

# MEXICO

## Lessons for Mission Minded Kids

### Lesson 8

#### A Taste of Mexico



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## **Goals for Lesson 8:**

- Children will understand that each country has its own unique foods, many of which have been incorporated into our US meals.
- Students will realize that sharing food is one way to reach out to people who may not know about Jesus.
- Children will be able to recite Matthew 5:16 by memory, having internalized both the words and the message.

## **Verse for Mexico:**

“Let your light shine before men in such a way that they may see your good works, and glorify your Father who is in heaven.” Matthew 5:16

## **Before Class:**

- Read through lesson and decide what you will use according to your age group and time allotted.
- Have all food items necessary for making any Mexican dish ahead of time. Make sure kitchen is ready and children are wearing aprons or protective clothing.
- Make copies of activities you will be using and gather pencils and crayons to be used in class.
- Have a real Mexican Flag in your room, or the picture of the flag from Lesson 3.

## LESSON 8

As we have seen, Mexico is a country with a rich and colorful history, which is reflected in their architecture, clothing and food.

Mexican food has increased in popularity here in the United States over the past couple of decades. As more people of Mexican heritage moved to the USA, they brought their recipes with them. Areas of the southwestern USA share a common heritage with Mexico, as some of our states were part of Mexico at one time. Sections of California, Arizona, New Mexico, Nevada, Utah, Texas, Colorado and Wyoming were all part of Mexico before being sold or captured by the United States. The influence is still there, especially in architecture and food.

Just as in the USA, the types of food can change depending on what part of Mexico you are visiting. The foods that we are accustomed to as being "Mexican Food" such as enchiladas, flautas/taquitos, etc, are eaten all over the country, but mostly come from the Southern region. In Northern Mexico, they eat A LOT of red meat. They eat things like fajitas, burritos, and tacos. However, burritos there are a bit different than here. They are a large flour tortilla stuffed with some kind of meat (usually beef), beans, and cheese. They generally don't come stuffed with things like lettuce, tomatoes, and rice as they do here.

Tacos are also very different. They have a small corn tortilla which is always soft, not crunchy. They are filled with a generous portion of meat, and then garnished with onion, cilantro, and lime. Again, there is no lettuce, tomato, cheese or any other toppings. The tacos are small, and greasy, and very delicious. In northern Mexico you will see people eating tacos any time of day, but particularly for breakfast or a late night snack.

Filling for tacos in Mexico can be ground or shredded beef, chicken, or pork, but they also regularly eat some rarer combinations like tripe (cow stomach lining), tongue, and pig feet.

People eat many avocados in Northern Mexico, and the Montemorelos region is famous for their freshly squeezed orange juice, which you can buy from small stands on the side of the street in liter bottles that come with a straw.

People put salsa on almost everything they eat, and most people believe the spicier, the better. People usually make their own salsas from many varieties of chili peppers, which are locally grown.

People in northern Mexico drink many of the same things that we do here. Coca Cola is very popular, but you can find most kinds of sodas and juices. In some places you can

also order flavored water, which comes in many varieties like melon, pineapple, coconut, and many more.

Do you like Mexican food? What is your favorite? Most of us are more familiar with what is often called 'Tex-Mex' food. This is often not as spicy and has more ingredients common to US cooking. As noted, our tacos often come with lettuce, onion, cheese and tomato, which is not common in Mexican tacos.

Just as food is important for our bodies, reading God's Word is important for feeding our souls. Do you remember our bible verse? (*Have students repeat verse together.*) We need to spend time reading the Bible and talking to God in prayer every day so that our souls will be nourished, just as food nourishes our souls.

Remember to thank God for your food whenever you eat a meal. And also pray for the people of Mexico to learn about Jesus as the only true Savior, so they may also worship Him.

*Many thanks to Shannon Beam Barrios for providing this information.*

## ACTIVITIES

Consider serving a Mexican style meal to your class. Many grocery stores have an international foods section; look for Goya products. There are many recipes available online through Google or other internet browsers. It could be a simple tacos, rice and refried beans meal. If your class is a little older and you feel comfortable doing it, have them help prepare the meal. Perhaps this could be done as part of a closing program and the students could invite their parents to come so they could serve them lunch after morning worship.

Decorate your classroom with bright paper flowers and any of the crafts that your students have completed from previous lessons. Perhaps you could get a CD or download some mariachi music to accompany your meal.

If this isn't practical, perhaps you could have nacho chips and salsa, so they can have a taste of Mexican food. You could also offer churros, a type of donut similar to a cruller, which is dusted with cinnamon sugar. These are often dipped in melted chocolate.

Ask your students what kind of Mexican food they like and why. Remind them that, just as there are many kinds of food all around the world and everyone has their own likes and dislikes, there are many kinds of people all over the world, and God loves them all. He wants everyone to know about His love for them which is why Jesus came to earth and walked among us. Ask your students to use the Prayer Reminder at each meal, so they thank God for His provision, and also pray for the people of Mexico who don't know Jesus as their Savior yet.

# ¡VAMOS A COMER!

LET'S EAT! Circle the items below that you would find at a Mexican meal



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## PRAYER REMINDER

Copy the prayer reminder on to cardstock or heavy weight paper. Punch a hole in the top, and have students make tassels out of yarn to put through the hole. Use this as a bookmark in their Bibles so they remember to pray for the people of Mexico, and our EC churches of Mexico, every day.

### PRAY

- **for the people of Mexico to hear about Jesus and receive Him as Savior**
- **for the EC churches of Mexico, that they can reach their neighbors with the Good News about Jesus and a God who loves them**