

LIVING

STREETS

LET'S
WALK TO
SCHOOL

THE AZTECS



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Did
you
know?



The Aztec people lived in modern day Mexico and there are about a million descendants still living there.

Their capital city Tenochtitlan (Teh-notch-tee-tlan) is where Mexico City now stands. Ruins of the ancient city remain including a pyramid decorated with stone skulls.

The Aztec people used cocoa beans as a form of money.

AIM

To learn about the foods grown and eaten by the Aztec people.

OBJECTIVES

- To identify Mexico on a globe or map and understand that the Aztec people lived here many years ago.
- To learn the names of some of the crops the Aztec people grew and taste some of them.
- To identify how we cook with these same foods now.

TIMING 30 mins

RESOURCES

Food samples prepared in clean plastic pots for the children to try: sweetcorn kernels, chopped avocado, tomato, cubes of cooked squash, chocolate chips or prepared hot chocolate. Wet wipes or sanitizer to clean hands before and after tasting, photograph of Tenochtitlan.

CURRICULUM LINKS

England **DESIGN & TECHNOLOGY, GEOGRAPHY**

Wales **DESIGN & TECHNOLOGY, GEOGRAPHY**

Scotland **TECHNOLOGIES, GEOGRAPHY**

We are Living Streets, the UK charity for everyday walking. These learning resources support participation in WOW, the year-round walk to school challenge.

For further information on WOW and the full set of learning resources, visit www.livingstreets.org.uk/walktoschool

Get in touch: walktoschool@livingstreets.org.uk 020 7377 4900

THE AZTECS

LESSON PLAN



INTRODUCTION

Note – in this session you will be tasting food samples, make sure to check for any allergies in advance.

Explain to the children that the Aztec people lived in central Mexico and built amazing cities with temples and pyramids. Find Mexico and Mexico City on a globe or map and talk about how Central America runs between North and South America. The Aztec Empire was centred on warfare, but were also farmers and grew crops that were unknown in Europe at the time. When Spanish conquistadors arrived in Mexico they brought back many of the crops which are now familiar to us today. Ask the children if they've eaten corn, avocado, beans, squash, tomatoes and chillies. Perhaps their best known crop is chocolate.

DEVELOPMENT

Explain that the children will try some Aztec foods and talk about the flavours, texture and smell. Encourage each child to try a piece of Aztec food and to describe what it looks like, smells like and tastes like. Have they tried it before? How do they usually eat it? What does it feel like when eating it? These foods are still grown and eaten every day in Central America. Finally explain that Aztec chocolate was very different to the chocolate we know today. A drink was made by squeezing the cocoa beans and mixing with chilli and water. In fact, the word chocolate comes from the word 'xocolatl' which means bitter water. Give everyone a square of chocolate to eat or a small cup of hot chocolate.

PLENARY

Show the children a photograph of the ruins of Tenochtitlan. Can they see the modern buildings of Mexico City right next to the ruins? Now show them a picture of a reconstruction of Tenochtitlan. Can the children imagine living in a city like this? Where would they sit to drink their xocolatl?

EXTENSION

Ask the children to look at the shapes of the buildings around them on the walk to school. Can they see any places of worship? How do they know they are places of worship? Aztec temples were sometimes built in a pyramid shape reaching into the sky. Are there any similarities or differences between then and now?

If you require these learning resources in Welsh please email wales@livingstreets.org.uk