

Name \_\_\_\_\_

## Savoring the Flavors of Mexican Cuisine

### Short Answer Key

1. Avocados and tomatoes.
2. Spices and seasonings in Mexican cuisine enhance the taste of dishes by creating layers of flavor and adding heat. They contribute to the richness and complexity of Mexican flavors.
3. Mexican cuisine balances sweet, salty, sour, and spicy elements to make each bite exciting and satisfying. This balance is important because it enhances the overall dining experience and creates a harmonious combination of flavors.
4. Making healthy choices in Mexican cuisine involves opting for dishes with lean protein sources, such as grilled chicken or fish, and selecting options with plenty of vegetables. It's also important to practice portion control and limit high-calorie and high-fat toppings like cheese and sour cream.
5. Fresh vegetables and herbs are used in Mexican cuisine to add flavor, freshness, and nutritional value to dishes. They provide essential vitamins and minerals while contributing to the vibrant and colorful nature of Mexican food.

