The diversity of the Ecuadorian population



Recognize and appreciate the diversity of the Ecuadorian population from the observation and analysis of your location geographic, diet, dress code, customs, parties, etc.

Verify a fact

Those of us who live in Ecuador are so used to seeing each other, that we do not appreciate their great diversity in various aspects, which is one of the central characteristics of the country. In many ways, with its quarter of a million square kilometers and its fifteen million inhabitants, Ecuador within Latin America is one of the countries with a diversity of climates and ethnic groups. Here indigenous, mestizo and black cultures coexist, many generations of migrants have been incorporated and there are strong regional identities.

Diversity and cultural richness

In Ecuador, as in other places, one of the strongest identity traits is gastronomy, that is, food. Ecuadorian popular food has as basic ingredients corn and potatoes, originally from America. It also includes grains and pork, of European origin, plantain of local varieties.





Diversidad étnica del Ecuador Fotocomposición: CEN

LIVEWORKSHEETS



Rice brought from Asia is the basis of our diet. A famous novel picks up the coastal saying: "In having rice, although there is no God." “Fritada” and “menestra" are everywhere. Tamales are made throughout the country with various preparations.

There is a great variety of local and regional dishes, in which the enormous geographical and cultural diversity is expressed. But some have become national, such as ceviche or “fanesca”. The food has a strong regional identification. In provinces such as Manabí or Loja, there are very own regional dishes of great quality. There is practically no place in the country where a recognized typical dish is not prepared. Local and regional identities expressed in geography or monuments are part of "ours". La Ronda, the temple of the Virgen del Cisne, the Rotonda, the Amazon rivers, the fauna of Galapagos, the Azuayan textiles, the wood carvings of San Antonio de Ibarra or the Oriente, the Manabi ceramics, are typical of those places and also national.