

Facts Page

Let these food facts enhance your lesson.

The burrito is a Mexican dish that consists of a flour tortilla filled with a combination of ingredients that may include salsa, pico de gallo, beans, rice, meat, seafood, cheese, sour cream, guacamole and lettuce.

The burrito is a traditional food in the city of Juárez in northern Mexico. Burritos in Mexico are typically thin and small and are made with only one or two ingredients. Burritos in the United States are bigger and stuffed with multiple ingredients centered around a meat or vegetable. Burritos are also served "wet," covered in a red or green chile sauce and topped with shredded cheese.

The city of San Francisco is known for large Mission-style burritos that started in the Mission District in the 1960s. Many American restaurants have adapted burritos for morning meals, called breakfast burritos, which often include eggs, bacon, ham and other tasty breakfast items.

Did You Know?

1. Burrito means "Little Donkey" in Spanish
2. A burrito is also known as *taco de harina*
3. A chimichanga is a deep-fried burrito

Related web sites:

Wheat Foods Council: www.wheatfoods.org

Produce for Better Health: www.fruitsandveggiesmorematters.org

American Bean Board: www.americanbean.org



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