

What does Spanish Heritage Month mean to you?

It means a lot to me because since i'm Hispanic and my whole family is to it just means something incredible that we can celebrate from what are we from and this is us.

acknowledging the influence of Hispanic culture, history, culture, and achievements.

To me, it means that I a whole month to celebrate with my parents culture.

To me Spanish Heritage month is when people get to learn more about hispanic culture and find out more about historical hispanic figures.

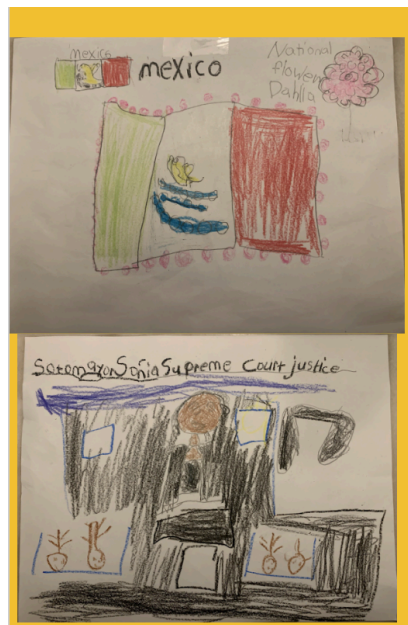
Heritage Month recognises aspects of South African culture which are both tangible and intangible, creative expression such as music and performances, our historical inheritance, language, the foodwe eat as well as the popular memory.

it means a lot, i am hispanic so it means a lot

Hispanic heritage means to me that all Hispanics are represented on this day

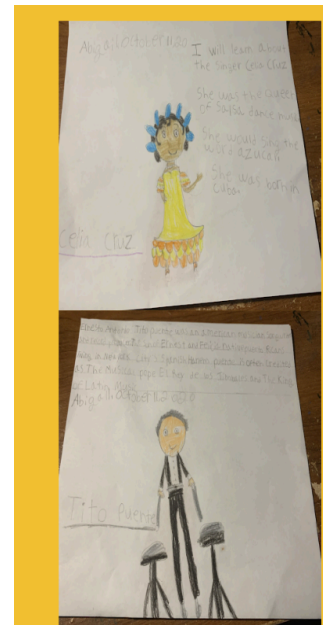
It means so much to me since im hispanic you get to eat good food and celebrate or have a big party eith your family

It means about my culture. I'm Ecuadorian and Salvadorian. I feel like its very special to me.

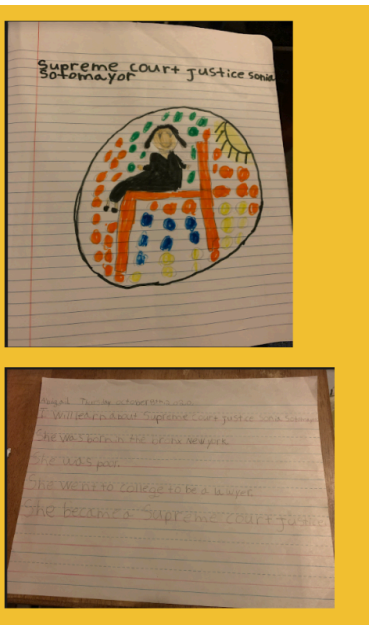


Aryanna Tucker

Aryanna Thursday October
 I will learn about Supreme Court Justice Sonia Sotomayor.
 She was born in the Grand New York
 She was poor.
 She went to college to be a lawyer
 she became a Supreme Court Justice.



Abigail Santamaria





ECUADOR'S TRADITIONS

- **CARNIVAL** is a large party that happens 40 days before Easter.
- **Pasa del Nino** is a parade with music and dancing to celebrate the birth of JESUS during the Christmas Season.



By Ozias Spencer

Brenden Burgess
October 10,2020
Virginia State University
Mr.Ruffin

What is your favorite healthy Hispanic food item?

My favorite healthy Hispanic food item is fried plantains.



Health Benefits:

1. They are a rich source of fiber
2. They also supply Vitamins A, C, K, and B-6
3. They are also a top source of resistant starch, a type of fiber that's not found in many foods.

Recipe:

1. Step 1- Preheat oil in a large, deep skillet over medium high heat.
2. Step 2- Peel the Plantains and cut them in half. Slice the halves lengthwise into thin pieces.
3. Step 3- Fry the pieces until browned and tender. Drain excess oil on paper towels.

Alejandro Duran
Virginia
Health
Mr. Ruffin

My favorite healthy food is shrimps with a garlic sauce on top.



The benefits of eating shrimp are that it has omega-3 and that improves heart and brain health.

Shrimp can be found in the ocean.

The bad side of eating shrimp is that it can raise your cholesterol a lot.

TAMAL

Tamal is made of masa or dough, which is steamed in a corn husk or banana leaf. Tamales can be filled with meats, cheeses, fruits, vegetables, chilies or any preparation according to taste.

Price: \$1.60



YUCA FRITA CON CHICHARRON

Yuca frita is made from a tasty root vegetable known as cassava. Cassava is a starchy root. It is served topped with pickled cabbage salad, homemade salsa and chicharron, or pork chops.

Price: \$6.00



Welcome to Adri's Cubana

By Adriano Gordon



I am 8 years old and I like to cook. My mother taught me how to cook cheese quesadilla. My favorite thing to make is kool-aid slushy. My favourite thing to eat is BBQ ribs with rice.

Ropa Vieja

Ingredients

- 1 tablespoon vegetable oil
- 2 pounds beef flank steak
- 1 cup beef broth
- 1 (8 ounce) can tomato sauce
- 1 small onion, sliced
- 1 green bell pepper, seeded and sliced into strips.
- 2 cloves garlic, chopped
- 1 (6 ounce) can tomato paste
- 1 teaspoon ground cumin
- 1 teaspoon chopped fresh cilantro
- 1 tablespoon olive oil
- 1 tablespoon white vinegar

Mexico

By: Carolan Cabrera, Aurora Gonzalez, Harry Acosta



Traditional Mexican Clothes

- Huipil- the most common traditional dress worn by indigenous women.
- Guayabera- a traditional men's shirt.
- Quechquemitl- This is worn by indigenous people. It is a two piece rectangular cloth usually made by hand.



Where Flautas' Fit in Tradition

- Flautas fit in to the group of street food in Mexico or antojitos
- This group includes fried foods, appetizers, entrees, etc.
- These foods vary from region to region in Mexico because of the differences between local farmers markets



Q: What are some things a person should know about Colombian culture before going?

A: “Some things that a person should know about Colombian culture before going there is at least know some of the Colombian foods they have. Know where you want to go, whether you are taking a taxi or the bus. The money there isn’t U.S. dollars but in Pesos. Also, if you can’t speak Spanish, take someone that you know that is Colombian with you to help you and know some of the culture.”



Q: What is some Colombian Representation you’d like to see more of in the media?

A: “Some Colombian representation I would like to see more in the media is the beautiful places that Colombia has and the Colombian culture as well.”



Colombia

By Courtney Coleman

Venezuela Paintings and Sculptures

Mano Mineral - Paul Del Rio



Painter of Protests - Oscar Olivares



Benjamin Garcia



Painter of Protests

