

Wednesday 9<sup>th</sup> December 2020

LO: Mexican feast and class fiesta



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## Success Criteria

I can:

- learn about the different **vegetation biomes** of Mexico and identify some of its **key crops**
- **cook** festive Mexican food, including guacamole, relating the ingredients to local crops
- bring food, music, costume, decorations and dance together to celebrate a **Mexican fiesta**.

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Starter... *literally*. **Get it?**

- Guess the name of the food.
- Guess the ingredients.



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Did you guess the name of the food correctly?

Guacamole



Corn tortillas



Refried beans  
(pinto or black beans)



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- Mexico is well-known for its **fertile agriculture** and **crops**.
- The country produces many crops including **corn, beans, rice, wheat, fruits** and **vegetables**.
- It has a crops **surplus**. This means it produces more food than is needed to feed its population.
- The majority of Mexico's surplus crops is **exported** to neighbouring countries – for example, the USA!
- Food is a huge part of Mexican **culture**, both past and present.



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As well as everyday food that we are familiar with, all Mexicans (including **indigenous** Mexicans) have a **diet** that consists mostly of fruit, vegetables and other sources of **protein** including **scorpions** and other **insects**.



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Here are Mr Charles' foodie photos from his visit to Mexico City in 2018. Would you try any of these?



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### **Task 1: Note-taking**

Watch the 'Ultimate Mexican food tacos tour' video (link below the slide show) and make notes on what you see.

When note-taking, remember to:

- Use bullet points
- Write key information
- Don't write long sentences or paragraphs!

*Note: the video is 40 minutes long. It's up to you whether you watch the whole video or not. You can just watch the first 10 minutes to get an idea of Mexican tacos.*



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## Task 2: Map work

You can either:

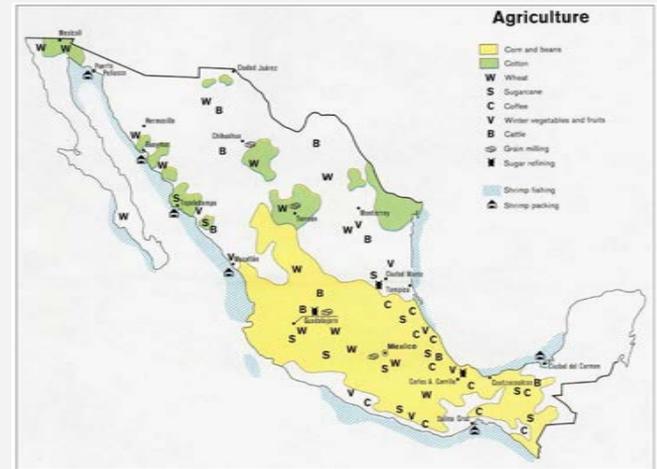
- print out the blank map of Mexico (link below), or
- sketch out the map yourself.

Using the agriculture map to help you, colour in the **agricultural locations** of Mexico.

## Extension

Explain why you think that **corn** and **beans** are grown in the **south** of the country and mostly **cotton** is grown in the **north**.

*Tip: think back to our lesson on biomes.*



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### Task 3: Let's get cooking!

Using the recipes provided (links below), and with the help of an adult or older sibling, create your own Mexican feast.

Take pictures or record a short video of your efforts – we want to show as many of these on the website as possible!

### Extension

We were going to have a fiesta in school, but as we can't, why not FaceTime or Zoom your classmates and have yourselves a virtual fiesta!

#### Guacamole recipe

(Serves 4)

**Prep time:** 15mins

**Cooking time:** N/A

**Key local ingredients:** avocado and limes

**Key skills:** following recipes and preparing ingredients, cutting and knife skills, mixing, blending

#### Equipment

- Chopping board
- Sharp knife
- Mixing bowl
- Hand blender /potato masher or whisk



#### Ingredients

- 1 large ripe tomato
- 3 ripe avocados
- juice 1 large lime
- 1 small red onion
- 1 mild green chilli (option)

#### Method

1. Use a knife to finely chop
2. Cut the avocados in half and add to the tomato.
3. Deseed the chilli (if using ingredients and use a hand blender.
4. Your guacamole is ready and sour cream.

#### Refried beans and tortillas recipe

(Serves 4)

**Prep time:** 15 mins (refried beans) + 10 mins tortillas

**Cooking time:** 5 mins (refried beans) + 5 mins tortillas

**Key local ingredients:** Pinto or black beans and corn or wheat

**Key skills:** following recipes and preparing ingredients, measuring and weighing, cutting and knife skills, mixing, blending, heating, kneading, assembling

#### Equipment

- Chopping board
- Sharp knife
- Sharp scissors
- 2 frying pans (one large, one small)
- Spatula
- Mixing bowl
- Hand blender



#### Ingredients

##### Refried beans:

- 2 garlic cloves, finely chopped
- 1 tsp cumin seeds
- 400g can pinto or kidney beans, rinsed and drained
- 2 tsp smoked paprika
- 250g streaky bacon

##### Tortillas:

- 400g self-raising flour
- ½ tsp salt
- 300ml warm water
- 3 tablespoons olive oil



OR... corn tortillas (if you have masa harina)

- 300g masa harina
- Large pinch of salt
- 200ml cold water
- 1 tablespoon olive oil

#### Method

##### Refried beans:

1. Finely chop the onion and garlic and set to one side.
2. Use the scissors to chop the bacon into small pieces. Fry it in oil in a large frying pan over a medium heat for 2 minutes, turning the bacon with a spatula.
3. Add the onion and garlic and fry for 2 further minutes.
4. Add the cumin and continue to cook for 1 minute.
5. Rinse and add the beans with the paprika and a little water, then heat for 1-2 minutes.
6. Bring the mixture off the heat and pour into a bowl. Use a handheld blender to pulp the mixture until it has a creamy texture.