Tuesday 23rd February - Introductory paragraph.

**MAYANS**

The Mayans lived in Mexico part of Central America. They lived a very long time ago around 3500 years. The Mayans were experts at reading stars and built their cities as a map of the sky.

**Buildings**.

Some of the largest cities in the Americas were built by the Mayans. They were made up of Palaces and temples which were very large,  built on three tiers and  made of stones Their homes, called Naahs, were made by clearing trees in the forest and using the wood to build foundations and walls. The roof was covered with palm leaves and the walls were covered with clay.They used flint axes and granite tools.

**Food and farming**.

A healthy diet was important to the Mayans. They grew a lot of their own food. The most important crop was maize, they boiled this with lime juice, water and then added  chilli peppers to make porridge. Along with maize they grew beans and squash as well as growing cotton to make clothes and flowers for decoration. Mayans hunted for deer,fish and birds and collected fruits. It was important for them to only take what they needed so they didn't upset the spirits. Any extra food crops were taken to the market and traded for goods. An interesting fact is the Mayans were the first to grow cacao and to make drinking chocolate. They made xocolati by grinding up the cacao beans mixed it with chilli,cornmeal and honey.

**Mayan beliefs**

Mayans have more than 165 God's Some of the most important ones are Itzamna creator of human beings. K'inich ahau the sun God,chaac God of rain,the maize God provides some of their favourite things and Kukulkan the fearsome feathered serpent.To please the Gods they practiced human sacrifices. It was a great honor to be sacrificed and they performed sacrifices at the top of a pyramid. An interesting fact is some ceremonies lasted 6 hours.