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.

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
Lumpia shanghai is ground meat wrapped in eggroll 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.
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. **Dinadahan.**

**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.

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 it's broth. Snuggle into it on a rainy day.

**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. Hiligayn 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. Capiz, about 650,000 in Pabnay, mainly Capiz Province.
- Akeanon or Aklanon, about half a million in northern Panay, mainly Aklan province.

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 s famous in rice delicacies, namely; duldu, pastil, katilapan, pawa. Native dishes like chicken with curry powder.

**Languages**

While Filipino (Tagalog) is the official language of the Philippines, Cebuano is the most widely used vernacular in the archipelago. The ARMM region is famous in rice delicacies, namely; duldu, pastil, katilapan, pawa. Native dishes like chicken with curry powder.