

Exploring World Cultures (SECOND EDITION)



FOOD

Paella is probably the most famous Spanish food. Paella is a tasty dish filled with rice, meat, vegetables, and spices. Paella may include different foods depending on where it's made. Some areas use fish or shrimp. Other places use beef, chicken, or pork.

In the Basque area, *pintxo* is a small dish eaten as a snack with wine. Pintxos have a skewer, or stick, in them. Spanish ham is some of the best in the world. Croquetas de Jamón are a fried dish made with ham.

FACT! Frosty are small, icy spheres served with donuts in Canada.

SWEET TREATS
Spanish people often like sweet desserts. Churros are long sticks of fried dough that are covered in sugar and dipped in chocolate. Flan is a creamy dessert. Tarta de Santiago is a tasty almond cake.

Spain is the world's largest producer of olives! Many Spanish dishes include olives.

Sagacho is a cold tomato soup eaten in Spain.

ARTS AND FESTIVALS

Art has a long history in Afghanistan. The country is known for its colorful wool carpets, or rugs. These carpets are made by hand and include many different colors and patterns. Each ethnic group or area has its own special patterns. However, since 2021, people don't have much time or money to make art for fun. Carpets are still made because they sell well.

The *attan* is the national dance of Afghanistan. Men stand in a circle and move their feet quickly as they clap their hands. Holidays are mostly Muslim holy days. One exception is the Afghan New Year (Nowruz), or Afghanistan Day, on March 21.

FACT! When the Taliban ruled the country from 1996 to 2001, it was not allowed to make or sell carpets.

A SAD DAY
In 2001, the Taliban blew up two big statues of the Buddha (the main figures in Buddhism) from the 6th century. People around the world hoped there would be a way to save them, but they did not listen.

SAVE AFGHANISTAN
Afghans who have left their country use Afghanistan Day to call for an end to the Taliban's rule and to remember the old ways that are being destroyed.

This picture shows Afghans dancing at a talent show at a U.S. Army base in 2008.

Every country has its own history, culture, and traditions. The *Exploring World Cultures* series provides exciting insight into the aspects that make a country unique, such as its language, people, sports, food, and festivals. By presenting material in a vivid and engaging way, these books will teach readers about the unique qualities of each country and the ways in which they might be similar to others.

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