

La Plaza de las Tres Culturas

México tiene una historia de muchas culturas. En la Plaza de las Tres Culturas en el centro de la Ciudad de México hay tres períodos históricos representados. Las ruinas de unos templos y unas pirámides aztecas representan la cultura prehispánica (antes del año 1521); la iglesia¹ católica de Santiago de Tlatelolco representa el período colonial (1521–1821), y un edificio moderno representan al México de hoy. En la plaza hay un monumento dedicado a los aztecas que murieron² en una masacre en 1521 cuando Hernán Cortés y los españoles conquistaron México. También hay un monumento dedicado a los estudiantes que murieron en la plaza en 1968 durante una protesta contra la injusticia y la violencia. En el Museo Nacional de las Culturas (cerca del Zócalo) hay más información de las diversas culturas de México.

¹church ²died

 **Búsqueda:** la plaza de las tres culturas, el museo nacional de las culturas

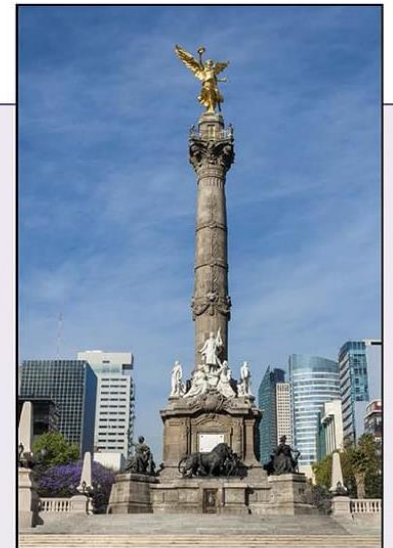
Productos

Mexico City tells its story with landmarks and monuments commemorating its rich cultural history. The Aztec ruins in the *Templo Mayor* near the *Zócalo* and the *Monumento a la Raza* in *el centro* both speak to the indigenous culture that forms an integral part of Mexico's history. *El Ángel de la Independencia* and the *Monumento a la Revolución* commemorate the Mexicans' struggle for freedom and a better life. The *Monumento a los Niños Héroes* and the *Hemiciclo* (semicircle) a *Benito Juárez* depict the reverence with which the Mexicans treat their national heroes. Their national pride can be heard in the popular *dicho* by *los chilangos* (residents of Mexico City), "*Sí, se puede*". ("Yes, it's possible.")

How do major cities tell their stories?



La Plaza de las Tres Culturas



El Ángel de la Independencia

Antes de leer

Which foods from the box do you think had their origin in Spain and which in Mexico? Make two lists.

tomatoes	olive oil	beef	corn
meat	peppers	cheese	beans

Comparaciones

Are there dishes unique to your region that contain what some people might deem "exotic" ingredients? What is the history behind those regional dishes?

La comida de las tres culturas

In some Mexican dishes, insects might be part of the recipe. In pre-Hispanic times, Mexican food included corn, beans, and chilis (still staples today) but also insects like *chapulines* (grasshoppers) as a protein source. During the colonial period, Mexican cuisine incorporated the influence of Spanish tastes and ingredients: meat, olive oil, and dairy, especially cheese. The Mexico City of today has quite a varied cuisine due to the influx of people from all over the country and the world. There are restaurants reviving the indigenous style of cooking, some even incorporating sustainable protein from the 300 to 550 species of edible insects native to Mexico. There are restaurants that serve the more traditional fare of *enchiladas*, *tamales*, and the very popular *mole*, a thick, spicy, dark brown sauce made from chilis, chocolate, and spices and often served with *pollo* (chicken). In the capital *los chilangos* (residents of Mexico City) enjoy street cuisine, with *tacos* and *tortas* (Mexican sandwiches) being two popular choices sold by vendors.

Búsqueda:

la comida mexicana, el mole, la torta



¿Quieres un plato de chapulines?



Quiero una torta.

5 Las tres culturas

Sort the following landmarks and cuisine styles as belonging to a specific historic period of Mexico: pre-Hispanic, colonial, modern. Write them in the table.

Edificios y monumentos

iglesia de Santiago de Tlatelolco
monumento dedicado a los estudiantes
ruinas de templos y pirámides aztecas

Cocina

variada y con influencia global
con insectos como fuente de proteína
con influencia de sabores españoles

Período prehispánico	Período colonial	Tiempos modernos

Now write three sentences about the landmarks and/or cuisine styles of Mexico in different historic periods. Use the model as a guide.

MODELO: La iglesia de Santiago de Tlatelolco es del período colonial.

1. _____
2. _____
3. _____