

## [THE AZTEC DIET BOOK](#)



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### **Aztec cuisine Wikipedia**

Aztec cuisine is the cuisine of the former Aztec Empire and the Nahuatl peoples of the Valley of Mexico prior to European contact in 1519.. The most important staple was corn (), a crop that was so important to Aztec society that it played a central part in their mythology. Just like wheat in much of Europe or rice in most of East Asia, it was the food without which a meal was not a meal.

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### **Aztecs Wikipedia**

Knowledge of Aztec society rests on several different sources: The many archeological remains of everything from temple pyramids to thatched huts, can be used to understand many of the aspects of what the Aztec world was like.

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### **Aztec Gods and Goddesses Crystalinks**

Chicomecoatl. In Aztec mythology, Chicomecoatl ("Seven Serpent", also the name of a day of the Aztec calendar) was a goddess of food and produce, especially maize and, by extension, a goddess of fertility.

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### **Aztec Culture and Society Crystalinks**

Diet. The principal food of the Aztec was a thin cornmeal pancake called a tlaxcalli. (In Spanish, it is called a tortilla.) They used the tlaxcallis to scoop up foods while they ate or they wrapped the foods in the tlaxcalli to form tacos.

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