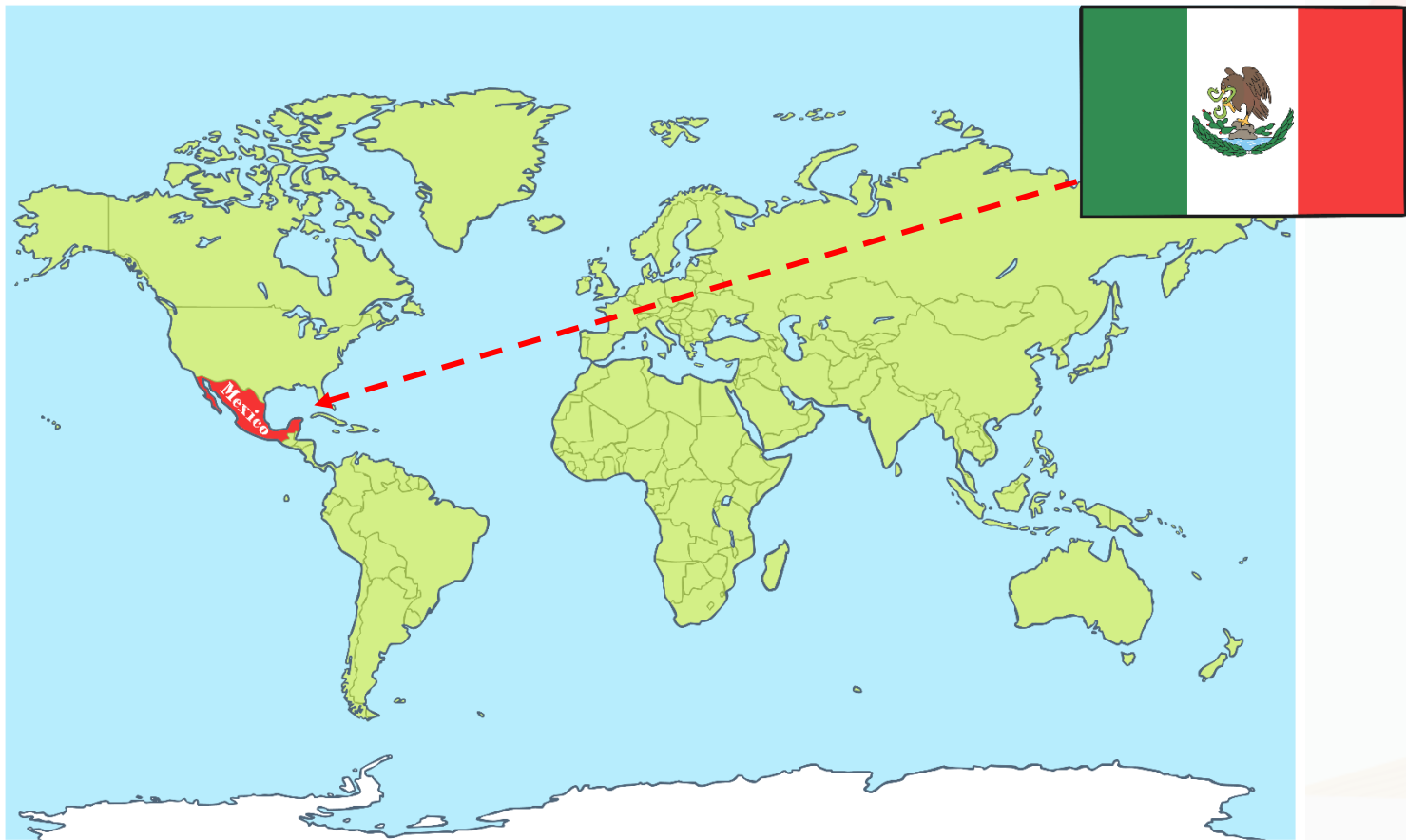




Mexican Food

Where in the World is Mexico?

Today we are going to be learning about some foods which are popular in Mexico.



Have you ever eaten Mexican food? Do you know the names of any Mexican foods?

Here are some names of Mexican foods. Can you match any of them to the correct picture?

burrito

fajita

quesadilla

taco

guacamole

nachos

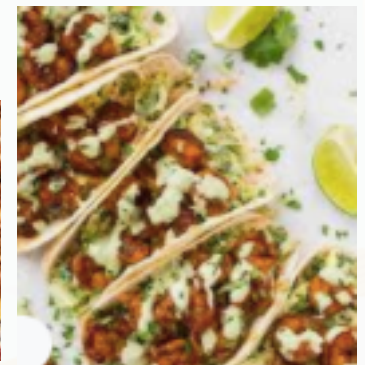
refried beans

enchilada

rice

salsa

chilli con carne



How did you get on?



salsa



chilli con carne



rice



fajita



burrito



guacamole



quesadilla



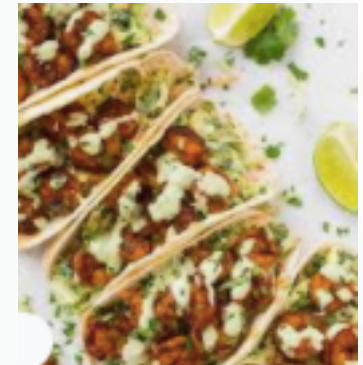
refried beans



enchilada



nachos



taco

Have you ever tried any of these foods? Did you know about any of these foods already? Were you surprised to find out that any of these foods are Mexican?

These foods are all part of Mexican cuisine



salsa



chilli con carne



rice



fajita



burrito



guacamole



enchilada



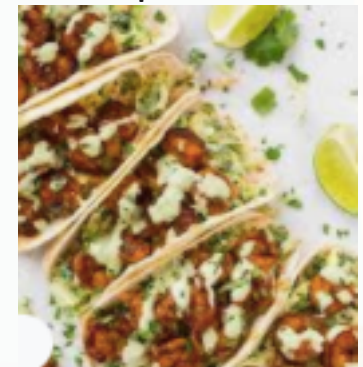
nachos



quesadilla



refried beans



taco

What do you think the word **cuisine** means?

What is cuisine?

Cuisine is the word we use to describe the style or method of cooking that is characteristic of a particular region or country.

Have a careful look at the pictures of the Mexican food. What similarities can you see between the dishes?



salsa



burrito



guacamole



chilli con carne



rice



fajita



quesadilla



refried beans



enchilada



nachos



taco

Mexican cuisine

Lots of Mexican food involves a wrap called a 'tortilla'. These are traditionally made from ground corn in Mexico, but often in Europe they are made with flour. These were popular dishes as it is a cheap way to transport a good meal of beans and vegetables to farmers working in the fields, as the tortilla is used to hold it all together.



enchilada



fajita



taco



quesadilla

All of these dishes involve a tortilla containing a filling. Although they look similar, they are all prepared slightly differently.

Which one do you like the look of the most?



burrito

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



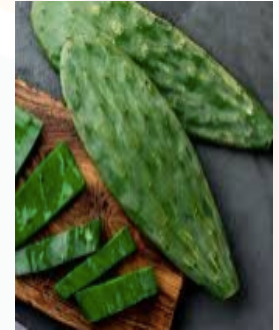
Agave



Turkey



Beans



Cactus



Corn



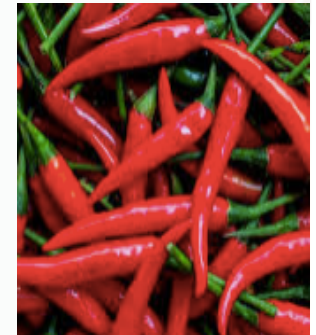
Avocadoes



Squash



Tomatoes



Chilli
peppers



Sweet potato



Cacao

Have you ever tried any of these ingredients?
Do you notice any similarities between any of these ingredients?

Why is cuisine important?

Traditional Mexican cuisine is part of the UNESCO Intangible Cultural Heritage List which means it is protected as one of the world's most important cultural heritages.

Mexican people are extremely proud of their cuisine which is an important part of their culture, social structure and popular traditions.

For example, the Day of the Dead festival is celebrated by offering food such as tamales and mole at altars of churches. It is believed that visiting dead relatives will eat the essence of the food. Preparing for this festival involves many families working together and is seen as a way of bringing people together within their community.

Can you think of an example of British cuisine which is important to a celebration or festival? Is the food similar or different?

Why not have a try?

Nearly all of the Mexican ingredients I have mentioned are available in our supermarkets. Why not choose one to try next time you go shopping?

If you're feeling brave, why not try a new recipe? I have included some below that I have used before.

Guacamole - <https://www.bbcgoodfood.com/recipes/best-ever-chunky-guacamole>

Chicken fajitas - <https://www.bbcgoodfood.com/recipes/easy-chicken-fajitas>

Refried beans - <https://www.bbcgoodfood.com/recipes/mexican-steak-homemade-refried-beans>