



# México CITY

senior living  
activity assistant  
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# México CITY

You'll never run out of places to visit in Mexico City. This vibrant, bustling metropolis contains everything from ancient ruins to sparkling skyscrapers.



Mexico City is the densely populated, high-altitude capital of Mexico. It's known for its Templo Mayor (a 13th-century Aztec temple), the baroque Catedral Metropolitana de México of the Spanish conquistadors and the Palacio Nacional, which houses historic murals by Diego Rivera. All of these are situated in and around the Plaza de la Constitución, the massive main square also known as the Zócalo.

Tenochtitlan, el Distrito Federal, now la Ciudad de México – Mexico City has been known by many names in its centuries-long history. The capital of Mexico, this sprawling metropolitan area is home to more than 21 million residents.

Head downtown and admire the murals adorning the Palacio de Bellas Artes or grab an elote - roasted street corn

cob, from a street vendor along the

Zócalo, Mexico City's main square. Museum-hop through town, stopping at the Museo Frida Kahlo, the Castillo de Chapultepec, and the Museo Soumaya. After you work up an appetite, sample foods from all over at a Latin American food hall in La Roma, get tacos al pastor from a taquería





just around the corner or sit down for a meal in one of the city's oldest restaurants. Mexico City is a little bit like New York in that it's made up of *alcaldías*, which are similar to boroughs. There are 16 total, but during your stay you'll most likely only stop through three or four. Each *alcaldía* is made up of *colonias*, or neighborhoods.

You most likely won't need a car to get around in Mexico City, though it can be more convenient if you're making a day trip to a neighboring town. Mexico City's web of public transportation is robust, from the Metro, Metrobús, Trolebús, and more, and you're sure to see plenty of the city's ubiquitous pink-and-white taxis all across town. If you prefer ridesharing apps, Uber, Beat, and Cabify are all popular options, while bikes can be rented from the city's Ecobici program or apps like Dezba.

Mexico City moves fast, and can get crowded at times. Even if you're a travel pro, remember to step aside to look down at your phone for directions, and keep your belongings close.



WORD SEARCH:

# México CITY

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| O | C | U | L | T | U | R | A | L | L | I | C | L |
| I | E | R | F | A | E | B | M | D | S | M | A | Z |
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| C | T | A | L | U | N | Q | U | N | Z | X | I | K |
| H | R | N | P | E | S | O | I | S | T | I | T | O |
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AZTEC  
CANTINA  
CAPITAL  
CENTRAL  
CENTRALISM  
CHINAMPAS

CULTURAL  
DENSE  
ELOTE  
KAHLO  
MARIACHI  
MEXICO

MUSEO  
PESO  
RIVERA  
TAQUERIA  
URBAN  
ZOCALO

# MEXICAN FOOD QUIZ

Impress others with your culinary knowledge of the tasty and addictive foods of Mexico!



1. Dishes without a sauce are rarely eaten without a what?
  - A. Tortilla Chips
  - B. Salsa or fresh/pickled chiles
  - C. Melted cheese
  - D. Tortilla
2. Despite the introduction of wheat and rice to Mexico, the basic starch remains what in almost all areas of the country?
  - A. Plantain
  - B. Taro
  - C. Corn
  - D. Potato
3. The other basic ingredient in all parts of Mexico is the what?
  - A. Chile pepper
  - B. Avocado
  - C. Cabbage
  - D. Cheese
4. Cheese making in Mexico is frequently done where?
  - A. At home
  - B. At a community farm
  - C. One person's home in a community
  - D. Churches
5. Dinner in Mexico often begins with what?
  - A. Pickled vegetables
  - B. Salad
  - C. Soup
  - D. Tortilla chips & salsa
6. Chile pepper is often added to fresh what?
  - A. Fruit & sweets
  - B. Drinks
  - C. Vegetables
  - D. Cactus juice







7. Chiles are indigenous to where?

- A. Spain
- B. South America
- C. Africa
- D. Mexico

8. Tamales are differentiated by the filling which is again defined by the what?

- A. Time of year/Season
- B. Sauce
- C. Ingredients available
- D. Region

9. Most Mexicans believe that their national identity would be at a loss without what?

- A. Corn
- B. Chiles and the many varieties of sauces and salsas created using them
- C. Beans and the special way they are prepared
- D. Food in general

10. For most dishes, it is the “what” that gives it its main flavor?

- A. Herb like cilantro
- B. Type of tomato
- C. Chile
- D. Way it is prepared



# INTERESTING FACTS: *México* CITY

## MEXICO CITY IS SINKING

The city is slowly sinking to the depths of the oceans like Atlantis! Well, not really. But Mexico City is sinking at a rate of about 10 inches a year as the city pumps draw water from the lake that supports it. In fact, it has sunk so much that it lost its title as the 7th highest capital city in the world to Yemen and now sits at #8.

## IT WAS THE BIRTHPLACE OF NORTH AMERICAN PRINT

Long before phones and the internet became commonplace, Mexico was the place to find your literature in North America. In 1539, Mexico City was the first place in all of North America to use the printing press. You can even visit the house it was used in!

## HOME OF THE WORLD'S LARGEST TAMALES

Americans are known for having huge portions when it comes to food, but even they would have a tough time finishing a 3-foot long, 150 pound tamale that takes a village to make! The “el zacahuil” is often enjoyed at special celebrations or Xantolo, the Feast of All Saints, and can feed around 70 people. This monstrosity is stuffed with pork or turkey, piled high over chile and a mouthwatering blend of spices, and served up on grilled banana leaves with pickled jalapenos.

## MEXICO CITY IS THE OLDEST CITY IN NORTH AMERICA

Many believe the oldest city in North America is St. Augustine, but Mexico City was actually founded a little over 40 years before it in 1521. The city was built by the Spaniards on the ancient ruins of the Aztec city of Tenochtitlán.

### THERE ARE WOMEN-ONLY CARS IN THE SUBWAY

A socially controversial idea that has become popular in some cities around the world is segregated transportation. Mexico City is one of those cities with subway cars where it is illegal for men to enter, creating a space that's completely safe for women. Like any large city, Mexico City has its standard crime rate, and this is to try and help combat public groping, assault, and even kidnapping. To compare cities, Mexico City is still about as safe as New York City. It even has the reputation as one of the safer places to go!

### YOU CAN FIND CRAWLING CUISINE

A stroll through any market in Mexico can bring you spiders, grasshoppers, and even scorpions, all up for sale to put on your dinner table. Some find this horrifying, but adventurous foodies can find some excellent grub in Mexican markets, among other crawling things.

### HOME OF THE WORLD'S SMALLEST VOLCANO

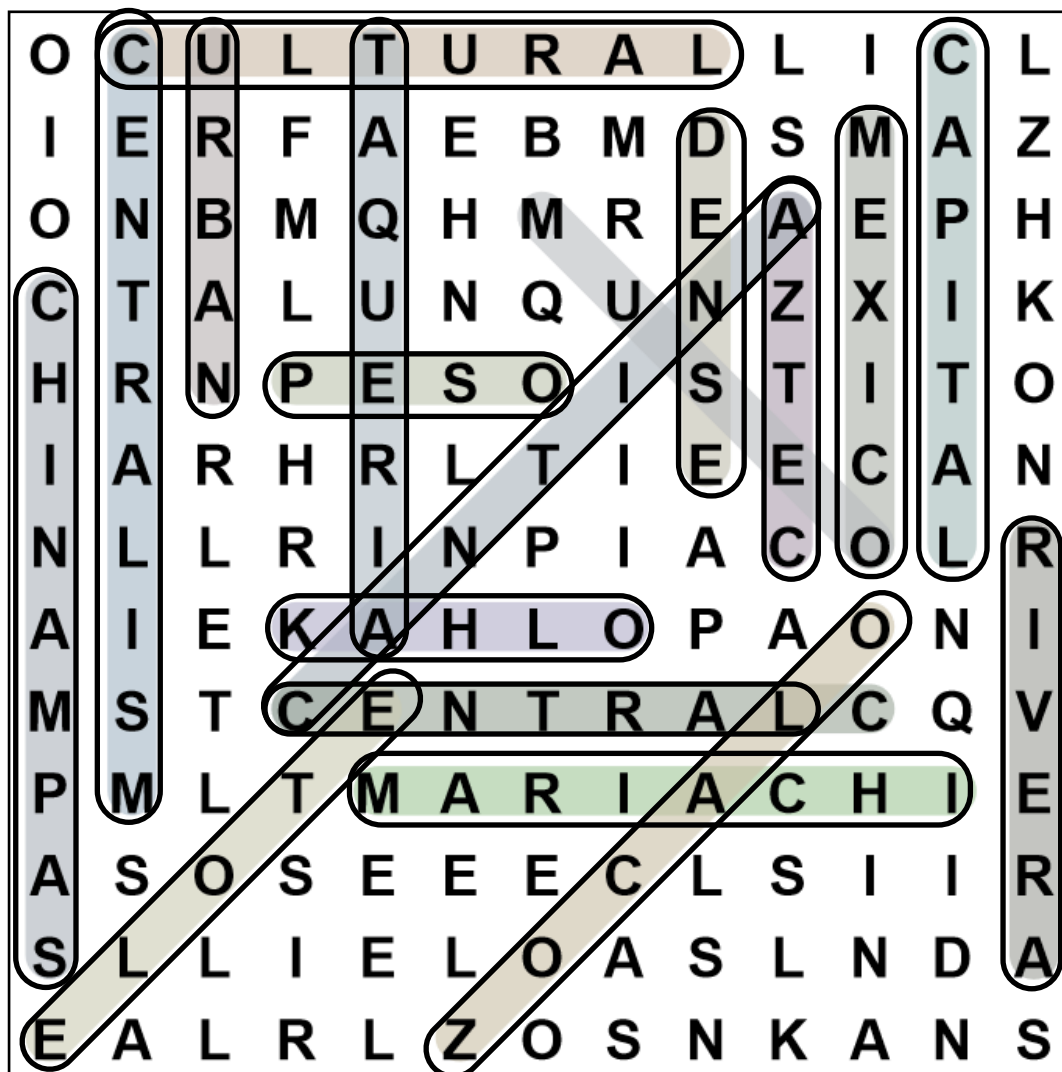
Mexico is home to the world's smallest volcano! A small-cano, if you will. The Cuexcomate Volcano sits just outside the city of Puebla and stands a cute 43 feet tall. Compared to Mauna Loa in Hawaii which stands 13,678 feet tall, this volcano is barely a hill! If that isn't a good enough height comparison, try this one: Cuexcomate isn't even half the height of the Statue of Liberty.

### MEXICO HAS NEAR ANCIENT EDUCATION

What is the oldest university in North America? Many would assume Harvard, but it has nothing on the National Autonomous University of Mexico in Mexico City. This dinosaur opened in 1551 as the Royal and Pontifical University of New Spain, but unfortunately was closed in 1867 during the dictatorship. It re-opened during the revolution, so unlike Harvard it hasn't been open as long, but it has been around longer!



## WORD SEARCH SOLUTION



## MEXICAN FOOD QUIZ ANSWERS

1. B. Salsa or fresh/pickled chiles
2. C. Corn
3. A. Chile pepper
4. A. At home
5. C. Soup
6. A. Fruit & sweets
7. D. Mexico
8. B. Sauce
9. B. Chiles and the many varieties of sauces and salsas created using them
10. C. Chile