

Colonial Food in Latin America

Subject: Social Studies, Spanish

Level: Grades 11, 12

1 Lesson

Prepared by: Samantha Esposito

Branford High School, Branford, CT

Introduction:

When Spaniards arrived in Latin America in the late fifteenth century, they brought every aspect of their own culture into the “New” World. The arrival of new foods in particular led to a major cultural shift in Latin America. In this lesson, students will learn about how the mixture of different foods eaten by Spaniards and Native Latin Americans impacted their perspectives on topics such as the human body and religion, and how the transfer of foods during the Columbian Exchange ultimately led to transculturation. This lesson includes videos, readings, and Casta paintings by numerous artists that students will use to evaluate the social and cultural impacts that food in the Colonial period had on Latin American society.

Goals:

Students will be able to:

- Identify the different foods eaten in Latin America during the Colonial period and the respective groups of people that ate these foods
- Explain how food in Colonial Latin America was used to facilitate religious practices, to convert Natives to Catholicism, and to determine physical differences between people of different races
- Analyze food in Casta paintings and assess the importance of foods, people, and situations in these paintings
- Recognize how food in Colonial Latin America led to transculturation

Essential Questions:

- How can we use art to evaluate Latin American foods and their impacts on transculturation and hybridization?
- How can we use virtual databases to determine how people in Latin America used food in cultural and religious manners?
- How did Colonial food contribute to the development of Latin American society as a whole and the groups of people in it?

Credits:

Background information:

- Slideshow and note sheet (“Colonial Food Presentation Notes” and “El Impacto de Comidas Coloniales”)
- <https://foodispower.org/our-food-choices/colonization-food-and-the-practice-of-eating/>