

Activity 1

Foods of South America, Latin America & the Caribbean

Latin American and Caribbean Foods

Purpose: To identify various foods common to Latin America and the Caribbean.

Directions: In the space provided, write at least two foods or ingredients common to each Latin American area and the Caribbean.

Region/Country	Foods or Ingredients
1. Latin America (All)	
2. Mexico	
3. Central America (All)	
4. South America—Brazil	
5. South America—Argentina	
6. South America—Andean Countries (Columbia, Ecuador, Peru, and Chili)	
7. The Caribbean (Including Haiti and Cuba)	

Activity 2

Foods of South America, Latin America & the Caribbean

Latin American Ingredients

Purpose: Identify typical ingredients used in Latin America and the Caribbean, and explain how they are used.
Directions: For each dish listed below, identify the ingredients, and explain how this dish might be used. Write your answers in the space provided.

1. Pollo con arroz:

2. Empanada:

3. Ceviche:

4. Frijoles:

5. Posole:

6. Menudo:

7. Feijoada completa:

8. Arepa:

9. Jerk:

Activity 3**Foods of South America, Latin America & the Caribbean**

Latin American & Caribbean Vocabulary

Purpose: Identify important terms of Latin American and Caribbean cuisine.

Directions: For each definition listed in the left column of the chart, write the correct vocabulary term in the right column in the space provided.

Definition	Vocabulary Term
1. A blend of chiles, onions, garlic, allspice, and other herbs and spices.	
2. A starchy root vegetable.	
3. Sauce made with tomatoes, onions, garlic, and spices.	
4. A turnover filled with meat, vegetables, fruit, or all three.	
5. A spicy sausage used to flavor stews.	
6. An appetizer of raw fish marinated in citrus juice until firm and opaque.	
7. Soups made with peanuts and squash and meat as a main ingredient.	
8. Corn that is dried, cooked, soaked in limewater, and ground into dough.	
9. Beans.	
10. A sauce that blends dozens of ingredients, based on chiles, ground pumpkin or sesame seeds, onions, unsweetened chocolate, and spices.	