**Capítulo 3 – La comida, from *Realidades I***

Meal times - In Spain, families generally have meals together. Often, lunch is the primary meal. Even in Madrid, offices and stores usually close at 2 p.m. so that workers may go home to have lunch. Work generally resumes around 4 p.m. As a result, people tend to get home around 8 p.m. and eat dinner later. In many families, dinner tends to be less formal than lunch.

Drinks - Often, soft drinks from Spanish-spekaing cultures tend to be fruitier and sweeter than drinks produced in the U.S. Drinks with natural ingredients are very popular. For example, ***horchata*** is a well-known drink in Spain and Mexico. Throughout Mexico, it is possible to find *horchata* made with water or milk, rice, almonds, cinnamon, and sugar, while in Valencia, Spain, *horchata* is made with chufa (also known as tiger nut), water a touch of cinnamon, and sugar.

Sandwiches - Sandwiches in Spain and Mexico differ in more than just name. In Spain, ***un bocadillo*** may be composed of a hard roll with a piece of cheese, cured beef, or ***tortilla española*** – a Spanish omelette. In Mexico, ***una torta*** almost always contains refried beans, chilies, lettuce, tomato, and ham, chicken, or cheese.

Mexican food - Corn, tomatoes, and chiles are staples of the Mexican kitchen. Tortillas are present at every meal and are even made into a delicious soup. Chile, tomatoes, and onions are used in many different ways, both raw and cooked, to make a variety of salsas that may be included in any meal – even breakfast. There are several Mexican dishes made from leftover tortillas, including one called ***chilaquiles***. The tortillas are cut into strips, dried, fried, and then cooked in a sauce made from tomato, onion, and chile. They are then covered with cheese and heavy cream. This is a popular breakfast favorite. ***Cuernitos*** are croissants and are often served as a sandwich with ham, cheese, and tomato. ***Sincronizadas*** are two flour tortillas with ham and cheese in the middle. They are first grilled on both sides, and then cut into four even pieces.

Licuados – In Latin America there are many little shops that sell ***licuados*** made from different fruits. A licuado can serve as a quick meal any time during the day.

The names of many foods in Mexico come from ***náhuatl***, the ancient language of the Aztecs that is still spoken today in various dialects. Words from náhuatl often end in –te (formerly –tl). Examples include: chocolate, cacahuate (peanut), ejote (green bean), elote (corn) and tomate.

Tomatoes – The tomato has been cultivated in the Andes since prehistoric times. Tomato growing spread from South America to Mexico more than 3,000 years ago. Tomatoes were then brought to Europe. By 1550, tomatoes were being grown in Italy.

El tianguis - ***El tianguis*** was a central marketplace for the Aztecs. In modern Mexico, these markets have the same name and many of the same goods are traded.

Capítulo 3 – La cultura – Now read the following pages and take notes on topics below. **Paginas: 131, 134, 139, 140, 146 (and inset picture), 152, 160**

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| Diego Rivera | Foods of the Americas | Traditional meals | Los mercados |
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Be able to answer the following questions before our chapter 3 test:

1. Who was Diego Rivera? What did he do and why is he important? (Bonus: Who was his wife?)

2. What are some foods that originated from the Americas? Reflect on their influence on European cuisine.

3. Give an example of a traditional meal in a Spanish-speaking country. This can be a snack, breakfast or dinner.

4. Explain the significance of *los mercados*. Compare and contrast Latin American markets with open-air markets in your community.