

MEXICO

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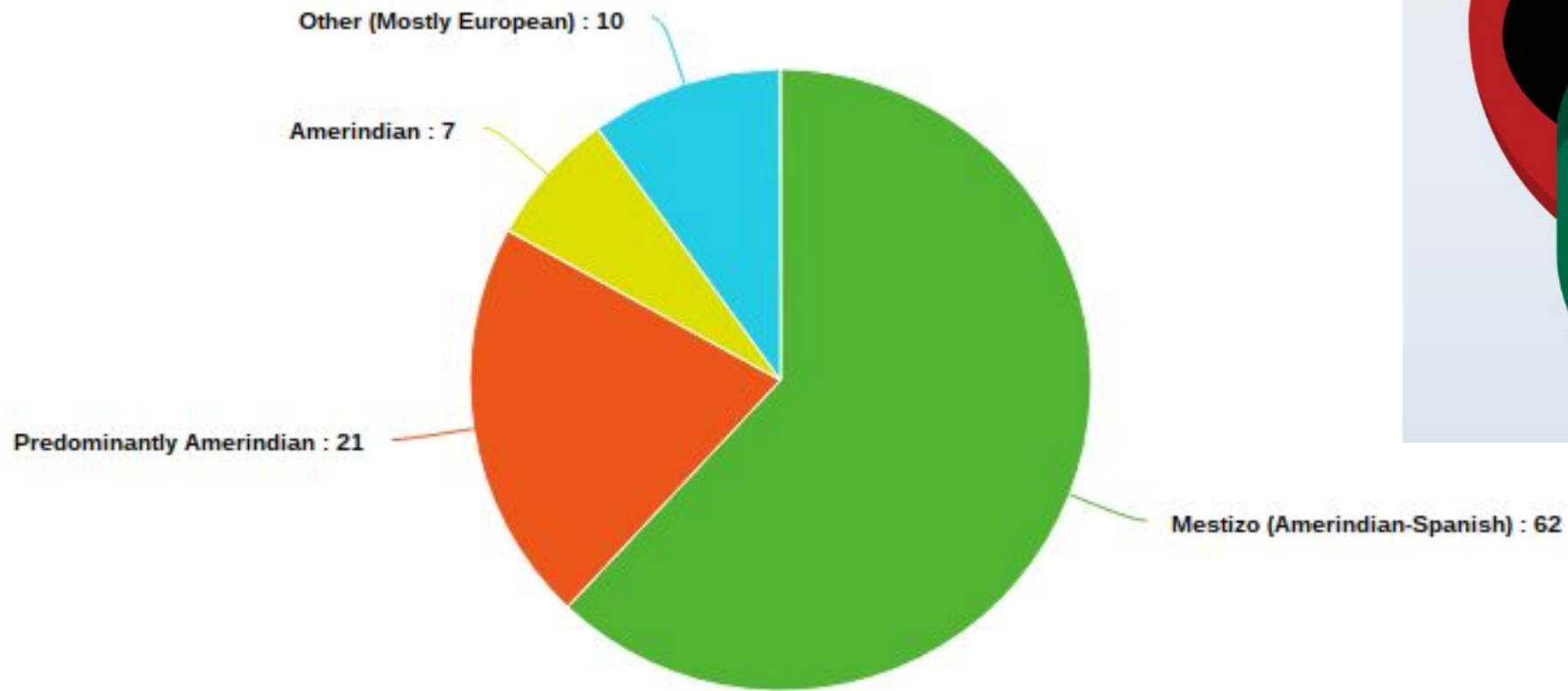


- Mexico City, the capital, is one of the most populous cities and metropolitan areas in the world.



Languages

Ethnic Groups in Mexico



■ Mestizo (Amerindian-Spanish) ■ Predominantly Amerindian ■ Amerindian ■ Other (Mostly European)

Mexico



Daily life and social customs

- A Mayan peasant in the forests of the Yucatán leads an existence utterly different from that of a successful lawyer in Toluca or a lower-middle-class worker in Monterrey.



Food and drink

- For the vast majority of Mexicans of all economic levels, cuisine varies greatly by region but depends heavily on an ancient trinity of staples: corn (maize), beans—which provide an excellent source of protein—and squash.
- Rice is another staple usually served side by side with beans.
- Hot peppers and salt are the most-common condiments.



Desserts



Drinks

- Meals are often washed down with aguas frescas, including jamaica, horchata, and drinks flavoured with watermelon or other fresh fruit. Also popular are soft drinks, licuados (fruit shakes, or smoothies), and fresh-squeezed orange juice.



Popular dishes

- Tortillas, enchiladas, cornmeal



- Burritos, soft-shell tacos, tortas



- Other favourites are soups and spicy stews such as menudo and pozole.



- Seafood dishes such as pulpo (octopus), chilpachole (spicy crab soup), and ceviche (seafood marinated in lime or lemon juice) are more popular in coastal and lacustrine areas.



INTERESTING FACTS

Mexico's Real Name is Not Mexico

- Mexico's real name is the United States of Mexico

Mexico has 34 UNESCO World Heritage Sites

- The list includes the historic centers of towns like Guanajuato, Mexico City and Puebla, as well as with dozens of ancient ruins, the agave fields of Tequila, and much more.

Mexican Children Don't Receive Presents on Christmas Day

Mexico City is Sinking Every Year

