Other Maya Foods

Maize or corn was the main food of the Maya people and made up to 80% of their diet. Examples of other foods eaten include:



Maya Food Inventory



Can you create your own inventory of Maya foods?

For each item you include, you should provide:

- The name of the food.
- A picture or drawing of the food.
- Details of how the Maya people may have prepared and eaten the food.



Make your inventory bright, colourful and informative and ensure that you include a range of foods.

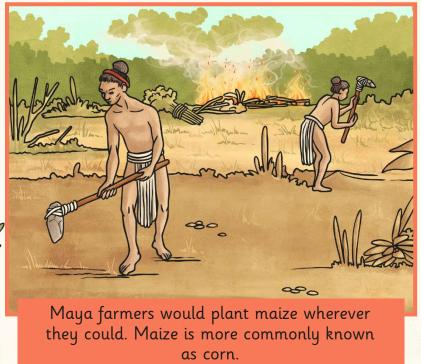
Maize

Maize was a very important crop, and formed up to 80% of their diet.

To plant the maize, holes would be made in the soil with a sharp bladed, wooden digging stick called a dibble. The soil was very dry and if the May rains didn't come, a whole year's crop would be lost.

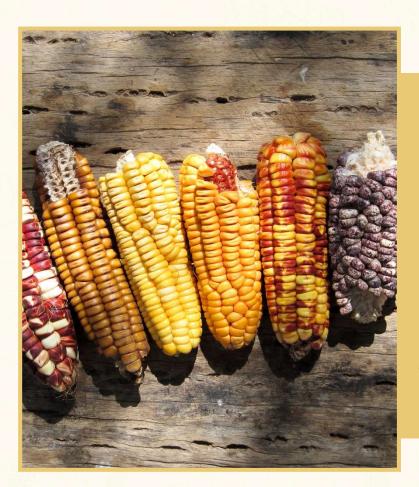
For thousands of years, the Maya worshipped the maize god. They believed that the first humans were made by the gods from maize dough!

Because of this, when suffering from severe illness, they would eat nothing but corn.



Marvellous Maize!





Discuss the following questions with your partner:

- 1. How was maize grown?
- 2. Why do you think maize was so important to the Maya people?

Share your ideas with the others on your table, then be ready to give feedback to the rest of the class too.

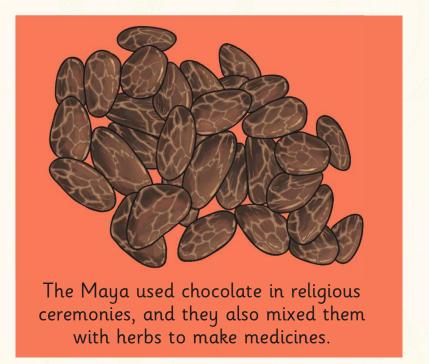
Chocaholics!

Cacao trees sprout cacao pods directly from their trunks. The pods are then opened to reveal the cacao beans inside. The Maya were using these beans to make a chocolatey drink from as far back as the fourth century AD. However, it was not the sweet, chocolately flavour we crave today, but a more bitter tasting version, often laced with chilli or vanilla and other spices.



The drink was enjoyed by the rich and noble members of society, and the cacao beans were highly valued. They were even used as a form of currency later on in Maya history.

The Maya word for chocolate is Kakaw.



Cool Cacao





Discuss the following questions with your partner:

- 1. How do cacao beans grow?
- 2. Why do you think cacao was so important to the Maya people?

Share your ideas with the others on your table, then be ready to give feedback to the rest of the class too.

Corn Vs Chocolate

Chocolate and corn were both very significant and precious foods in ancient Maya, but which do you think was the most important?

Your challenge is to research both foods in more detail and decide which you think is most important. Be ready to argue your ideas and opinions in a whole class debate at the end of the lesson.

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Corn Vs Chocolate Corn Chocolate	ts are describing carn or chacolate and put decide which food you think was the most as you can and be ready to debate the issue n. Ne Maya people believed that this plant as found in a mountain by the gods. The strands of this plant were used make a tonic to help keep the bladder not kidneys healthy.	Can you use bookalthe intermet to research the importance of core and choociate to the Ascent Mayas people? Find 5 research why core was significant and 5 reasons why choociate was significant. Record them in the toole below. Then use the information you have found to declare which find you to this was the most important. Describe your choice in as much detail as you can and be readly to debate the issue in the whole class discussion at the end off the lesson. Corm Chocolate	Work with a partner to research the significance of corn and chocolate. Then choose one boot each and propose a speech to describe why you think it is the most important. Describe your choice is no much denile as you can one the ready to eleate the hase in the whole cans discussion in the end of the leaten. Think choos the following when you are researching and preparing your argument: - The refugious significance of the food. - Mights or stories relating to the food. - The relating of society. - The nutritional and/or medicinal benefits of the food.
I thinkwas the most important food to the ancient Maga people because	his food was the main part of the Maya, et. he rich and noble members of society, joyed this food made into a hot drink.	I think was the most important food to the andrest Maya people because I think was the most important food to the andrest Maya people because	Planit Many (WCI) the May Calculator Food flatters (