



# Glossary

## **Adobong manok**

Often considered the national dish of the Philippines and popular during the Spanish colonial period (with 'adobar' in Spanish meaning 'sauce' or 'marinade'), it can be made with pork, chicken, fish, or vegetables.

## **Ate**

A term used before a name to address an older woman, typically as a sign of respect or affection.

## **Bata ng Calabnugan**

"The Island of Children" is the name of the orphanage where the girls are cared for by the Isla ng Bata organization.

## **Bibingka**

It is a type of baked rice cake typical of Filipino cuisine, usually eaten for breakfast, especially during Christmas.

## **Biko**

It is a cake made with glutinous rice, coconut, and brown sugar, usually topped with latik, a caramelized syrup made from coconut and brown sugar that is commonly used in Filipino desserts.



### **Bisaya**

The indigenous people of the Philippines and the name of the dialect spoken in the Visayas and Mindanao regions, which is Cebuano.

### **Budbud**

A rice cake wrapped in banana leaves.

### **Carabao**

The national animal of the Philippines, a subspecies of the Indian buffalo, it is considered a strong and loyal animal.

### **Cebu**

A city and island in the Philippines, located in the central Visayas.

### **Diwata**

A legendary creature in Philippine mythology, known in Spanish as encantada, a benevolent spirit believed to live in trees and serve as a guardian of nature.

### **Dumaguete**

A city in the central Visayas region of the Philippines.

### **Filipinos**

The general term used to refer to people from the Philippines.





### **Harana**

A traditional Filipino serenade in which a man courting a woman stands under her window and sings a song.

### **Igorot**

Indigenous Filipino people who typically live in the mountains of northern Luzon, often referred to in a derogatory sense.

### **Jose Rizal**

Filipino national hero, a revolutionary artist often mentioned in history books.

**Kuchinta (or kutchinta o kutsinta)** A steamed rice cake typical of the Philippines, made with tapioca, rice flour, and brown sugar, which can be plain or topped with grated coconut.

### **Kuya**

A word used before a name when addressing an older man.

### **Lanzones**

A sweet and refreshing exotic fruit native to the Philippines, similar to lychee.

### **Luzon**

The largest and most populous island in the Philippines, located in the northern part of the archipelago.



### **Mestizo**

People of mixed Spanish and Filipino descent.

### **Mindanao**

One of the three main islands and regions of the Philippines, along with Luzon and Visayas, located in the southern part of the archipelago.

### **Nara**

The national tree of the Philippines, known for being strong and resistant to typhoons.

### **Pichi pichi**

A Filipino dessert made from steamed balls of cassava flour mixed with brown sugar and lye, then rolled in grated coconut, cheese, or latik.

### **Sandurot**

A festival celebrated in November in Dumaguete City, Philippines, to showcase the hospitality and kindness of the city's inhabitants.

### **Santo Niño**

How the Child Jesus is called in the Philippines, with the Sinulog Festival held in His honor every January in Cebu City.

### **Siquijor**

A beautiful coral island in the Philippine archipelago, located south of Cebu, considered mysterious and magical.





### **Tinikling**

A traditional Filipino dance performed using bamboo poles, mimicking the movements of the tikling birds.

### **Tagalog**

One of the main languages of the Philippines and the most widely spoken in the country.

### **Taho**

A typical Filipino sweet snack made from soft tofu, arnibal (caramelized syrup), and sago pearls (similar to tapioca pearls).

### **Visayas**

Region or group of islands forming the central part of the Philippine archipelago.