



UDS

Mi UNIVERSIDAD

INFOGRAPHIC

-Student's Name: Aranza Montserrat Pizano Gómez

-Bachelor's Degree: Nutrition

-Quarter: 1st

-Partial: 4th

-Topic: Traditional Mexican Dishes


-Subject: English 1

-Professor: Eduardo Enrique Arreola Jiménez

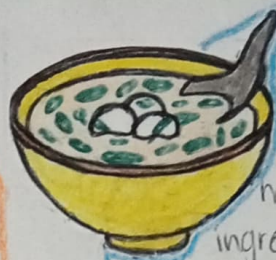
Tapachula, Chiapas, November 28th, 2024

TRADITIONAL MEXICAN DISHES

TAMALES




Of pre-Hispanic origin, they're made from corn dough and filled with various ingredients. They're rich in vitamin B1, folic acid, protein, are a source of energy, and also high in calories.



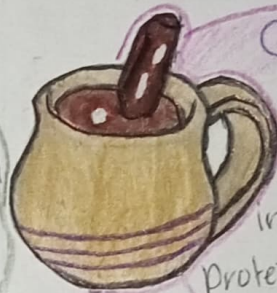
CALDO DE CHIPILÍN

Originating from Chiapas, it is made with chipilín leaves and local ingredients. This soup is nutritious, rich in protein, fiber, vitamins and minerals.

PAN DE MUERTO




Of pre-Hispanic origin, it is made with wheat flour, sugar, eggs, milk and yeast. It is high in calories and added sugars, as well as rich in carbohydrates, fats, proteins.



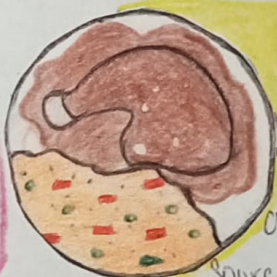
CHAMPURRADO

A drink of Aztec origin made with corn, chocolate, and other ingredients. It is rich in carbohydrates, proteins, antioxidants, and high in calories.

CHILES EN NOGADA




Originating from Puebla, this dish consists of poblano chili stuffed with meat and fruit, topped with a walnut sauce. It is rich in fiber, vitamin C, healthy fats and antioxidants.



MOLE

A pre-Hispanic dish prepared with dried chilies, tomatoes, cinnamon, chocolate and other ingredients. It is an important source of vitamins A and C, antioxidants and minerals.

POZOLE




A dish of pre-Hispanic origin made with cacahuazintle corn, meat and vegetables. It is nutritious and rich in fiber, vitamins A, C, and E, as well as minerals.



TASCALATE

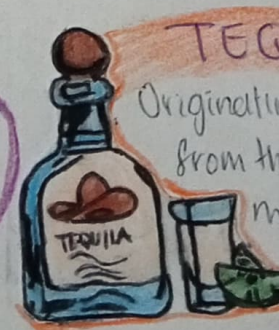
A beverage from Chiapas made with corn, cocoa, chili, pine, and annatto. It is rich in calcium, potassium, and vitamins B and C.

MEZCAL



From Oaxaca, this liquor is made from agave. In moderation, it contains antioxidants and inulin.

TEQUILA



Originating from Jalisco, it is a liquor made from the blue Weber agave plant. In moderation, it provides bioactive compounds such as agavins and inulin.

LINKOGRAPHY

- 1- El poder de pozole. (s/f). El poder del consumidor. Org.
<https://elpoderdelconsumidor.org/2020/09/el-poder-de-el-pozole/>
- 2- El poder de el pollo con mole. (2024, octubre 7). El poder del consumidor. org.
<https://elpoderdelconsumidor.org/2024/10/el-poder-de-el-pollo-con-mole/>
- 3- El poder de el chile en nogada (2020, agosto 18). El poder del consumidor. org.
<https://elpoderdelconsumidor.org/2020/08/el-poder-de-el-chile-en-nogada/>
- 4- Los Origenes del tequila (2019, abril 23). Drinksmotion
<https://drinksmotion.com/los-origenes-de-tequila/>
- 5- Rojo, V. (2021, octubre 1). Champurrado, bebida azteca. Gastronomías Mx
<https://gastronomias.com.mx/champurrado/>
- 6- Claro, H. (s/f) El Chipilin: la planta de la fuerza. Hablamos claro. Org.
<https://hablamosclaro.org/el-chipilin-la-planta-de-la-fuerza/>
- 7- Huítron, A. (2024, mayo 8). Qué es el Tascalate. infobae
<https://www.infobae.com/mexico/2024/05/08/que-es-el-tascalate>
- 8- Origen y Significado de Pan de Muerto (2024, octubre 28). Pastelerías Lecaroz
<https://lecaroz.com/blog/origen-significado-del-pan-muerto/>