

Foods in Latin America

Better than Book Work
By Mrs. LeVar-Hash

Geography

- Latin America is located below the United States, beginning with Mexico at the southwestern border. South of Mexico is Central America, which extends from Belize and Guatemala to Panama. Beyond Panama is Colombia. Look east of Central America and you'll see the islands of the Caribbean Sea.





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Thomas Humeau / 360cities.net

Native Cultures

- Three native cultures dominated the early history of Latin America

- Incas
- Mayas
- Aztecs





https://www.flocabulary.com/unit/mesoamerica/?utm_source=nearpod&utm_content=pdf

Native Cultures



• Native Latin American food include:

Corn

Beans

Chiles

Squash

Potatoes

Tomato

Avocado

Starchy Root Vegetables

Seafood and Game





National Dishes



Video

National Dishes of Latin America; A Latin American Food Fiesta!

European Colonists Arrive



- When the Europeans arrived the Spanish and Portuguese brought wheat and hogs.
- Wheat flour made leavening baking possible.
- Spanish introduced rice, goats, sheep, beef and chicken.
- French brought herbs, including thyme and chives.
- English planted coffee shrubs.





https://www.flocabulary.com/unit/who-discovered-america/?utm_source=nearpod&utm_content=pdf

The Native Chile



- The native chile provides the most characteristic flavor in Latin America.
- Besides their role in seasoning, chiles are the basis for another staple, the salsa, or sauce.
- Most salsa recipes are chunky mixtures with added tomatoes, onions, garlic and spices.



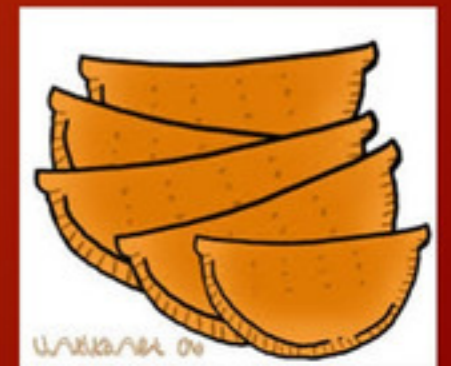


Video

Chiles en Nogada with Lindsay Sterling

Latin American Dishes

- The Latin American diet is based on corn, rice and beans.
- Rice helps cool a fiery salsa.
- Leftovers may be chopped with onions, garlic and herbs and used in an empanada (a turnover filled with meat, vegetables, fruit or all three)
- Chorizo is a spicy sausage that flavors many stews.



Latin American Dishes

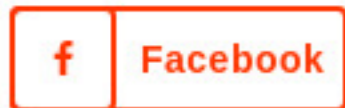
- With plentiful seafood around coastal areas, each region has a recipe for ceviche, an appetizer of raw fish marinated in citrus juice until firm and opaque. The fish is drained and served with chiles, tomatoes and onions.
- Soup soups, or sopas, feature meat as the main ingredient. Peanuts and squash are also used.



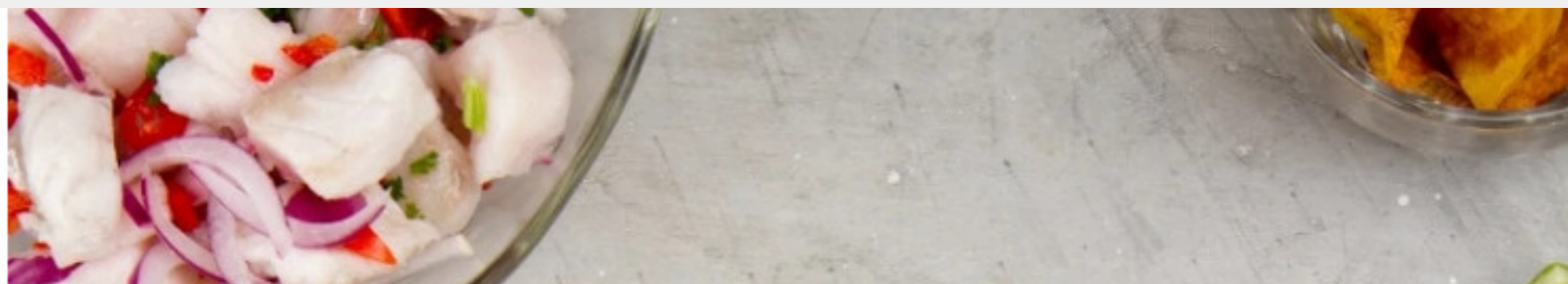


Home / Fish and Seafood / What is Ceviche? Everything

WHAT IS CEVICHE? EVERYTHING YOU NEED TO KNOW



<https://www.eatperu.com/what-is-ceviche/>



Mexican Agriculture



- Corn, beans, wheat and rice are grown in Mexico.
- Main exports include coffee, vegetables, fruit and livestock.



Mexican Ingredients



- Mexican cuisine has kept the Aztec influence.
- The Aztecs considered corn sacred, and even today corn is held in high regard.
- Mainly, corn is dried, cooked, soaked in lime water and then ground into dough or masa.
- People use masa to make tortillas, a flatbread that is part of every Mexican meal.

Draw It

draw your favorite ingredient present in Latin American cuisine.

Mexican Dishes

- Tortillas filled with any combination of meat, poultry, beans, fish and cheese is the basic recipe for many Mexican dishes like tacos, quesadillas, enchiladas and flautas.



Open Ended Question

Tortillas are filled with 5 common ingredients (list them) to make four common dishes
(list them) Ingredients Dishes

Frijoles (Beans)

- Frijoles refritos is a side dish of red or pinto beans mashed and fried in lard.
- Beans are included in main dishes as tortilla fillings or as beans and rice.



Mexican Ingredients



- Two other native foods found in pantries today are avocado and squash.
- Avocados are featured in soups, salads and mixed with tomato, garlic and cilantro for guacamole.
- Squash and squash blossoms appear in soups, fritters and empanada fillings.

Chocolate!

- Chocolate came to Mexico from trade with the Maya in Central America.
- The Aztecs used it in a hot, frothy beverage they enriched with milk and seasoned with chiles, vanilla and other spices.



A large, stylized graphic for "Time to Climb". The word "Time" is in orange, "TO" is in white, and "Climb" is in yellow. A blue circular icon with a mountain and a flag is centered over the "TO".

Time to Climb

Time To Climb