



# DT: Celebrating Culture and Seasonality



Be the BEST you can be

## Key Vocabulary

<b>Ingredients</b>	a substance that forms part of a mixture
<b>Yeast</b>	a rising agent
<b>Flour</b>	an ingredient used to make bread (and other recipes)
<b>Wholemeal</b>	flour or bread made from wholegrains
<b>Allergy</b>	an immune system response to a foreign substance that's not typically harmful to your body
<b>Intolerance</b>	difficulty digesting certain foods and having an unpleasant physical reaction to them
<b>Combine</b>	to mix several ingredients together
<b>Fold</b>	to mix together ingredients slowly
<b>Beat</b>	to mix together ingredients vigorously
<b>Día de los Muertos</b>	a Mexican holiday where families welcome back the souls of their deceased relatives for a brief reunion that includes food, drink and celebration.

**Mexican food** or **Mexican cuisine** is the cuisine of the state of Mexico. Maize, different kinds of beans, chili peppers, fruit and certain other vegetables play an important role. Mexico was ruled by the Spanish for a long time, this also influenced cuisine. In the north, Spanish influence is bigger. In the south, pre-Columbian recipes play a bigger role.

Some of Mexico's traditional foods involved complex or long cooking processes, including cooking underground (such as cochinita pibil). Before industrialization, traditional women spent several hours a day boiling dried corn then grinding it on a metate to make the dough for tortillas, cooking them one-by-one on a comal griddle.

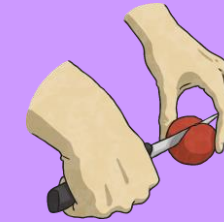
### Food for Festivals

For Día de los Muertos (**Day of the Dead**) festival, foods such as tamales and mole are set out on altars and it is believed that the visiting dead relatives eat the essence of the food. If eaten afterwards by the living it is considered to be tasteless.

## General Knowledge

### Cutting Techniques

#### The Bridge



#### The Claw



**NUTRITION**  
When heated according to instructions

Typical values	Per 100g	Each pack (390g**)
Energy	457kJ 109kcal	1781kJ 424kcal
Fat	3.9g	15.2g
of which saturates	1.9g	7.5g
Carbohydrate	12.1g	47.1g
of which sugars	1.6g	6.2g
Fibre	1.1g	4.2g
Protein	5.8g	22.6g
Salt	0.6g	2.2g

Nutrition information helps consumers make healthier choices. Back-of-pack nutrition information is legally required on food packaging.

### Front-of-pack labelling

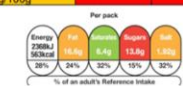
Front-of-pack-nutrition information is voluntary but if a food business chooses to provide this, only the following information may be provided:

- energy only;
- energy along with fat, saturates, sugar and salt.

Red, amber and green colours, if used, show at a glance whether a food is high, medium or low for fat, saturates, sugars or salt. The colour coding can be used to compare two products.

PERCENTAGE	LOW	MEDIUM	HIGH
Fat	≤3.0g/100g	>3.0g to ≤5.0g/100g	>5.0g/100g
Saturates	≤1.5g/100g	>1.5g to ≤5.0g/100g	>5.0g/100g
(Total sugars)	≤5.0g/100g	>5.0g to ≤22.5g/100g	>22.5g/100g
Salt	≤0.3g/100g	>0.3g to ≤1.5g/100g	>1.5g/100g

Note: Portion size criteria apply to portion sizes/servings greater than 100g.



Mexico is in the continent of North America (and sub-continent of Central America).