

HOLA MEXICO – History

L/O: To understand the significance of different types of Ancient Maya food	What I think	My teacher thinks
<i>I can remember to:</i>		
Name different foods that were eaten by the Ancient Maya people	☐	
Explain how the food was used	☐	
Explain why certain foods were particularly significant	☐	

Picture	Name	Describe/Explain
		Maize was a very important crop, and formed up to 80% of the Maya peoples' diet. It was made into tortillas and porridge.
		This vegetable was grown by the Ancient Maya and used in stews.
		The Maya used these beans to make a chocolatey drink. The beans were highly valued in Maya society and were also used as a form of currency, in religious ceremonies, and mixed with herbs to make medicines.
		These were grown and used as spices in all sorts of cooking, including the chocolatey drink popular with the Ancient Maya people.



Chilli Peppers
Squash

Cacao
Maize