

ANOTHER TRIP Elementary AROUND THE WORLD

Bring Cultural Awareness to Your Classroom
with Activities Across the Curriculum



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Caution: These lessons suggest various activities. Before beginning any food activity, ask families' permission and inquire about students' food allergies and religious or other food restrictions.

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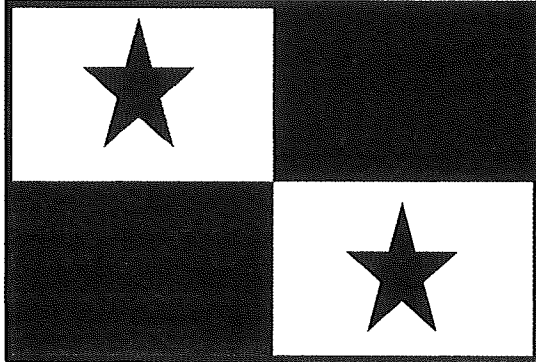
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First Stop...Panama

Area: 29,762 sq. miles
Capital City: Panama City
Population: 4,186,000
Main Language: Spanish
Main Religion: Roman Catholicism
Currency: Balboa
Government: Republic
Flag:



The flag of Panama was adopted in 1903. The white background stands for peace. The blue star symbolizes honesty and purity.

For Your Information

The Republic of Panama, bounded on the north by the Caribbean Sea and on the south by the Pacific Ocean, occupies the Isthmus of Panama that joins North America to South America. To the west lies Costa Rica and to the east, Colombia. Panama has a tropical climate with high humidity and heavy rainfall. The climate is also affected by altitude. Average temperatures in the lowland farming areas along the Pacific coast are around 27° C (81° F). Most of the country is covered with dense tropical forest, and animal life includes anteaters, armadillos, tapirs, small tigers, and monkeys.

The country contains a number of distinct racial and ethnic groups. Its population is classified at 70% mestizo (mixed), 14% black, 10% white, and the remaining 6% Indians and others. The most significant racial and cultural division is between the mestizo population and the blacks from Jamaica and Barbados, who were brought into the country to help construct the Panama Canal.

The Panama Canal Zone, until 1979 a United States government reservation, was a 648-square-mile area that ran through the middle of the Republic of Panama from the Atlantic to the Pacific Ocean. It extended for 5 miles on either side of the Panama Canal. Approximately 25% of the zone's territory consisted of the Gatun Lake, formed during the construction of the Panama Canal in 1912. In 1977, American President Carter and the Panamanian General Herrera negotiated two treaties calling for full Panamanian sovereignty within the zone. The zone itself was abolished in 1979.

Since the completion of the Panama Canal in 1914, Panama's economy has been greatly influenced by this world transportation artery. The canal provides revenues and jobs, and the dominant service industries function mostly near the canal. Services include an important international finance and banking sector which, along with canal tolls, has helped the Panamanian economy. The cash crops include bananas, sugar cane, and coffee. Main food crops are rice, corn, and beans.

Fascinating Facts



Panama is like two bridges: a land link between continents (North and South America) and a sea link between oceans (the Pacific and Atlantic).



The first European known to have visited Panama was the Spaniard Rodrigo de Bastidas in 1501. In 1502, Christopher Columbus explored the eastern Panamanian coast on his fourth trip to the New World.



In Panama, there are three major Indian groups: the Embeni, the Guaymies, and the Kunas of the San Blas Islands off the Caribbean coast. The Kuna Indians inhabit about 50 of the 300 San Blas Islands. They farm in clearings on the mainland and harvest fish and lobster.



Originally an Indian fishing village, Panama City is now the capital of Panama. Its name comes from the Spanish word *panama*, meaning "many fish." Panama City has become Latin America's busiest banking center. Many believe its popularity is due to the fact that the strict bank-secrecy laws lure illegal drug money. The United States forcibly removed Panamanian President Manuel Noriega in 1989 and tried him in Miami, Florida, for crimes involving drug money.



Just east of Panama City is the city Portobelo ("beautiful port"), which was named by Christopher Columbus. It was once the greatest trade center of the New World. Now, pilgrims flock to the ruins of Portobelo for the feast of the Black Christ. The nightlong feast honors a wooden idol credited for shielding a town against cholera epidemics.



Over the years, people from the United States called *Zonians* established communities in Panama that resemble American towns and suburbs. Two of these communities are Cristobal and Balboa.



Construction of the Panama Canal took over ten years and cost \$380,000,000. At the time of its opening, the Panama Canal was universally acknowledged as the greatest engineering feat of the modern age.



When the canal was completed, the Canal Zone marked the historic day by placing a new motto on its official seal: "A Land Divided, The World United."



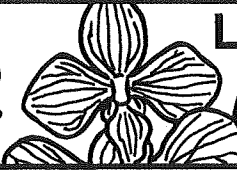
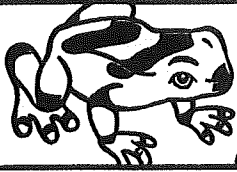
The total length of the Panama Canal is 40 miles from shoreline to shoreline. The maximum width is about 300 feet and the maximum depth is 41 feet. Increased traffic through the Panama Canal has required the widening of the lanes. "Street lights" have been installed for night safety.



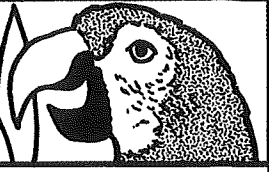
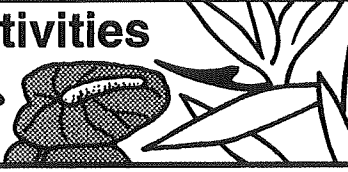
The average toll for a ship passing through the Panama Canal is \$54,000. These fees are considered well spent, for the trip through the canal saves thousands of miles and many days of travel. About 39 ships pass through the locks each day.



Panama receives millions of dollars a month for the use of the canal. In the year 2000, Panama assumed full control over the canal. Currently, the greatest user of the Panama Canal is the United States.



Language Activities



Spanish Numbers

uno (oon-o)	one
dos (doss)	two
tres (tress)	three
cuatro (kwa-tro)	four
cinco (seen-ko)	five
seis (sseyss)	six
siete (ssyete)	seven
ocho (o-cho)	eight
nueve (nwe-be)	nine
dies (deeyes)	ten

Spanish Colors

rojo (row-ho)	red
anaranjado	orange
(a-nar-an-ha-dough)	
amarillo (am-a-ri-yo)	yellow
verde (vear-day)	green
azul (as-ul)	blue
rosa (row-sa)	pink
moreno (more-ai-no)	brown
negro (nay-grow)	black
blanco (bla-co)	white

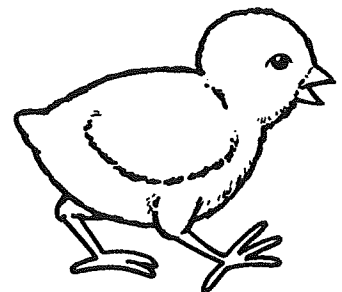
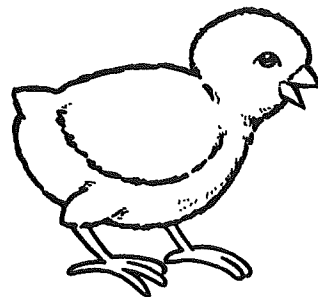
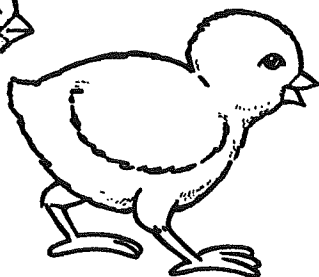
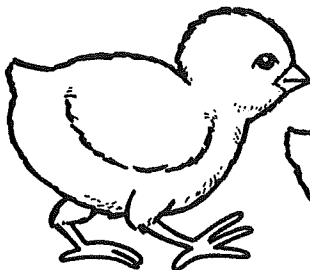
Everyday Spanish Expressions

hola (OH-lah)	hello
adios (ah-DEE-ohz)	good-bye
por favor (pohr fah-VOHR)	please
gracias (GRAH-see-ahs)	thank you
Mi nombre es ... (mih NOHM-breh ehz)	My name is ...
¿Que tal? (KAY tall)	How are you?
No te preocupes. (noh teh preh-oh-KOO-pehz)	Don't worry.
Ven aquf. (vehn ah-KEE)	Come here.
¿Te puedo ayudah? (te poo-WEH-doh ah-YOO-dahr)	Can I help?

Panamanian Poem

Los pollitos dicen,
 "Pio, pio, pio,"
 Cuando tienen hambre
 Cuando tienen frio.

The little chicks say,
 "Cheep, cheep, cheep,"
 When they're hungry and
 When they're cold.





Panamanian Recipes

Empanadas (Meat-Filled Turnovers)

Ingredients:

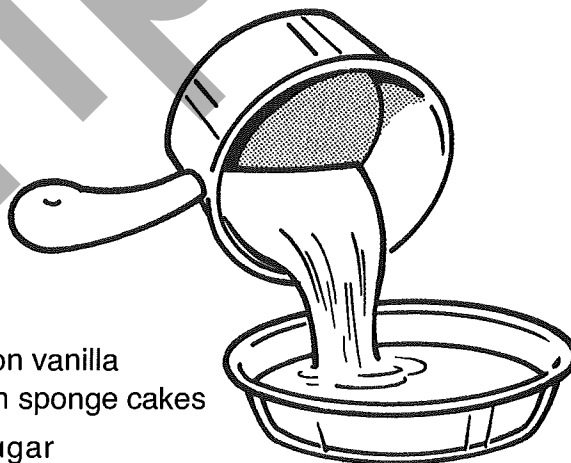
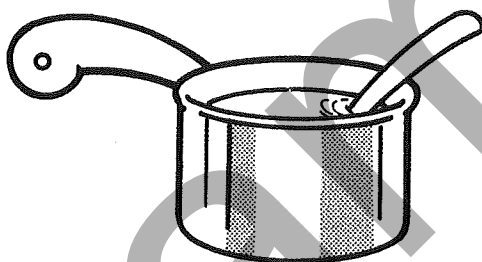
- ¼ pound ground beef
- 1 medium onion diced
- 1 green pepper diced
- 1 clove garlic diced
- 1 teaspoon sugar

- 1 tablespoon flour
- dash of chili pepper
- salt and pepper to taste
- 8 frozen ready-made pie crusts, thawed



Directions:

Heat oven to 400°. In a large skillet, cook ground beef thoroughly and drain. Gradually add the next 8 ingredients. Cover and simmer for 15 minutes. While beef mixture is cooling, use a glass to cut a pie crust circle for each student. Place the small circles of pie crust on large ungreased cookie sheets. Spoon approximately 1 teaspoon of ground beef mixture into the center of each pie crust circle. Fold the pie crust, forming a half-circle, and press edges down with a fork to seal the crust together. Bake for 10-15 minutes or until golden brown.



Sopa de Gloria

Ingredients:

- 1 quart + 2 tablespoons water
- 1 large can sweetened condensed milk
- 1 large can evaporated milk
- 2 tablespoons cornstarch
- pinch of salt
- 3 or 4 cinnamon sticks
- 3 eggs
- 1 tablespoon vanilla
- 2 eight-inch sponge cakes
- ½ pound sugar
- ½ teaspoon almond extract

Directions:

Put the water, condensed milk, evaporated milk, cornstarch, salt, and cinnamon sticks together in a heavy saucepan. Bring to a boil, stirring constantly, then simmer on low heat for 10 minutes. Separate the egg whites from the yolks. Stir the yolks in a cup and add 2 tablespoons of water. Remove the milk mixture from the heat and add the egg yolks, stirring well. Add vanilla and let cool. While the milk mixture is cooling, cut the sponge cakes in small pieces, 2" long and 1" wide, and place in a glass baking dish. Cover the sponge cake pieces thoroughly with the cooled milk mixture. Beat egg whites, gradually adding sugar until thick, then beat in the almond extract. Cover the sponge cake pieces and milk mixture with the egg whites and place in an oven for 2 to 3 minutes to brown slightly. Remove from oven and let cool. Chill cakes in the refrigerator before serving.



The land of Panama is called an **isthmus** (a narrow strip of land, bordered on both sides by water, connecting two larger bodies of land). The Panama Canal cuts through Panama and is important economically to the country. Using several maps and globes, have your children look for other isthmuses in the world. Is there another place on the globe where a strategic canal has been or could be placed?

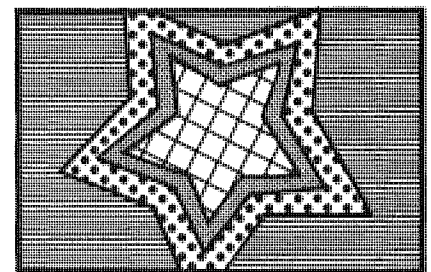
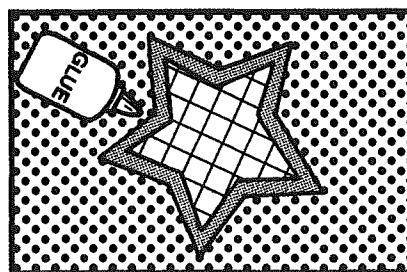
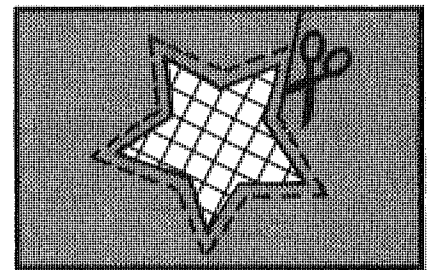
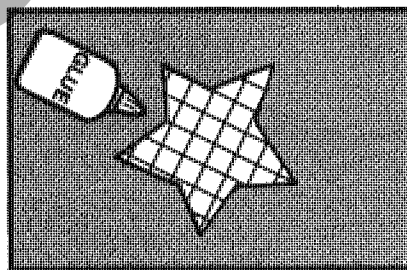
Tropical fruits, such as papayas, mangos, coconuts and bananas, are common foods of Panama. Have a fruit-tasting party with your students. Let your students compare and contrast common American fruits to those from Panama.

Quince Años, the fifteenth birthday or “coming of age,” is extravagantly celebrated in Panama. Families will often rent ballrooms and have elaborate decorations and gifts for the birthday child. Have your students decide what special birthday age they would like to celebrate in the United States and then describe how they would make it special.

The province of Darien in eastern Panama borders Colombia. Darien is the largest and least developed area of Panama. Jungles are abundant with a large variety of plants and animals. Some of the large animals include the red deer, tapir, alligator, puma, agouti, ocelot, margay, and wild boar. Have your students select an animal indigenous to Darien and research the animal in your school’s library. Students can write several facts and draw a simple sketch of the animal.

The Kuna Indians of the San Blas Islands create brightly-colored, appliqued fabric panels called **molas**. Molas are an important part of the everyday costume of the Kuna women, and they are often used as wall hangings, jewelry, coasters, and holiday ornaments. Create greeting cards or a colorful bulletin board by making molas. After students make their own molas following the directions below, give them copies of the activity on page 8 to color.

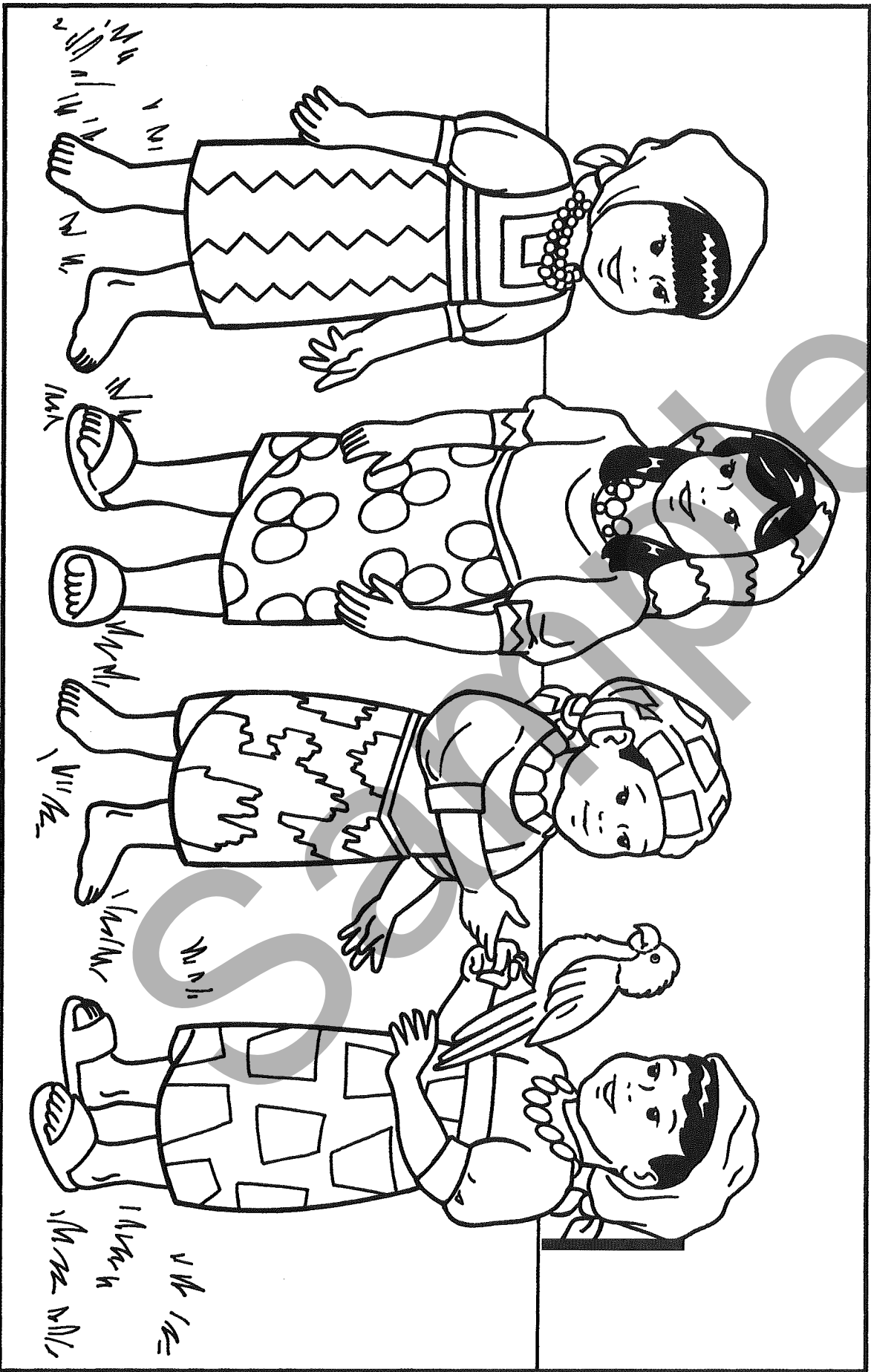
Draw and cut a simple shape (plant, animal, person, or abstract design) from brightly colored construction paper or fabric. Glue the design to another piece of construction paper or fabric. Cut around the edge of the shape about ¼" away from the original line. Glue the design onto yet another piece of paper or fabric. Repeat several times until you have three to five layers. Finally, glue the mola to a contrasting piece of construction paper.



Name _____

San Blas Children of Panama

Directions: Color the San Blas Island natives below. Their traditional dress should be brightly colored.



Sample



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