

A Taste of Nicaragua

Objectives

As a result of this lesson, students will be able to:

- Identify, describe & compare typical Nicaraguan foods.
 - Construct a portrait of select Nicaraguan cities.
-

Materials (English/ Spanish)

- Computer lab
 - Student Handout: **Getting Started**
 - Map of Nicaragua (for reference)
 - Construction paper, scissors, markers, glue etc.... (for creating a poster)
 - Teacher Handout: **Food Description for the Teacher**
 - Teacher Handout: **Tres Leches Recipe**
-

Activities

1. Divide the students into pairs.
 - a. Distribute a copy of the student handout entitled **Getting Started** to each student.
 - b. Explain that in this exercise the students will learn about local foods and drinks in selected Nicaraguan cities by using web search engines. (**Note:** Google was the search engine used in creating this lesson.)
 - c. Each pair will decide, according to the information they find, what they will eat and where in Nicaragua they will go for lunch.
 2. Once each pair has made its decision, instruct them to then create a poster and present their decision and where they are going to the class. Each pair must have a basic description of every food, their choices, being much more elaborate, but they will only have to describe one city. (The main course in each case is tied to a particular city, typical for the food specified.)
 3. Concluding Activity (optional).
 - a. Create one or many of the recipes. (The recipe for **Tres Leches** is included.)
 - b. Yucca for the vigoron is available at Latin markets and is sometimes found in the freezer section of larger grocery stores.
-

Continued on next page

**Notes to the
Teacher**

- This lesson lends itself to the inclusion of many levels of Spanish and there are also many opportunities to focus on particular grammar points. It has been used with 7th graders with a focus on “Me gusta” and “me gusta.”
 - Information on these foods was found in approximately 20 minutes using Google as the search engine. It took the 7th graders mentioned above two days to find all the material they needed and record it. All of the sites were found easily in English or Spanish. (If you use Google as a search engine you have the ability to translate pages from Spanish to English.) The only food that it was difficult to find a description of is Quesillo. That site has been included in case you or your students have a hard time finding it.
-

Food Descriptions for the Teacher

Drinks

Cacao	Raw chocolate fruit mixed with milk ice and sugar, Yum!
Pitaya	A cactus fruit blended with lime and sugar, has a dark purple color and seedy pulp. (My personal favorite!)
Tiste	Tiste A unique corn and cacao drink

Main Courses

Nacatamales	Made of cornmeal, pork or chicken, peppers, onions and lard all wrapped in a big green banana leaf.
Quesillo	A thick homemade tortilla layered with an equally thick slab of creamy cheese, covered with onion salsa and a sour cream sauce. (www.siennamoonfire.com/nica/nica2.htm)
Vigoron	A dish of yucca covered with shredded cabbage and topped with fried pork skin.

Desserts

Tres leches	A sponge type cake soaked in three milks (cream, condensed and evaporated milk); finished with a meringue type icing.
Pio V	Named after Pope Pius V, it is a corn cake topped with light cream and bathed in honey.
Cajeta	Milk mixed with cane sugar or candied fruit

Getting Started

Overview

You are about to embark on an adventure into the tropics of Nicaragua, a country known for its 1000s of fruits and interesting cuisine. While most of the country lives on Gallo Pinto (rice and beans) there are many wonderful things to eat. Your mission is to find out what the following foods are; you will choose a drink, a main course, and a dessert from the following list.

Drinks	Main Course	Dessert
Cacao	Nacatamales-Managua	Tres leches
Pitaya	Quesillo- Nagarote	Pio V
Tiste	Vigoron- Granada	Cajeta

Instructions

- You must provide a brief description of every food, and a more elaborate description of the foods you choose (such as a recipe etc....).
 - The main course that you choose determines the city that you research.
 - You are only required to research **1 CITY**.
 - In the city report you will include at least 8 things that you find interesting about it.
-

Timeline

- Day 1 Research computer lab
 - Day 2 Research computer lab
 - Day 3 Create poster for report to class
 - Day 4 Present findings to class
-

Tres Leches Recipe

(Recipe courtesy of Alex Garcia)



Ingredients

6 eggs
1 cup sugar
1/8 teaspoon salt
1 cup flour
1 can sweetened condensed milk
1 can evaporated milk
2 cups whole milk, scalded
1 teaspoon almond extract
2 teaspoons vanilla extract

Directions

Preheat oven to 350 degrees. Whip eggs, sugar and salt until tripled in volume. Fold in flour. Pour mixture into parchment lined 9 by 11-inch baking pan and bake for 25 to 30 minutes. Set aside to cool.

Remove parchment paper and return cake to pan. With a fork, poke holes all over the top of the cake. Combine remaining ingredients and pour over the cake. Allow to soak in for 2 hours. Serve with fresh fruit and whipping cream.

Yield: 6 servings

Prep Time: 2 hours 20 minutes

Cook Time: 30 minutes
