

Foods from Mexico



Where is Mexico?



Here it is!

Flag of Mexico



Have you tried Mexican food before?



TACOS



Chicken Tacos \$4
barbecued chicken, lettuce, onion, and peppers



Cactus Tacos \$5
grilled cactus leaves, lettuce, cheese, and a special spicy sauce



Beef Tacos \$6
ground beef, cheese, lettuce, chilies, and avocado

DRINKS

Horchata \$3

Cola, Juice, Lemonade \$2

TAMALES

All tamales are served with red or green salsa.



Cheese & Chilies Tamales (vegetarian) \$4
filled with cheese and chilies



Chicken Tamales \$5
filled with chicken and beans



Beef Tamales \$6
filled with beef and onions

DESSERTS

Apple Tamales \$3

Strawberry and Chocolate Tacos \$4



Here are some Mexican foods:



Taco



Tamale



Horchata

Facts About Mexico



Where is Mexico?

It is part of North America.

What language do people in Mexico speak?

They speak Spanish.



What does the flag of Mexico look like?

It is green, white, and red. It has an eagle, a snake, and a cactus on it.



Tacos



What are tortillas made of?

They are made of corn or wheat. Corn tortillas are yellow, but wheat tortillas are white.

How did tacos get their name?

Some people think that the word taco comes from the Nahuatl word tlahco. Tlahco means “half” or “in the middle.” Food is put in the middle of a tortilla. So some thing that’s how they got their name.



How do you eat tacos?

Just use your hands.



Tamales



What are tamales made with?

They are made with a corn flour called masa.

How do you cook tamales?

Wrap the dough in corn husk or banana leaves and cook the tamales with steam.



When do Mexicans eat tamales?

They eat tamales all year round. They also eat them on holidays. They make hundreds of tamales on holidays.



Tamales



What are some holidays when Mexicans eat tamales?

Tamales are served on El Día de Candelaria (February 2nd), Day of the Dead (November 1st), Independence Day (September 16th), and the 16 days before Christmas.

What happens on the Day of the Kings on January 6th?

On January 6th, Mexicans eat a cake called king cake. There is a Jesus doll in the cake. If you find the doll in your piece of cake, you must make tamales for your friends on El Día de Candelaria.



Horchata

What is horchata?

Horchata is a drink that Mexicans like.



What are the ingredients for horchata?

It is made from rice, cinnamon, almonds, and sugar.



How is horchata made?

Soak some rice, cinnamon, and almonds in water for four hours. Then put everything in a blender of five minutes. Next, strain it well. It's easy.



New Words



❖ **blender** *n.*

Mom makes fruit drinks in the **blender**.
★ a kitchen machine that makes soft food into a liquid



❖ **filling** *n.*

The **filling** in this donut is raspberry jam.
★ something you put in a pie, cake, or other food

New Words



❖ husk *n.*

People eat rice, but they don't eat rice **husks**.
★ the dry outer part of some grains and nuts



❖ middle *n.*

There is a big park in the **middle** of the city.
★ the center part

New Words



❖ **soak** v.

I **soaked** my shirt to clean it.

★ to put something in water for a long time



❖ **steam** v.

You need just a little water to **steam** food.

★ to cook in the hot, wet air that comes up when water gets hot

New Words



❖ **strain** v.

Strain the juice to get rid of the lumps.

★ to separate pieces of food from liquid



❖ **wrap** v.

He is **wrapping** his sandwich in a cloth.

★ to cover with paper, cloth, etc.

Reading Quiz

1. Tacos, tamales, and horchata are from

(a)



(b)



(c)



Reading Quiz

2. The flag of Mexico has an eagle, a snake, and a(n) _____ on it.

(a) cat

(b) dog

 (c) cactus

Reading Quiz

3. You need _____ to make horchata.



(b)



(c)



Reading Quiz

4. Mexicans enjoy tamales on special days.


True

False

Reading Quiz

5. You can put cactus leaves in tacos.


True

False

Reading Quiz

6. Horchata is made with meat.

True

False