

# Aztec Food and Drink

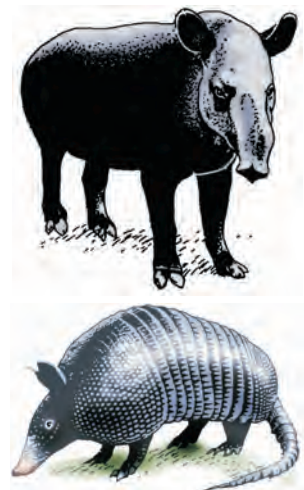
## Food from Animals the Aztecs Farmed

There were no cows, horses, goats or sheep in the Aztec lands so they had no dairy products in their diet. Also their protein sources were more limited than European peoples. However the Aztecs did keep flocks of turkeys on their plots. These provided vital protein to fuel their hard work. The Aztecs bred a type of hairless dog for ordinary people to eat on special occasions or as a daily ingredient for the Emperor and his court and government officials.



## Food and Drink from the Wild Places

In the rain forests and deserts that surrounded the Aztec lands there were many plants that gave the Aztecs different drinks. The Aztecs made a strong beer called pulque from the inside of the maguey cactus. From wild cocoa beans the Aztecs made a delicious chocolate drink called chocolatl. Armadillos and tapirs were hunted in their wild habitat to provide a treat of a different meat at the feasts in rich people's homes.



## Food and Drink from the Lake and Canals

The lake was full of many different types of **fish** which were a wonderful source of protein for the Aztecs.



**Turtles** swam in the warm waters of the lakes and canals. One turtle would provide a family with meat rich in protein for more than a week.



There were many different types of **Frogs and Lizards** in and around the lake and canals which gave the Aztecs another source of protein.



The Aztecs used nets stretched above the water surface to catch the many different **Ducks and Geese** that fed on the lake's rich vegetation.



**Grubs, snails, fish-eggs, tadpoles, and insect larvae** would provide a protein rich food source for the Aztecs.



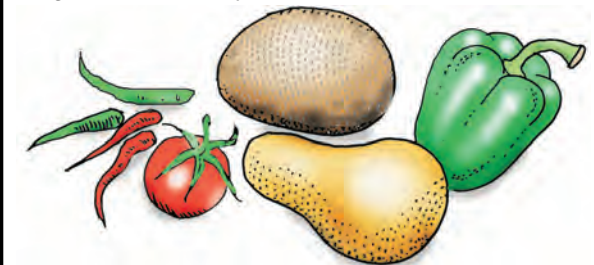
The lake and canals gave the Aztecs a constant source of fresh **water**.

## Food Grown by the Aztecs

**Maize** was the main crop for the Aztecs. It was ground into flour which was made into tortillas, porridge or dumplings. Most Aztec meals had a maize product as part of their contents.



**Sweet potatoes** were used by the Aztecs in stews with **hot spicy chillies, mild sweet peppers, squash, gourds and tomatoes**. These vegetables would give the Aztecs vitamins, carbohydrates and sugars for a healthy diet.



**Pumpkin and sunflower seeds** were chewed as snacks by the Aztecs. These seeds gave the Aztecs oils and minerals to keep them strong and healthy.



# Aztec Food and Drink

## Section A

Choose the best word or group of words to fit the passage and put a ring around your choice.

The Aztecs caught much of their food from lakes and canals. The lake contained many different types of

1 **fish**                      **plants**                      **flowers**                      **birds**

which were a source of protein. A turtle could provide a family with enough meat for more than a

2 **day.**                      **week.**                      **fortnight.**                      **month.**

Another source of protein from the canals were frogs and

3 **mice.**                      **snakes.**                      **lizards.**                      **rats.**

The Aztecs used nets to catch ducks and

4 **fish.**                      **swallows.**                      **geese.**                      **turtles.**

Smaller creatures such as grubs, snails, fish eggs,

5 **fleas**                      **worms**                      **tadpoles**                      **bats**

and insect larvae were also eaten. The lakes and canals also supplied a constant source of

6 **hot chocolate**                      **fresh water**                      **hot water**                      **beer**

to drink.

## Section B

1 Complete the table.

A source of protein:	
A source of carbohydrate:	
A source of minerals:	

2 What was maize used for?

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3 What did Aztecs make stews from?

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4 What did Aztecs chew for a snack?

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5 Which farm animals were used for meat?

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6 How did the Aztecs feel about eating 'hairless dog'?

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7 What is 'pulque' and what was it made from?

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8 What is 'chocolatl' and what was it made from?

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9 When were armadillos and tapirs eaten?

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## Section C

Write a short menu to describe the different food courses to be served at an imaginary Aztec feast.