ARTES de MÉXICO en UTAH

FOOD, LAND, POWER

Introduction

The Born from Corn series seeks to increase cultural understanding and foster a deeper appreciation of the main agricultural crops, traditions, and indigenous knowledge. We aim to share the meaning of corn to the Indigenous peoples of the Americas, specifically the Maya, with our entire community. We acknowledge that this land which we now know as the state of Utah, is the traditional and ancestral homeland of the Ancestral Puebloans, the San Juan Southern Paiute, Dine (Navajo) Nation, Ute Mountain Ute-White Mesa Community, Paiute Indian Tribe of Utah, Ute Tribe, Northwestern Band of Shoshone, Skull Valley Band of Goshutes, and the Confederated Tribes of the Goshute Reservation. We recognize and respect their relation with this land as the original people of this place. We acknowledge and amplify the true history of the Indigenous peoples of this continent and their resilience against colonizer efforts to eliminate indigenous cultures, languages, traditions and beliefs. Through these lessons we hope to increase cultural understanding and foster a deeper appreciation of the main agricultural crops, traditions, and knowledge that many original peoples of this continent share.

K-2 Grades Standard

Standard 3: Students will use geographical tools and skills to locate and describe places on earth.

2

Objective

Demonstrate geographic skills on a map or a globe.

(e) I can use a map or a globe, link cultures/nationalities within your community to their place of origin.

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TRADITIONAL STREET FOOD

IF YOU COULD HAVE YOUR OWN FOOD TRUCK,WHAT WOULD YOU SELL, WHY?

Your teacher will give you the activity sheet found in the resource packet.

Share Your Food Truck Ideas

Vocabulary

- **Indigenous**

  Indigenous means to be native or occur naturally in a particular place. Indigeneity is then applied to groups of people that lived in the Americas before the arrival of the Europeans. **>>Watch the video<<**

- **Culture**

  Culture is the way that people live. This includes the food that they eat, the clothing that they wear, the languages that they speak and the celebrations they observe.

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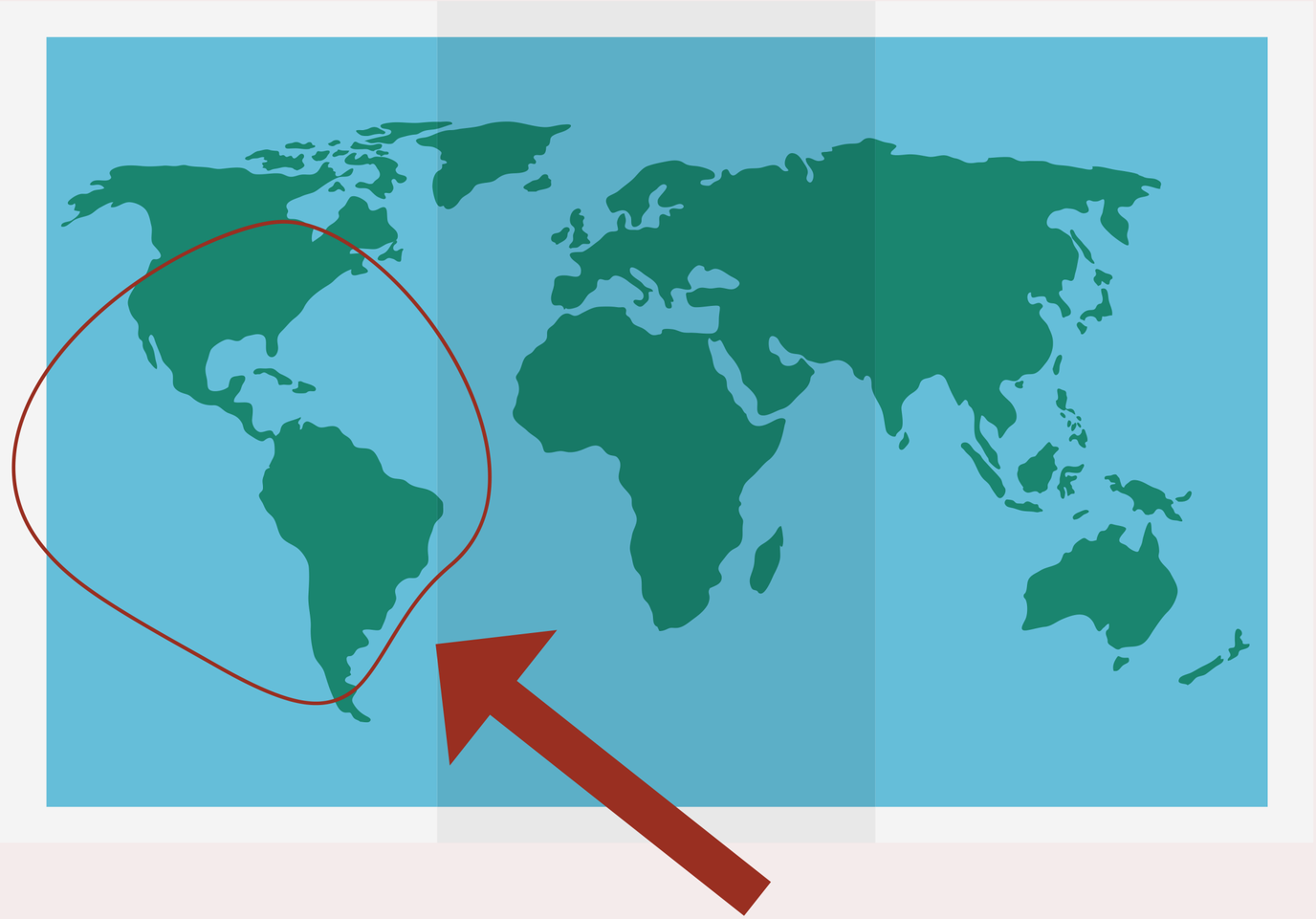
Maya vs. Mayan

The term "Mayan" is only used by scholars when referring to the languages spoken by the Maya. There are many Maya languages and many Maya peoples. The term "Maya is used when referring to people, places, and culture, without distinction between singular or plural.

Example: "It was written in a Mayan language." "The Maya harvest corn."



Location

- **The Americas**

  These are lands on the left side of the map (sometimes referred as the Western Hemisphere). These lands include North and South America, Central America and the Caribbean Islands.

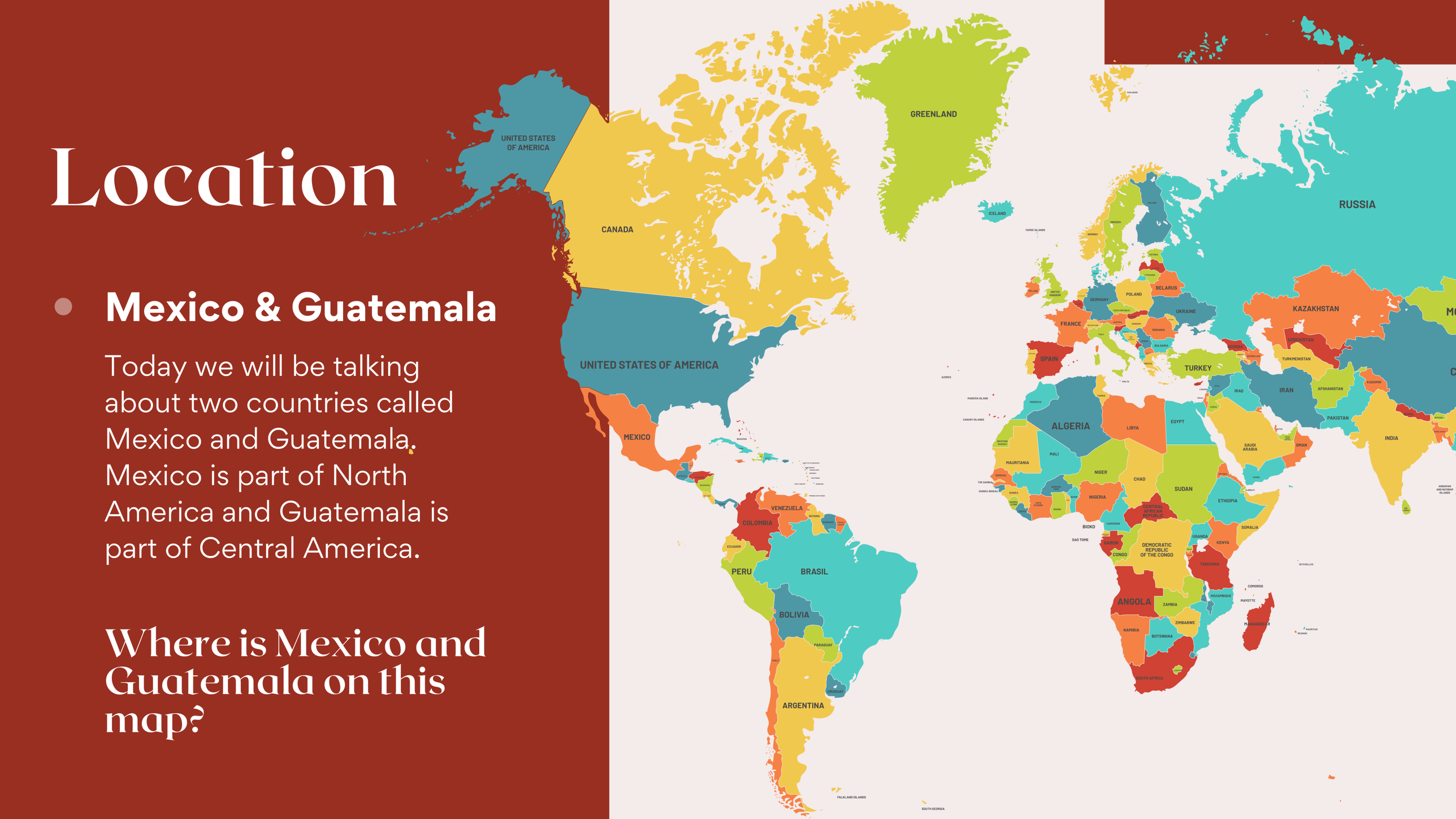
Where are you on this map?

Location

- **Mexico & Guatemala**

Today we will be talking about two countries called Mexico and Guatemala. Mexico is part of North America and Guatemala is part of Central America.

Where is Mexico and Guatemala on this map?



Answer

- **Mexico & Guatemala**

  Mexico is right below the United States of America and Guatemala is right below Mexico.

Where is Mexico and Guatemala on this map?

Location

- **Mesoamerica**

  This word is used when talking about peoples and cultures before the Spanish Colonists arrived.

  The countries in this area includes: **Northern Costa Rica, Nicaragua, Honduras, El Salvador, Guatemala, Belize, and central to southern Mexico.**

Where does your food come from?

Are we what we eat?

What do you think about the phrase "we are what we eat"?
Do you agree? Why?

Food is Culture

Food is the easiest way for people to understand each other. It is a great way to learn about other cultures, because it's so closely tied to the land it grows in.

What does your family eat?

Eating together!

Food brings people together! Think of the moments when you go into a restaurant, or when you are cooking with your family... how does that feel?

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Earth Connection

Humans have planted and harvested food for thousands of years.

Farming is an example of a nature-human relationship.

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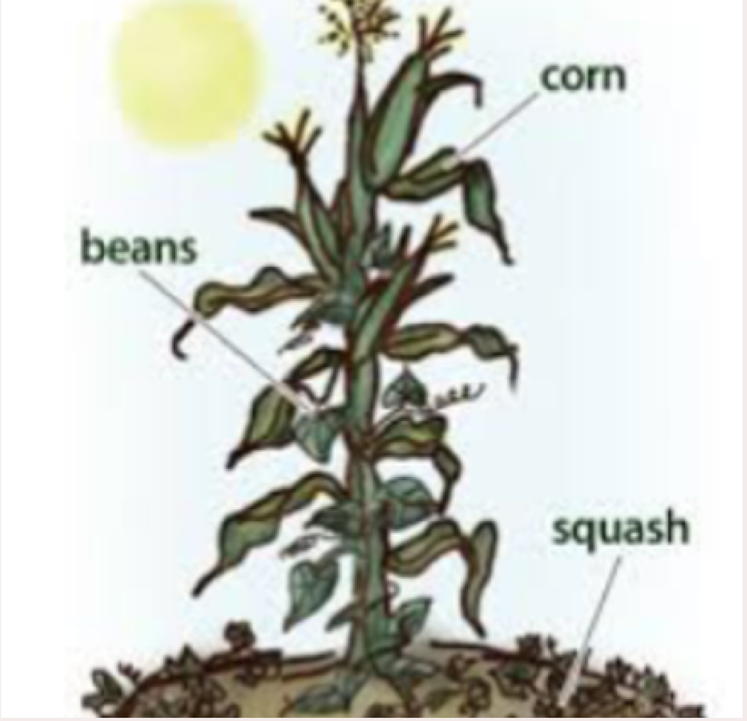
La Milpa

In the Americas, many Indigenous like the Maya people grow a milpa. In a milpa you grow corn, beans, and squash! You can also grow other vegetables like peas and peppers.

People like the Maya have grown milpas for thousands of years! Milpas are still planted by many indigenous peoples today!



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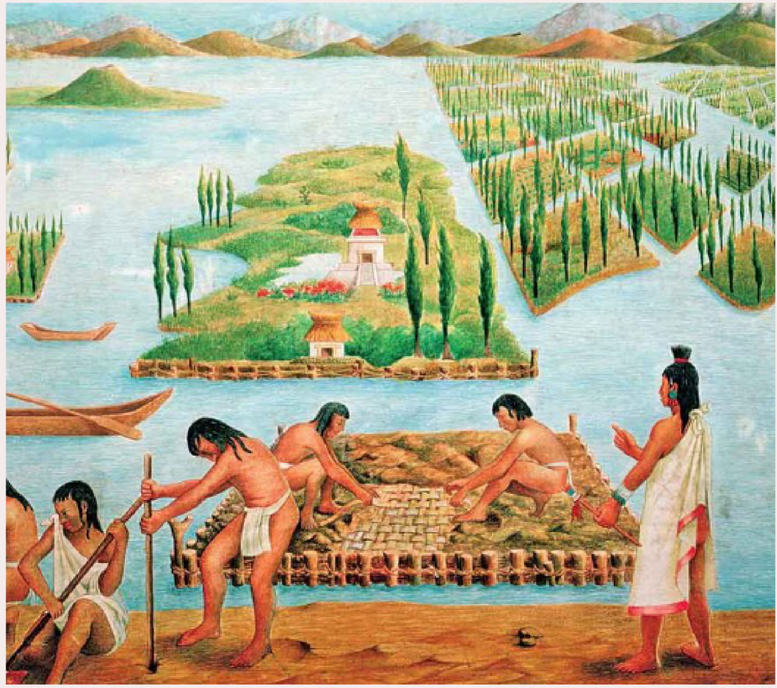
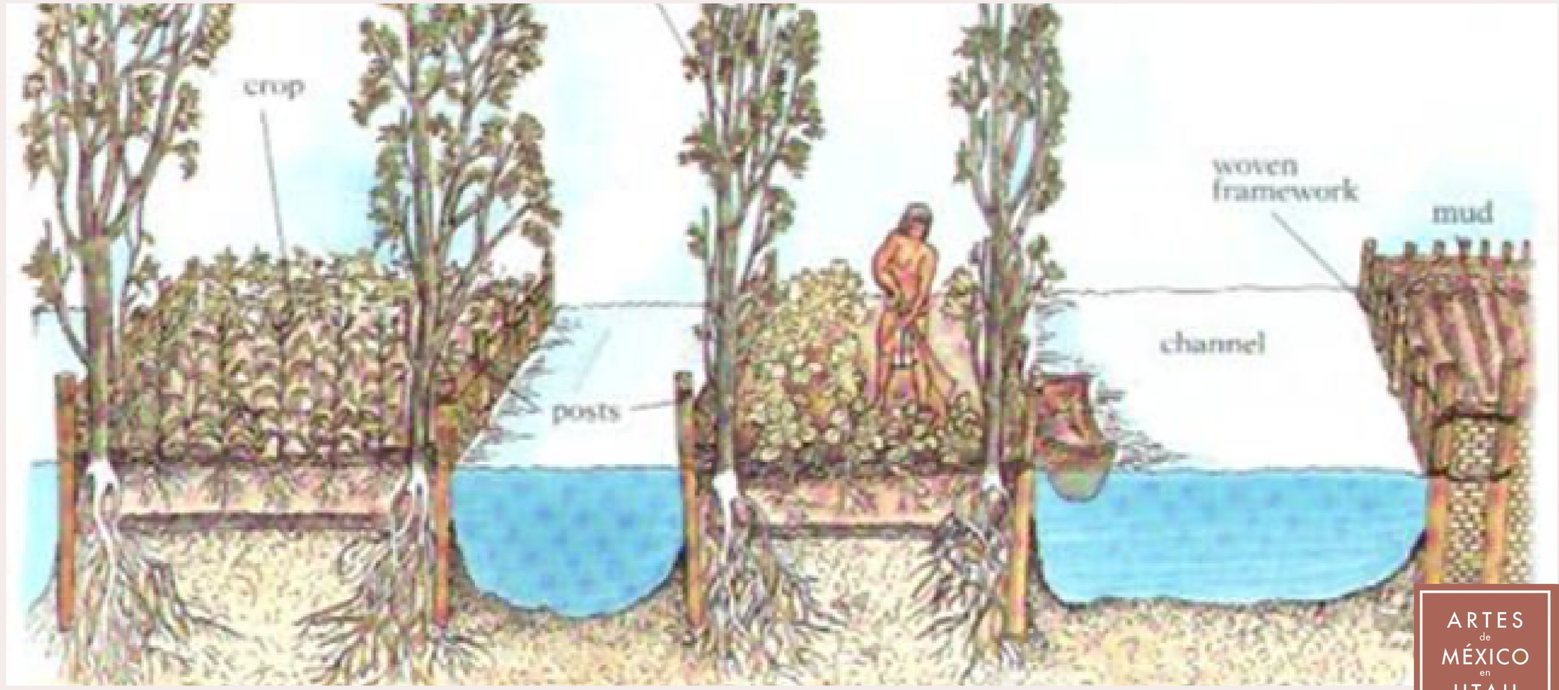
Chinampas

Milpas can also grow on Chinampas. Chinampas are long narrow gardens that are on water!





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Recall

What is the name of the planting system used in the Americas for thousands of years?

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Where is corn from?

Corn is an indigenous crop domesticated by Indigenous people about 9,000 years ago in Mesoamerica (Mexico and Central America) and then spread throughout the entire continent through trade!

After 1492

After European contact, corn and other crops spread massively around the world. There are many foods that also spread around the world through **exportation!**

Migrations

People also move around the world! Indigenous peoples have migrated to different parts of the Americas for thousands of years! The Maya today live in Mexico and parts of Central America!

Today

People still move around the world today! People find new homes in new places or stay in the same place their families have lived in for hundreds of years! **Do you have family in other parts of the world?**

Food Migrations

When people move so does their traditional foods. We have foods that we eat because of our families cultures & traditions.

Can you think of a few meals that are your family's favorites? Do you know where the recipe comes from?

TRADITIONAL STREET FOOD

THINK ABOUT YOUR FOOD TRUCK AGAIN

WOULD YOU CHANGE THE THEME OF YOUR ORIGINAL FOODTRUCK?

WHERE DOES YOUR FOOD GROW?

WHERE DOES IT COME FROM?

Get Involved!

- Invite your community, school or family to support or start a community garden.
- Try to find places with healthy foods to buy or grow around your neighborhood, if you can't find good choices around you, it is ok to ask why and how you can get healthier and more affordable foods
- Think about the healthy foods they serve you at school, suggest healthy foods that you would add to the menu
- Try not to waste the healthy foods the lunch provided by the people who take care of you or your school. You can always save food for later.
- Ask your school to bring people to teach you about agricultural practices, planting, growing, harvesting your food

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In Partnership with Wasatch Community Gardens

Growing community and flavors of our homelands here in Utah! Maria Elena and Rosita teaching our community how to make Milpa together!

Respect
Educate
Amplify
Listen

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A SPECIAL THANKS TO:

UTAHHUMANITIES
Ideas in Action

“Empowering Utahns to Improve Their Communities Through Active Engagement in the Humanities.”