



Canali L. Pit-oy
SPED Teacher



Teaching Experience



**IMMACULATE HEART
OF MARY SCHOOL**



**BUNGA INTEGRATED
SCHOOL**

PHILIPPINES

Cordillera Administrative Region

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dreamstime

IGOROT

“PEOPLE FROM THE MOUNTAIN”



TRADITIONAL COSTUME



*The men wear long strips of handwoven loincloths called “wanes”.
The woman wears a kind of wrap-around skirt called “lufid”.*



TRADITIONAL DANCE

“TRADITIONAL IGOROT DANCES ARE VIBRANT AND COMMUNAL. THEY OFTEN MARK IMPORTANT EVENTS — HARVESTS, WEDDINGS, AND RITUALS. THE STEPS, RHYTHMS, AND GROUP FORMATIONS TELL STORIES ABOUT EVERYDAY LIFE, BRAVERY, AND COMMUNITY TIES.”

TRADITIONAL SONG

“IGOROT MUSIC USES INSTRUMENTS LIKE BAMBOO FLUTES, GONGS, AND DRUMS. MUSIC ACCOMPANIES DANCE AND RITUALS, AND DIFFERENT SOUNDS ARE USED TO SIGNAL CELEBRATIONS, WORK RHYTHMS, OR CEREMONIAL MOMENTS.”

NATIVE FOODS

PINIKPIKAN

Pinikpikan is a dish from the mountains of Cordillera region in the Philippines. Specifically, pinikpikan is a tradition of Igorot tribe. It is prepared by beating a live chicken with a stick prior to cooking.



Tapuy also spelled tapuey or tapey, is a rice wine produced in the Philippines. It is a traditional beverage originated from Banaue and Mountain Province, where it is used for important occasions such as wedding, rice



PINUNEG

Pinuneg is a Filipino blood sausage originating from the Igorots. It is made with pig's blood, minced pork fat, salt, red onions, ginger, and garlic stuffed into a casing made from pig's small intestine. It is traditionally prepared during pig sacrifice ceremony.



ETAG

Etag is also known as IGOROT smoked meat, smoked mountain ham, or smoked bacon is salted pork, regarded as part of the life of a Cordilleran from the time of birth until death.





Yaman!
THANK YOU!