

Fiesta Mexicana

Theme Overview: Mexican food is well known all around the globe, and also one of the most-craved cuisines! Tacos, quesadillas, burritos, enchiladas — foods that are big in flavor. Corn, beans and peppers are all staples in Mexican cuisine. Mexican dishes are fun for a party but easy enough to fix for a weeknight dinner.

Mexican cuisine is a complex and ancient cuisine, with techniques and skills developed over thousands of years of history. The dishes are created mostly with ingredients native to Mexico. Mexican cuisine has been influenced by its proximity to the United States. For example, burritos were thought to have been invented for easier transportation of beans by wrapping them in tortillas for field labor. Modifications like these brought Mexican cuisine to the U.S.

Food allergies: Recipes can be modified to accommodate food allergies and preferences.

Reporting: To receive the August Food, Fun, 4-H kit of supplies, families must complete the survey at <https://bit.ly/FF4HSurvey> by **July 29, 2023**. Survey submissions must include the following information:

- 1 photo preparing one of the dishes
- 1 photo of family meal
- Respond to the following statements about this month's theme, activities and recipes:
 - “I like...”
 - “I wish...”
 - “I wonder...”



Dinner Conversation Topics:

- What was the best part of your day?
- What is one way that you helped another person today?
- What is your biggest fear?
- What is your favorite Mexican food?
- If you could pick your own name, what would it be?

Family Physical Activity Ideas:

- Go on a family walk after dinner
- Host a balloon juggling competition
- Play a game of hide and seek

Want to research more about Mexican culture? Pick a topic and turn it into a 4-H Project! The Foods project is made up of four age divisions to fit your skill level! You can create a poster or turn your recipes into masterpiece! Join 4-H today and use your new found knowledge of Mexican culture! Additional resources for 4-H Enrollment and the Foods Project can be found at: bit.ly/LCFoodFun4H.

The contents of this document are those of the author and do not necessarily represent the official position of or endorsement by the Centers for Disease Control and Prevention.

