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FRIDA KAHLO DIEGO RIVERA & MEXICAN MODERNISM

THE JACQUES AND NATASHA GELMAN COLLECTION

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FOOD AND FUN!

TRY YOUR OWN!

Spark curiosity through the taste buds! Try making your own guacamole or try this tortilla recipe created by Martha Uroza. Trying new foods helps kids to embrace and celebrate people from varying cultural backgrounds. It will also teach them to appreciate and value the traditions and characteristics that make people connected while celebrating their uniqueness.

COMAL

Comal Heritage Food Incubator is a restaurant and training program created in 2016 by Focus Points Family Resource Center in Denver, Colorado. It provides a space for low-income, immigrant and refugee women from places like Mexico, Syria, and Ethiopia, to share their heritage and learn skills in food entrepreneurship.

CULTURAL HERSTORY

"Cultural Herstory" highlights the stories of two diverse groups of women: one from Albania and the other originally from Mexico. This project combines the efforts of Focus Points Family Resource Center, Comal Heritage Food Incubator and CHwB Albania and is part of the World Learning's Communities Connecting Heritage. The entire project is sponsored by the US State Department.

The objective of this project is to provide a gathering place for women who, by practicing their cultural traditions- contribute to cultural heritage safeguarding and create new opportunities for employment.

TAMALES DE FRIJOLAS CON QUESO FRESCO

INGREDIENTS:

1 kg tamale dough
½ kg beans
1 quart lard
2 liters of water
Fresh cheese to taste

YOUR TURN:

Whisk together the dough, lard, salt and water

Grind the beans and stir them in the dough

Once it's ready you soak the corn husks

When that's done you cover the husks with the dough and add cheese to taste

Wrap them up and cook them for 2 hours

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Learn more about the recipe creator: **MARTHA UROZA**

Since I was six years old, my mother and my grandmother taught me in the kitchen, and I cried and cried because I didn't want to learn. My mom told me you must learn because someday we won't be here, and you won't know how to make anything. My grandmother taught me how to make tamales and my mom and my sisters would go door to door in the street selling tamales and champurrado. They were the most delicious tamales in my town, and we sold a lot. Traditionally, tamales are made in December for Christmas parties. They say that tamales are a gift because it's Christmas, New Year's and everyone celebrates. We can also make chile tamales, pork in green chile, red chile, chicken. Everyone likes them so much. I'm very proud because my mom said to me "if you want something in life you have to work, work, work. If you get something you have to return the favor by helping another way". My mom is always an example for me. Now I have learned that my passion is cooking and my passion is making tamales.



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recipe for: _____

FROM THE KITCHEN OF: _____

INGREDIENTS:

DIRECTIONS:

