



POWERED BY PNC
*arts*alive
be part of art

BALLET NEPANTLA

*A guide on Ballet Nepantla
from the #MannMusicRoom*



VERACRUZ, MEXICO

Veracruz, officially the **Free and Sovereign State of Veracruz de Ignacio de la Llave**, is one of the 31 states which, along with Mexico City, comprises the 32 Federal Entities of Mexico (The United Mexican States). The United Mexican States is a federal republic, and each state

is an autonomous entity with its own congress and constitution.

The state is noted for its mixed ethnic and indigenous populations. Its cuisine reflects the many cultural influences that have come through the state because of the importance of the port of Veracruz.



ZAPATEADO VERACRUZANO (WARDROBE)

The typical costume of Veracruz is called **Jarocho Suit**.

Even though there is a difference between the wardrobe for men and women, both have two common denominators: **white color and light fabrics** appropriate for heat.

Jarocho clothing for women is **even prettier** than that intended for men since it has **more lace, embroidery, and ornaments**. It includes a **white blouse** made of cotton and “mesh” on the shoulders and chest, a white **petticoat**, a white **skirt**, very long and wide flying, over the petticoat that covers the ankles, an **apron**, shorter in black velvet and embroidered with reddish-tone

flowers and also a curly lace, a **mantilla** or shawl that can be made of lace or embroidered tulle, and finally, a **rebozo** or second shawl elaborately made with silk thread and that is combined with the ribbon that adorns the hair.

Much easier, yet still very beautiful, is the typical Veracruz attire for men. It includes **pants** of fresh white fabric that reaches to the feet, a **guayabera** or shirt with long sleeves, loose and made of light material with bags on the front, **booty-type shoes** that are black or white, and a **palm hat** with four slits in its upper area.



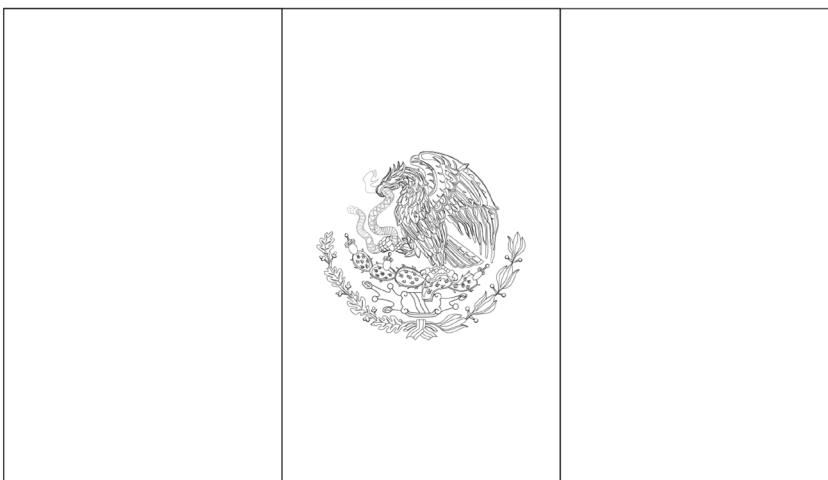
CUISINE

The indigenous, the Afro-Cuban and the Spanish have all contributed to the enchanting music and rich culinary traditions of the Veracruzanos. These influences have contributed many ingredients to the cooking including native vanilla, corn and seafood, along with rice, spices, and tubers. The most famous Veracruz dish is Huachinango a la Veracruzana (Snapper Veracruz style). It is a whole baked fish covered in a tomato-based sauce flavored with mostly European ingredients such as olives, garlic, capers, and more. The most widely served dish in the state is Arroz a la tumbada, which can be found in almost all restaurants that serve seafood in Veracruz.

It originated as a poor fishermen's dish, a way to stretch seafood. It typically contains various fish and shellfish, tomatoes, onions, garlic, green chili peppers, oil, and herbs like paella.

COLOR THE FLAG

First used in 1821 and adopted on September 16, 1968, the Mexican flag features a vertical tricolor of green, white, and red with the Mexican coat of arms charged in the center. The central emblem is based on the Aztec symbol of Tenochtitlan (now Mexico City), the center of the Aztec Empire.



WORD SEARCH

Zapateado Word Search

V E R A C R U Z J O
T Q V C I E Q Z Z B
Q B M C J E K A Q P
H R A C A N E P X V
L E N W R S R A W Q
K B T S O A C T Z N
G O I Y C E Q E A I
E Z L C H M F A T E
L O L Y O I Q D A P
G H A R Q C L O S P

Zapateado
rebozo

Veracruz
Jarocho

mantilla

V E R A C R U Z J O
T Q V C I E Q Z Z B
Q B M C J E K A Q P
H R A C A N E P X V
L E N W R S R A W Q
K B T S O A C T Z N
G O I Y C E Q E A I
E Z L C H M F A T E
L O L Y O I Q D A P
G H A R Q C L O S P