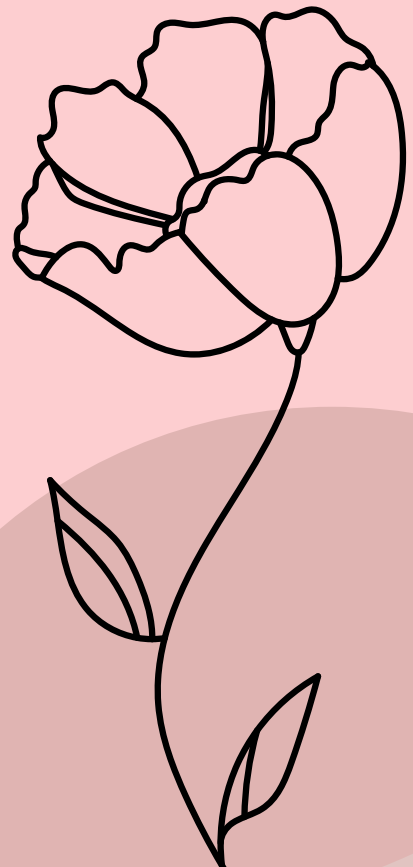


*Spanish*  
**Culture**



# Spanish food

One of the most important things in Spanish culture is food. We have a very varied and balanced diet. It is the well-known Mediterranean diet, with a high consumption of vegetable products and a great use of olive oil.

In addition, some of our most typical foods are shown below.



Paella



Gazpacho



Tortilla de patata



Jamón serrano



Bocadillo de calamares

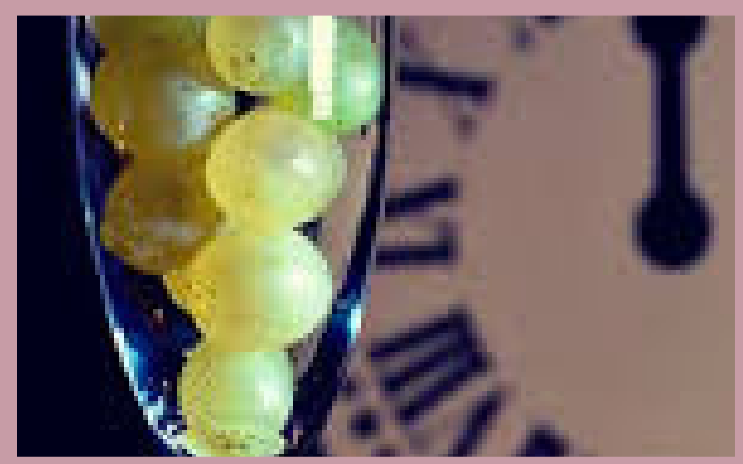


Croquetas

# Spanish Traditions



It is common to lie down to sleep for a while after eating. This is known as "napping" and is recommended for 20 minutes.



We welcome the year by eating 12 grapes. One for each of the first 12 seconds of the year. After that, you congratulate the new year and call your relatives.



In Spain it is also typical to "salir de tapas" or "tomar el vermouth". This consists of going to different bars and having a small portion of food with a drink. The vermouth takes place at lunchtime and often lasts until dinner.

# Celebrations

In Spain it is customary to celebrate the "fiestas de los pueblos" (village festivals). Each village has a festive week with activities and evening parties. In addition, music groups go out into the streets and everyone sings and dances with them. These groups are known as "charanga".

The big cities also have their own week of festivities. For example, Pamplona celebrates the "San Fermín", where people run in front of bulls.

In Tarazona, they celebrate the cipotegato, where everyone goes out into the street and drinks wine and throws tomatoes at each other.



Village festivals



San fermines



Cipotegato

# A tradition of my city

In the case of my city, we have the “Fiestas del Pilar”. On the main day, a large number of people come to the city to give flowers to the Virgen del Pilar. They dress up in typical costumes and make a big route with the flowers until they reach the virgin.

There are also people who walk through the streets dancing “Jotas”, the typical dance of the city.



# Spanish Dances



Flamenco is an art form originating in Andalucía (South of Spain), which combines music, song and dance in an intense emotional expression. Today it is one of the most representative symbols of Spanish culture.



The “jotas aragonesas” are a traditional style of music and dance from Aragon, characterised by their lively and cheerful rhythm. They are performed on guitar, lute and bandurria, and usually express feelings of celebration and festivity.

**Gracias**

