

MAYAN FOOD

HAVE YOU EVER WANTED TO KNOW WHAT THE MAYANS ATE?? IF YOU HAVE READ ON TO FIND OUT MORE OF THEY ATE.

WHAT THEY ATE

CHOCOLATE.

THE MAYANS HAD ANCIENT FIELD FULL OF CACAO TREES SO THEY ATE CHOCOLATE WHICH THEY MADE OUT OF CACAO BEANS, THEY DISCOVERED IT FIRST BY MAKING HOT CHOCOLATE TO DRINK.

MAIZE.

THEY LOVED TO EAT MAIZE, WHICH THEY GROW A LOT OF. SO MUCH SO THEY EVEN HAD A GOD OF MAIZE'S HIS NAME WAS HUNAHPU. THIS WOULD BE USED TO MAKE CORN TORTILLAS, THE MAYANS WOULD CRUSHED THE CORN TO MAKE THEM, COOK THEM AND PUT GUACAMOLE INSIDE.

GUACAMOLE

A POPULAR FOOD WAS GUACAMOLE, THEY MADE IT OUT OF MASHING AVOCADOS ADDING ONIONS, LIME JUICE AND CHILIS.

HOW THEY COOKED



THE MAYANS COOKED THEIR FOOD BY DIGGING A HOLE IN THE GROUND AND PUTTING ROCKS AT THE BOTTOM. BY PUTTING THE FOOD ON TOP OF THE ROCKS AND COVERING IT IN BANANA LEAVES TO KEEP THE HEAT IN.

VINE LEAVES WERE USED A LOT TO COOK SAVOURY AND

SWEET DISHES, THEY WERE CALLED TAMALES. THIS WOULD STEAM THE FOOD MAKING IT GREAT TO EAT.

FUN FACT

DID YOU KNOW THAT THE MAYANS THOUGHT THAT CHOCOLATE WAS A BLESSING FROM GOD.



BY LOUIS SMITH