



Central America



(2019).^[5] Its mainland is about 290 km (180 mi) long and 110 km (68 mi) wide. It has the lowest population and population density in Central America.^[11] The country's population growth rate of 1.87% per year (2018 estimate) is the second highest in the region and one of the highest in the Western Hemisphere.^[2]

The Maya Civilization spread into the area of Belize between 1500 B.C. and A.D. 300 and flourished until about 1200.^[12] European contact began in 1502 when Christopher Columbus sailed along the Gulf of Honduras.^[13] European exploration was begun by English settlers in 1638. This period was also marked by Spain and Britain both laying claim to the land until Britain defeated the Spanish in the Battle of St. George's Caye (1798).^[14] It became a British colony in 1840, known as British Honduras, and a Crown colony in 1862. Independence was achieved from the United Kingdom on **21 September 1981.**



an influence from mento music.

Brukdown is a genre of Belizean music. Its best-known performer and innovator, Wilfred Peters is regarded as a Belizean national icon. The word *bruksdown* may come from *broken down calypso*, referring to the similarities between bruksdown and Trinidadian calypso music; the presence of large numbers of Jamaicans in Belize

also led to



Costa Rica

Costa Rica is a rugged, rainforested Central American country with coastlines on the Caribbean and Pacific.

Though its capital, San Jose, is home to cultural institutions like the Pre-Columbian Gold Museum, Costa Rica is known for its beaches, volcanoes, and biodiversity. Roughly a quarter of its area is made up of

protected jungle, teeming with wildlife including spider monkeys and quetzal birds.



Gallo Pinto



"Pura Vida"

GUANACASTE

The rhythms of Guanacaste are an integral part of the nation's musical heritage. Folkloric music from Guanacaste features Spanish, Nicaraguan, Cuban, Panamanian and Colombian influences. It employs use of the marimba, a type of large wooden xylophone, and encompasses many styles – puntos, tambitos, callejeras, and parranderas are among the most popular. Guanacaste's music is inseparably interwoven with the region's dances, which incorporate old-world flourishes and traditional costume; popular Guancastecan dances include the "Punto Guanacasteco" and "Los Amores de Laco."



El Salvador

El Salvador, officially the Republic of El Salvador, is the smallest and the most densely populated country in Central America. It is bordered on the northeast by Honduras, on the northwest by Guatemala, and on the south by the Pacific Ocean. El Salvador's capital and largest city is San Salvador.



PUPUSAS

A pupusa is a thick griddle cake or flatbread from El Salvador, made with cornmeal or rice flour, similar to the Venezuelan and Colombian arepa. In El Salvador, it has officially been declared the national dish and has a specific day to celebrate it. It is usually stuffed with one or more ingredients.

Himno Nacional
Saludemos la Patria
Orgullosos
De hijos suyos podernos
llamar;
Y juremos la vida
animosos
sin descanso a su bien
consagrар





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Guatemala

Guatemala, a Central American country south of Mexico, is home to volcanoes, rainforests and ancient Mayan sites. The capital, Guatemala City, features the stately National Palace of Culture and the National Museum of Archaeology and Ethnology. Antigua, west of the capital, contains preserved Spanish colonial buildings. Lake Atitlán, formed in a massive volcanic crater, is surrounded by coffee fields and villages.



Antigua, Guatemala

Guatemala is touted as the birthplace of chocolate, and there's nowhere better than Antigua to discover the story behind the cacao bean and its importance in Mayan history



To make Guatemalan Chiles Rellenos, start by roasting the sweet peppers and peeling them. Then you stuff them with a mixture of beef and vegetables like carrots, peas, and potatoes. These are then dipped in beaten egg whites and pan-fried, and usually topped with a homemade tomato sauce.



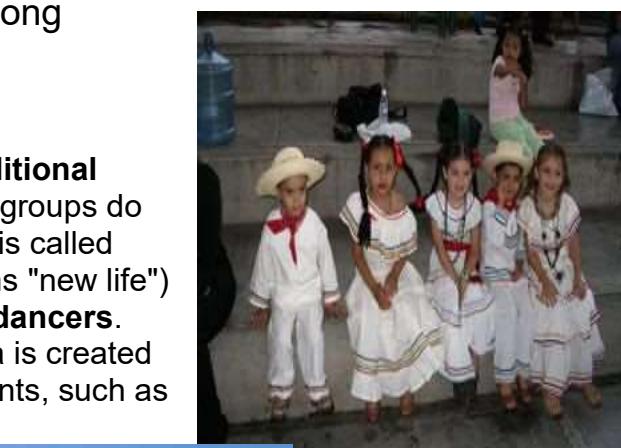
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Honduras

Honduras is a Central American country with Caribbean Sea coastlines to the north and the Pacific Ocean to the south. In the tropical rainforest near Guatemala, the ancient Mayan ceremonial site Copán has stone-carved hieroglyphics and stelae, tall stone monuments. In the Caribbean Sea are the Bay Islands, a diving destination that's part of the 1,000km-long Mesoamerican Barrier Reef.



The most common **traditional dance** that **folk dance** groups do is called the punta, but is called "banguity" (which means "new life") by the **Honduran folk dancers**. The music for the punta is created by **traditional** instruments, such as the drums, maracas, a conch shell, and sometimes claves (two wood sticks beat together).



Guillermo Anderson
A singer-songwriter, his lyrics often touch upon themes of ecology (including exaltation of Honduras' natural landscapes) and social problems.



A Baleada is a traditional Honduran dish composed of a flour tortilla, filled with mashed fried red beans, thick cream mantequilla Hondureña, and crumbled hard salty cheese. It originates from the north coast of the country; Aside from beans, here is a whole variety of ingredients that can be added to the Baleada.

Nicaragua

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Nicaragua, set between the Pacific Ocean and the Caribbean Sea, is a Central American nation known for its dramatic terrain of lakes, volcanoes and beaches. Vast Lake Managua and the iconic stratovolcano Momotombo sit north of the capital Managua. To its south is Granada, noted for its Spanish colonial architecture and an archipelago of navigable islets rich in tropical bird life.



Toro Huaco is a traditional Nicaraguan dance that is part of the Native American and Spanish cultural heritage of the country. The term **Toro**

Huaco means carnival parade of ragged men, or rather, men disguised in rags. It should not be confused with **Toro Guaco**, a traditional dance from the city of León.

Panama



Panama is a country on the isthmus linking Central and South America. The Panama Canal, a famous feat of human engineering, cuts through its center, linking the Atlantic and Pacific oceans to create an essential shipping route. In the capital, Panama City, modern skyscrapers, casinos and nightclubs contrast with colonial buildings in the Casco Viejo district and the rainforest of Natural Metropolitan Park.

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Sancocho de gallina panameño: the National dish