

What You Will Need

Too Many Tamales by Gary Soto

Bring a variety of tortillas to show the class—flour and corn tortillas, whole wheat and some of the new flavored tortillas. Let kids taste the different varieties.

Food safety is very important with this lesson. Washing hands, counters and desk tops is very important since each tortilla is patted or rolled out.

Equipment:

Mixing bowl
Fork and spoon
Measuring spoons
Measuring cups for liquid and dry
Rolling pin
Skillet or griddle
Spatula

Ingredients:

Makes 6 tortillas

1 cup flour
1 tablespoon shortening
1/2 teaspoon salt
1/2 teaspoon baking powder
1/3 cup warm milk

Other Possible Activities:

- If you don't have time to make tortillas, bring flour tortillas purchased at the store and let kids make a snack. Try spreading peanut butter on tortilla, add a banana and roll up. Cut rounds or serve whole.
- Use a cookie cutter to cut fun shapes out of a flour tortilla.
- Have a Mexican Hat Dance—everyone brings a special hat from home and they all march around a circle playing follow the leader.
- Give each child two paper plates. Let kids pretend the plate is a tortilla and draw pictures of fillings they like best rolled up in their tortilla. Play music and let kids "plate-dance" as they wave their plates in the air and keep the beat of the music.



Homemade Tortillas

Serves 6

1 cup flour
1 tablespoon shortening
1/2 teaspoon salt
1/2 teaspoon baking powder
1/3 cup warm milk



1. In a medium-size bowl, mix flour, shortening, salt and baking powder until it crumbles. Slowly add milk and stir until ingredients are combined.
2. Knead dough on an unfloured surface to form a soft ball.
3. Divide dough into 6 pieces and roll or pat each into a thin, flat circle.
4. Place one tortilla at a time on an ungreased skillet or griddle over medium-high heat and cook each side for 1 to 2 minutes.
5. Serve warm with butter or honey.

Nutrition Facts	
Serving Size 1 tortilla (37g)	
Servings Per Container 6	
Amount Per Serving	
Calories 100	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 17g	6%
Dietary Fiber less than 1g	2%
Sugars 1g	
Protein 7g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet.