

Year 5 Design & Technology Mexican Food



What I should already know:

- Use the basic principles of a healthy and varied diet to prepare dishes
- Understand where food comes from.

At the end of this topic, I will know:

- Understand and apply the principles of a healthy and varied diet
- Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
- Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.



Key Facts:

Food plays an important part in Mexican culture. Many Mexican foods can be traced back thousands of years to the Aztecs or Maya and some contain flavours from other countries, including Spain.

Traditional Mexican foods include chocolate, corn tortillas, avocados and beans. Popular Mexican dishes may contain a mixture of these ingredients, such as guacamole or churros with chocolate.

Tortillas are in the diet of hundreds of families in México. They usually eat tortillas with Chicken, beef, eggs, beans, etc.

Chocolate comes from the cacao tree.

Mexican desserts tend to include chiles for hot and sweet taste.

Vocabulary

guacamole	avocado dip made with mashed avocados, salt and lime or lemon juice, often also with chilli peppers
tortilla	Mexican corn or wheat flour flatbread is eaten with almost every dish. A <i>tortilla</i> is usually filled with meat, cheese, potato or vegetables
tostada	crunchy tortilla that has been fried in oil
enchilada	stuffed tortilla that has been baked in chilli sauce
nachos	tortilla chips often served hot with melted cheese or spicy mince sauce, usually eaten as a snack
tamales	stuffed and steamed dough pockets wrapped in banana leaf or corn husks
taco	a traditional Mexican dish consisting of a small hand-sized corn or wheat tortilla topped with a filling. The tortilla is then folded around the filling and eaten by hand.

