

# Cross-Cultural Experiences: Mexico and India

By Hernández, J.



# Fun Facts/background information about Mexico

- Mexico is located in North America where it borders the United States towards the north and towards the south it borders Belize and Guatemala
- Mexico gained its independence from Spain on September 16, 1810
- Mexico City is the oldest city in North America. It was built in 1521 by the Spaniards on the ancient ruins of the Aztec city of Tenochtitlán
- Mexico also have woman only cars in the subway where it is illegal for men to enter, making it completely safe for woman
- In Mexican markets you can find spiders, grasshoppers, and scorpion to eat as meals



# Fun Facts/background information about India

- ▶ India is located in the southern part of Asia where it borders Pakistan, China, Nepal, and Bangladesh
- ▶ Indian gained its independence from Great Britain on August 15, 1947
- ▶ Cows are considered sacred, there is even an actual set of rules in the Indian Constitution making the killing of a cow a crime
- ▶ The popular game snakes and ladders originated in India, before it became a board game it was actually a way to teach lessons about karma so young children could understand the concept
- ▶ India celebrates a lot of holidays at about 26 total holidays including Independence Day, Holi, and Christmas





# Food in Mexico



- ▶ Mexican food believe it or not is often made of with lots of veggies and fruit. An example of this dish is a dish called Chiles en nogada, which consists of poblano chili peppers stuffed with meat and fruits, then topped with walnut cream and pomegranate seeds
- ▶ Nachos was invented in 1943 by a man named Ignacio Anaya Garcia also known as Nacho where he fried up tortillas with grated cheese and jalapeño peppers to serve it to the U.S. military wives visiting his restaurant
- ▶ Different tools are used to make food like the molcajete used to grind spices, el molinillo used as a whisk to make hot chocolate, and a flat pan called a comal to make tortillas
- ▶ Tamales are very popular made using seasoned meat and corn flour, wrapped and steamed in a maize husk. The
- ▶ Mexico is the birthplace of chocolate. When the Spanish arrived in Mexico in the early 1500s, the Aztecs would drink a bitter chocolate liquid mixed with spices made from cacao which is native to Mexico. Some early Mexicans also mixed vanilla and honey, creating the early version of today's chocolate





## Food in Mexico continued

Chiles en nogada is the picture on the top left, in the middle is the picture of nachos, on the top right is cacao seeds and the bottom right are tamales



# Food in India



- ▶ India is the spice capital of the world, producing more than 70% of the spices used in the world
- ▶ Not all Indian dishes are spicy. Northern Indian cuisines use more milk products than southern India, making it less spicy
- ▶ People cook from scratch, for instance like making flatbread such as roti
- ▶ Indian people eat with their hands when eating certain foods
- ▶ Coffee for breakfast is a common thing
- ▶ Breakfast is very important and is very savory, with a lot of choices like a masala dosa cooked in ghee and stuffed with spicy potato, served with spicy sauce
- ▶ People eat late like breakfast would start around 10am and dinner would be around 9pm



## Food in India con't

On the top left you have what is called roti, on the top right is a masala dosa and the picture on the bottom are a bunch of different spices you can find in India like tumeric, cumin, saffron, ginger and many more



# Religion in Mexico

- Mexico does not have an official religion. However, Roman Catholicism is the dominant faith and deeply culturally pervasive. It is estimated over 80% of the population identifies as Catholic. Many Mexicans see Catholicism as part of their identity, passed on through the family and nation like cultural heritage. However, not all Mexicans attend church services regularly. Religiosity is most visible in festivities, events and also the placement of idols throughout people's homes and public places. While approximately 5% of the population is thought to be unaffiliated with any religion, many non-religious Mexicans still engage in Catholic celebrations.
- Spanish colonists introduced Roman Catholicism to Mexico in the 16th century. This religion teaches the doctrine of God as the 'Holy Trinity', consisting of the Father, the Son and the Holy Spirit. Today, Catholicism is synonymous with the culture and society of Mexico. It is deeply infused in the public life and visible in the language. For example, one might hear the following phrases on a daily basis: "*Si Dios quiere*" (God willing), "*Dios te bendiga*" (God bless you) and "*Gracias a Dios*" (thank God).





# Religion in India



- ▶ India is the birthplace of four major religions, including Hinduism and Buddhism. While about 84% of the country identifies as Hindu, it is also the home to one of the largest Muslim populations in the world. Jews and Christians have also lived in India since 200 B.C. and 52 A.D. respectively. However, religious minorities are increasingly feeling insecure amid the rise of Hindu nationalism.
- ▶ Hindus have traditionally placed women on a high pedestal, even revering them as goddesses
- ▶ The cow is sacred for India's Hindus, who make up more than 80% of the nation's population, but they do not consider it to be God. In Hindu mythology, the animal is related to several deities, like Krishna, the cowherd god — or Shiva, who rides his bull, Nandi. It also makes economic sense for the poor to use various cow products — milk, curd, butter, ghee, urine, dung — rather than just meat.



# Traditions in Mexico

- ▶ One tradition Dia de Los muertos, a day where everyone in your family celebrates the loved ones they have lost. It's a 3 day celebration starting on October 31<sup>st</sup> and ending on novemeber 2<sup>nd</sup> It's an important day for a lot of Mexicans especially when it comes to preparing everything, from cooking to cleaning and then going to the cemetery where we clean the tombstones of our loved ones and start decorating it in remembrance of our loved ones. It also a very special day because it's believed that the spirits of our loved ones come back to visit us
- ▶ Quinceañeras is a special day for any girl in Mexico the day where she turns 15 and transitions from childhood to adulthood. Depending on your family There is usually mariachi which is a Mexican band group that wakes up the girl with music with a very special song. Later that day she will have her own party where she has to dance certain dances with her family or chambelanes which are male dancers that the quinceañera has to pick to dance with her. It's a very special and unique celebration for woman in Mexico





# Traditions in India

- Pitru Paksha, this festival is observed in Hindu faiths and is colloquially known as the ‘fortnight of the ancestors,’ Occurs in the Indian lunar month of Asvina – usually around September – it takes the form of ritualistic food offerings, and is subdivided into various observances, such as for those who have met an unexpected or violent death, those particularly close in relationship, and those who have passed away most recently
- Diwali is the largest and most important holiday to India, It is a five-day festival known as the festival of lights because of the lights lit during the celebration to symbolize the inner light that protects them from spiritual darkness. Holi, the festival of colors, also called the festival of love, is popular in the spring

