

Mexico and Latin American Cuisine Lecture

I. History, migration, and introduction

II. Staples

III. Meal Patterns

A. Myths

- 1. Mexican food is too spicy*
- 2. Mexican food is too heavy*
- 3. Mexican food is hard to cook*

B. Ingredients

- 1. avocado*
- 2. banana leaves*
- 3. cactus paddles*
- 4. chayote*
- 5. corn husks*
- 6. jicama*
- 7. lime*
- 8. plantains*
- 9. tomatillos*
- 10. cilantro*
- 11. epazote*
- 12. cumin*
- 13. cinnamon*
- 14. annatto see*
- 15. tamarind seeds/paste*
- 16. pepitas (pumpkin seeds)*
- 17. beans*
- 18. tortillas*
- 19. masa harina*

C. main foods

- 1. salsa*
- 2. quesadillas*
- 3. tacos*
- 4. empanadas*
- 5. flan*

IV. Hispanic food and marketing

V. Hispanic foods

A. Cheese (queso)

- 1. soft*
- 2. semi-hard*
- 3. hard*
- 4. research on safety*
- 5. WSU Extension Project*

B. Chile Peppers

- 1. history*
- 2. varieties*
- 3. pungency*
- 4. industry*

VI. Malnutrition in a Mexican village

A. PPE Spiral

B. Assessment

C. Food intake and nutrients

D. Kwashiorkor

E. Marasmus

VII. Day of the Dead