



LATIN AMERICAN FOODS

On our trip we have eaten in many cities and towns. It is very evident that corn is the main stay of the Latin American diet, just as it has been for thousands of years. Study the menu and choose your favorite foods.

Most foods are highly seasoned with hot, red chili peppers.

Made from corn:

Tortilla (thin cornmeal pancake fried on a griddle)

Tamale (made from tortilla dough, stuffed with bits of meat, and boiled in corn husks)

Enchilada (a tortilla wrapped around meat and cooked in a spicy tomato sauce)

Tostada (fried tortilla topped with beans or meat, lettuce, cheese, and onion)

Taco (crispy, fried tortilla folded over a spicy meat)

Frijoles (beans that have been boiled, mashed, fried, and refried)

Rice (often fixed like frijoles)

Arroz con pollo (rice with chicken)

Vegetables: squash, sweet potatoes, and tomatoes

Fruits: avocados, bananas, mangoes, oranges, and plantain (a member of the banana family, cooked)

Desserts: puddings made from the cassava or manioc (tapioca) plants

Drinks: coffee, milk, water flavored with fruit juices, and cinnamon-flavored hot chocolate

Connect the dots for a special treat almost everyone likes.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
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18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34
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35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51
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7 to 41

1 to 35

2 to 36

4 to 38

9 to 10

15 to 50

10 to 27

38 to 39

17 to 50

11 to 12

4 to 5

30 to 31

28 to 29

26 to 27

17 to 51

41 to 42

45 to 46

9 to 43

13 to 47

2 to 3

11 to 45

13 to 14

7 to 8

21 to 22

15 to 49

14 to 48

26 to 44

36 to 37

