



CLUB BE YOU

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INTRODUCTION

Hello Club Be You!

Welcome Friends. We have some new faces here today with us and our Club is growing which makes me very excited.

Club Be you is a place to be just yourself!!! So all we need to bring here is yourself, your smile and your curiosity. So today, lets get together and learn about an awesome new culture.

First of all, I am really grateful for our team of 5th graders who have spent hours researching, discussing and documenting to bring this presentation in front of all of you.

We are so lucky to live in this beautiful country of United States Of America where so many cultures from around the world come together.

This gives us a wonderful opportunity to learn from each other and become welcoming citizens.

Today's culture that we will cover will be the wonderful Mexican Culture. We have friends from this culture right here at our school and our neighborhoods as well.

- Mexico's culture is rich, colorful and vibrant, influenced by its ancient civilizations such as the Aztec and Maya as well as European colonization.
- It is unique and probably one of the most fascinating cultures in the world.
- The traditions and customs of the Mexican people are varied and diverse. They are proud of their native heritage and each region has its own cultural practices and celebrations. Many of the ancient traditions of their ancestors have been preserved making it a fascinating culture to explore.
- Spanish is spoken by 92.7 percent of the Mexican population.

CLOTHES

- ❖ Most traditional Mexican clothing is dyed with natural components from plants.
- ❖ Mexican clothing is very bright and beautiful.
- ❖ Traditional Mexican clothing differs from state to state.
- ❖ You will see a lot of dresses with floral embroidery, bright ribbons and hair decorations with flowers.
- ❖ Mexicans usually wear light clothes because it is hot there.
- ❖ Today, the vast majority of Mexicans dress in a modern, "global" style.



FOOD

- ❖ Food is something that has always been unique to Mexico as a whole. Food brings together past history of Mexican culture and present time, as well as creates a source of pride for the Mexican people.
- ❖ Many of the tastes, sights, and sounds of authentic Mexican food stem from three main Mexican cultures: Mayan, Aztec, and Spain, with Spain being the most heavily represented.
- ❖ Corn has been a main staple in traditional Mexican food for centuries. You can find it in some form at almost every meal in a Mexican home, whether in the form of a corn tortilla, tamales, a pozole (a rich and hearty corn stew), or countless other popular recipes.
- ❖ Beans and peppers are also widely served because they are inexpensive and grown natively, which means that they are easily accessible for almost everyone. It's not uncommon for a Mexican household to always have a pot of beans cooking on the stove.
- ❖ Cheese and eggs round out the diet.
- ❖ Churros and Tres leches cake are very popular desserts. They are super super yummy .
- ❖ Mexico's National Dish, Turkey with Chocolate Chile Sauce: Mole Pablano



Mole Pablano



Churros



Spanish Rice



Chipotle Salsa

HOLIDAYS AND TRADITIONS

- ❖ Mexico is a country rich in heritage and traditions. Thus, it is no wonder that Mexicans celebrate a wide array of holidays over the course of the year.
- ❖ Día de los tres Reyes Magos o Epifanía (Epiphany) – January 5th
 - In Mexico, Día de Los Tres Reyes Magos (in Spain also known as Epiphany) is celebrated on January 6 to honor the Three Wise Men. This holiday represents the day the Three Wise Men gave gifts to Jesus Christ, this day also closes the Christmas festivities. Three Kings Day remains an important holiday for the people of Mexico. (This might also be known as a “second” christmas.)
- ❖ Día de la Candelaria (Candlemass) ...
 - Traditionally, Día de la Candelaria, otherwise known as Candlemas in English, is the celebration of Our Lady of Candelaria. Officially, the date of February 2nd marks the presentation of Jesus' first entrance into the Temple of Jerusalem 40 days after Christmas.
- ❖ Cinco de Mayo – 5th May
 - Cinco de Mayo is the celebration of the day that the Mexican army defeated the French Empire in the battle of Puebla. Though it is not Mexico's independence day. Cinco de Mayo is celebrated by having military parades and recreating the battle of Puebla. Some of the foods served on Cinco de Mayo are, Guacamole, Salsa and chips, Poblano, Corn and many more.
- ❖ Día de los muertos (Day of the dead) is celebrated on November 1-2
 - It is a two day holiday honoring relatives who have passed away. On the holiday, the dead are said to return to visit the living. Colorful shrines known as ofrendas, are placed in homes and public spaces to welcome the deceased with their favorite foods and precious objects, as well as photographs and other objects.

SPORTS

- ❖ Sport is an integral part of Mexican culture. Indigenous peoples played traditional sports, such as charrería and bullfighting, for hundreds of years. Recently, team sports such as football and baseball have become the most loved pastimes, and Mexico has a strong history of producing athletic champions to international competitions.
- ❖ The most popular sport in Mexico is Association Football (or soccer in America).
- ❖ Boxing is the 2nd most popular sport.
- ❖ When Spain colonized Mexico around 400 years ago, it brought along the sport of bullfighting. The sport has remained one of the most popular in the country ever since and is the national sport called Charro. Mexico City sports the largest bullring in the world, Plaza México.



MUSIC AND DANCE

- ❖ Mexican music comes in many rich and diverse varieties, from ranchera and mariachi to ballads and rock.
- ❖ Each category and genre of Mexican music has its own unique sound, performance style, and group of Mexican instruments that make it unique.
- ❖ One of the most popular instruments is Mexican vihuela. It is different from the Spanish vihuela, which has 5 or 6 doubled strings.
- ❖ Marimba is also a cool instrument in the Mexican culture. It is very similar to xylophone, but the sound is quite distinctive.

https://www.youtube.com/watch?v=3v7QC6Bl_7E



LANGUAGE

- ❖ Most people in Mexico speak Spanish. Mexico is the country with the most Spanish speakers in the world.
- ❖ More people speak Spanish here than in Spain, because many more people live in Mexico and the country is also more than three times bigger.
- ❖ Indigenous Mexican words have even become common in other languages, including English. For example, chocolate, coyote, tomato and avocado all originated in Nahuatl.

FUN FACTS

- ❖ Chocolate originated in Mexico. It's here that the first cacao plants were found
- ❖ Mexico City is the oldest city in north america
- ❖ Mexico is home to the largest pyramid
- ❖ Northern Mexico is deserts and the southern Mexico is a rain forest
- ❖ Mexico has the most taxi cabs in the world
- ❖ Mexico made Chewing gum, color TV
- ❖ Mexico City is the Capital of Mexico
- ❖ Mexico's national animal is the Golden Eagle



KAHOOT TIME

Go to
[Kahoot.it](https://kahoot.it)

CONCLUSION

I am so happy that together we got to learn about this incredible culture, traditions, food, music and so much more.

We had so much fun with you, learning about this unique and very diverse culture.

Mexico has so much diversity within the country and we hope that you will be driven to learn more about the Mexican culture after this presentation.

This is just one of the many cultures that we will be learning about in this program.

Lets always remember that differences in our culture is what keeps this world interesting. So just BE YOU.

You are special and lets make everybody, no matter where they come from or how they look, feel loved, accepted and welcomed.

Our next meetup will be in a couple weeks and we will come back with a whole new interesting cultural learning.

I will send you reminders and invitations for that as well. Please join and BRING A FRIEND.

Please send us your feedback at clubbeyou2021@gmail.com

I will write about this in the Oregon Kid Governor Blog as well. Please follow at <http://or.kidgovernor.org/2021-orkg-taneesh/taneeshs-blog>