

Climate

Tropical
with an average year-round temperature of 27 degrees Celsius (82 degrees Fahrenheit)

Languages

Filipino
national and official

English
official

Religions

Roman Catholicism
Protestantism
Islam

Geography total: 300,000 sq. km

land: 298,170 sq. km

water: 1,830 sq. km The World Factbook -



THE FILIPINO FLAG SHOWS

WAR OR PEACE

The Filipino flag is the only one in the world, which can determine whether the country is at peace or at war, depending on how it is flown. It has a white triangle with a sun surrounded by 3 golden stars representing the 3 island groups (Luzon in the North, the Visayas in the centre and Mindanao in the South).

Then it has a strip of red and blue: when the country is at peace, the flag is flown with blue on top; when at war, it is reversed with red on top.

Today's Menu includes:

Lumpias: Pastries of Chinese origin, similar to spring rolls; meat and/or vegetable wrapped in thin crepe wrapper with sweet sauce

Pancit: Is the term for rice noodles with veggies in Filipino cuisine

Ihawin is chopped grilled pork meat seasoned Filipino way

Bbq skewer is pork meat on a stick basted with sweetened sauce



If you have any questions, please email
DiversityInclusionGlobalHealth@ttuhsc.edu.

Cultural Diversity Celebration Summer 2018

PHILIPPINE ISLANDS



The Cultural Diversity Celebration was established to promote awareness of various cultures, their histories, and their contributions to the global community. This celebration includes information and cuisines from the regions showcased in order to enhance cultural understanding. This event provides an opportunity to highlight the amazing diversity among the faculty, staff, residents, and student body of Texas Tech University Health Sciences Center El Paso.



TEXAS TECH UNIVERSITY
HEALTH SCIENCES CENTER
EL PASO

Office of Diversity, Inclusion, and Global Health

The Philippines is a Southeast Asian country in the Western Pacific, comprising more than 7,000 islands. Its capital, Manila, is famous for its waterfront promenade and centuries-old Chinatown, Binondo.

The Philippines has a population of just over 106 million people and it is the 12th most populated country in the world. (2018)
Source: worldometers.info/world-population/Philippines-population

History:

The Philippines was named in honor of King Philip II of Spain. Spanish explorer *Ruy López de Villalobos*, during his expedition in 1542, named the islands of Leyte and Samar *Felipinas* after the then-Prince of Asturias.

Eventually the name *Las Islas Filipinas* would be used to cover all the islands of the archipelago. Before that became commonplace, other names such as *Islas del Poniente* (Islands of the West) and Magellan's name for the islands *San Lázaro* were also used by the Spanish to refer to the islands.

FUN FACTS:

- ◆ Filipinos are warm, happy, and have a great sense of humor. The Philippines is one of the happiest countries in the world, ranking near the top on Gallup's Index.
- ◆ The Philippines produces and exports more coconuts than any country in the world, shipping off about 19.5 million tons of the fruit (called "buko") every year.
- ◆ In 1949, Dr. Abelardo Aguilar, a Filipino scientist discovered the antibiotic Erythromycin while working for a pharmaceutical company. According to several sources, neither Aguilar nor the Philippine Government received any royalties from it.



Luzon

Luzon is the largest and perhaps the most important island of the Philippines, it is situated in the N. part of the archipelago, separated from the other islands by the Sibuyan Sea: important agriculturally, producing most of the country's rice, with large forests and rich mineral resources. Pop: 57, 470 100 (2015 census). Area: 104,687 square kilometers (40,420 square miles).

Traditional Dishes

- 1 **Poqui Poqui**. This dish, which is notorious for having an uncanny name, is a prime example of making humble ingredients shine with flavor.
- 2 **Igado**. The name of this dish is derived from the Spanish word for "liver."
- 3 **Dinakdakan**. 1 *Sisig*. 2 Kapampangan *Chicken Asado*.

Dances

La Jota Moncadeña. The jota encompasses a variety of Spanish-influenced dances accompanied by the use of bamboo castanets, held loosely and unstrung.

Languages

Almost all of the languages of Luzon belong to the Borneo–Philippines group of the Malayo-Polynesian language branch of the Austronesian language family. Major regional languages include: Tagalog, Ilocano, Bicolano, Kapampangan & Pangasinan. For more than three centuries, Spanish was the official language.

However, the use of Spanish language declined after the US occupation in the 1900's. In 1935 the Constitution named English & Spanish the official languages. In 1939, Tagalog was the national language; it was renamed Pilipino and finally Filipino in 1973. The present Constitution names Filipino and English as joint official languages.



Visayas

Visayas, an island group, Central Philippines, between the Philippines (east) and Sulu (west) seas. The *Visayan* community lies between Luzon and Mindanao.

Traditional Dishes

Chicken Molo Soup Also known as *pancit molo*, this soup has soft chicken wonton in its broth. Snuggle into it on a rainy day.

La Paz Batchoy The ultimate Filipino noodle soup is a favorite for a reason. It consists of firm egg noodles that swim in a slow-cooked broth with lots of flavorful toppings: crunchy garlic, chicharon bits, green onions, and lots of pork.

Pocherong Bisaya The light lemongrass-infused broth is a soup dish of beef leg shanks, corn, saba bananas, bamboo shoots and leafy vegetables cooked in a stock pot.

Dances

Kuratsa– The Kuratsa is highly favored by Visayan people especially the Waray people of the Eastern Visayan region in the Philippines. Strictly speaking, The Kuratsa must be done the *amenudo-way*; that is, only one couple dances it at a time.

Languages

There are over 30 Visayan Languages:

Cebuano, about 21 million native speakers in several provinces. Hilgayon or Ilonggo, about 10 million in Negros Occidental, Guimaras, much of Panay and parts of Mindanao.

Waray, about 3.4 million in Samar, Biliran and parts of Leyte. Capizon, about 650,000 in Pabnay, mainly Capiz Province.

Akeanon or Aklanon, about half a million in northern Panay, mainly Aklan province.



Mindanao

Mindanao is the second largest island in the Philippines. *Mindanao* and the smaller islands surrounding it make up the island group of the same name.

Traditional Dishes

In general, *Mindanao cuisine* is a mixture of Spanish and Malay influence.

Spanish sardines, one of the *famous* product in Dipolog City, Zamboanga del Norte.

Binaki in Bukidnon tastes delicious. It is made by young corn, milk, sugar and wrapped in fresh corn cob. The ARMM region is famous in *rice* delicacies, namely; **duldul, pastil, katilapan, pawa**. Native dishes like **chicken with curry powder**.

Dances

Singkil (or Sayao sa Kasingkil) is a famous Philippine dance of the Maguindanao people, but was popularized by the nearby Maranao peoples of Lake Lanao and later the

Languages

While Filipino (Tagalog) is the official language of the Philippines, Cebuano is the most widely used vernacular in the archipelago. Cebuano is the native language not only of Cebu island but most of the central and southern Philippines, excluding only Panay and western Negros, Samar and eastern Leyte and southwestern Mindanao.