For my research, I was curious about what the Aztec ate. The Aztecs had a very simple diet that was mainly plants. Their diet consisted of corn, beans, cocoa beans, chili peppers, squash, quinoa, potatoes, tomatoes, avocados and lots of different fruits.

The Aztecs considered corn to be a very sacred food, referring to it as "Precious, our flesh and bones." Beans are yet another mandatory food. It was offered with every meal and is a great source of protein. The Aztecs would first soak beans in water for a few hours before boiling them until they were no longer firm. They were occasionally combined with other vegetables to make soup or stew.

During the new fire ceremony every 52 years (when the mothers who perished giving birth return to earth), certain Aztec priests used to fast for a complete year since it is extremely dangerous when the furious mothers are on earth.

Women were in charge of all housework and food preparation; they didn't include any oils or fats in their meals. In the Aztec civilization, steaming, grilling, or boiling all items in clay pots and jars was the most popular method of cooking. In the Aztec diet, tortillas and casseroles, and the sauces they used to top those delicacies were the most popular foods. Squash, corn, and beans are all staples of the Aztec diet. They would be classified as staple foods.

Children could consume alcohol under the Aztec Empire, but being intoxicated was completely out of bounds. This rule could not even be bent by royalty.

Cocoa was a sacred food, cocoa could even be used as a currency to trade. It was only eaten by the warriors and royalty. The most common cocoa recipe was cocoa water. It was made with cocoa, water, with added chili peppers, vanilla, honey, various spices, and herbs.

In 1519, the Spanish intruders invaded Mexico. Moctezuma ll tried to build a relationship and welcome these new people. But the Aztec did not trust them. Moctezuma ll ended up dead. The city was hijacked of all belongings. The Aztec empire had been taken over by the Spanish. Millions of the Aztec people had passed away due to diseases the Spanish gave them since they had no immunity. Although millions of Aztecs were

affected by the diseases the Spanish gave them, they did not disappear. They are still alive and thriving today.

Based on my research, a motif I noticed was sacrificing for the good of others. The Aztec gods worked hard to create a safe place for us to live in, in exchange for the sacrifice of us humans to keep the wheels of time moving. We sacrifice to make the earth possible. And that's also a benefit for us. So, I think that we should always be good to people because it will come back to you.