

Last week we looked at maps and compared Central America over the years. On to looking at Mayan food this week...

Here is a list of different foods eaten by the Mayan people.

- ☐ Avocado
- ☐ Cassava
- ☐ Chilli peppers
- ☐ Cacao
- ☐ Honey
- ☐ Jicama
- ☐ Maize
- ☐ Papaya
- ☐ Pumpkins
- ☐ Squash
- ☐ Sweet potatoes
- ☐ Tomatoes

What does this list
tell us about the
Mayans?

Cassava - a woody shrub



Jicama - vegetable



What did you notice about the list?
Do any of the food items surprise you?

How did the Mayans cook?

https://www.youtube.com/watch?v=9TElxXSM_ks

Activity One

Quickly, I want you to list as many foods as you can think of that the Mayans *would not have been able to eat*. One minute - GO!

We are going to write a three course (starter, main, dessert) menu for the Mayans and a three course menu for modern day.

In your books draw a table similar to the one below. Think carefully about what you put where, why couldn't the Mayans have ice-cream?

	Mayan	Modern Time
Starter		
Main		
Dessert		Ice-cream topped with sprinkles, toffee sauce, chopped nuts with a chocolate wafer on top.

Activity Two

Now we have written our menus you are going to think about the differences between them (compare and contrast).

Why would certain food not be eaten in Mayan times?

Now we are going to write about our choices, thinking about why you places certain food in certain places. You can use these sentence stems if you would like to:

I chose...because...

It wouldn't have been possible for the Mayans to eat...because...

The Mayan menu is....

I would/would not eat the Mayan menu because....

Activity Three

Do you think the Mayans had a healthy diet? Write at least a paragraph explaining your thoughts. Think about our science lessons and all of the work we do around being a 'Healthy School'.

<https://oureverydaylife.com/314686-the-maya-diet.html>