



## What Is This Module About?

The ethnic groups in the Philippines are divided into two—the major ethnic groups and the minor ethnic groups. This module is about the major ethnic groups. These are the big cultural groups which have their own dialects, behavior, traditions and faith.

This module is made up of three lessons:

### Lesson 1 — *Do You Know Us?*

In this section, the different major ethnic groups will be introduced. This section will also teach us that the names of different ethnic groups are related with their respective dialects.

### Lesson 2 — *Our Country's Heritage*

This lesson will discuss the traits and customs of each major ethnic group.

### Lesson 3 — *"Philippine Festival"*

This lesson will present the songs, dances and costumes of the major ethnic groups.



## What Will You Learn From This Module?

After studying this module, you should be able to:

- ◆ identify the eight major ethnic groups;
- ◆ describe the traits and cultural practices which are unique to these groups and those which are common among them; and
- ◆ identify songs, dances and costumes of these ethnic groups.



## Let's See What You Already Know

Before we start with the lessons in this module, answer the following questions first. This is to find out what you already know about the topic.

Write the letter of the correct answer in the space before each number.

- \_\_\_\_\_ 1. What ethnic group do people living in Isabela belong to?
  - a. Tagalog
  - b. Ilonggo
  - c. Ilocano
  - d. Pangasinense
  
- \_\_\_\_\_ 2. What ethnic group do people living in Batangas belong to?
  - a. Tagalog
  - b. Pangasinense
  - c. Bicolano
  - d. Ilonggo
  
- \_\_\_\_\_ 3. What ethnic group do people living in Masbate belong to?
  - a. Waray
  - b. Bicolano
  - c. Tagalog
  - d. Ilocano
  
- \_\_\_\_\_ 4. What ethnic group do people living in Negros Occidental belong to?
  - a. Waray
  - b. Bicolano
  - c. Ilonggo
  - d. Tagalog

- \_\_\_\_\_ 5. What ethnic group do people living in Bohol belong to?
- Waray
  - Cebuano
  - Ilonggo
  - Ilocano
- \_\_\_\_\_ 6. Which ethnic group is known as the most thrifty?
- Kapampangan
  - Pangasinense
  - Ilocano
  - Waray
- \_\_\_\_\_ 7. Which ethnic group is known for using coconut milk and chili pepper in their food?
- Ilocano
  - Bicolano
  - Pangasinense
  - Waray
- \_\_\_\_\_ 8. Which ethnic group is known for their gentle nature?
- Kapampangan
  - Ilocano
  - Ilonggo
  - Waray
- \_\_\_\_\_ 9. The song *Atin Cu Pung Singsing* is from what ethnic group?
- Ilocano
  - Pangasinense
  - Kapampangan
  - Tagalog

- \_\_\_\_\_10. The song *Sarung Banggi* is from what ethnic group?
- a. Waray
  - b. Ilonggo
  - c. Bicolano
  - d. Tagalog
- \_\_\_\_\_11. Which is a song by the Tagalogs?
- a. *Lulay*
  - b. *Kaslonan*
  - c. *Sa Kabukiran*
  - d. *Usahay*
- \_\_\_\_\_12. *Sapatya* is a dance from what ethnic group?
- a. Kapampangan
  - b. Ilocano
  - c. Waray
  - d. Bicolano
- \_\_\_\_\_13. *Saguin-saguin* is a dance from what ethnic group?
- a. Bicolano
  - b. Waray
  - c. Ilonggo
  - d. Tagalog
- \_\_\_\_\_14. How do the Tagalogs show respect to their elders?
- a. by saying *ho, oho, po* and *opo*
  - b. by kissing the hands of elders
  - c. both a and b
  - d. by making our visitors feel welcome

Compare your answers with those found in the *Answer Key* on pages 30–32.

Well, how was it? Were you able to answer all the questions correctly? If you did, then that's very good. This shows that you already know much about the topic. You may still study the module to review what you already know. Who knows, you might learn a few more things as well.

If you got a low score, don't feel bad. This module is for you! It will help you understand some important concepts that you can apply in your daily life. If you study this module carefully, you will learn all the answers to all the items in the test and a lot more! Are you ready?

You may now go to the next page and begin Lesson 1.

## Do You Know Us?

In this lesson, you will learn about the different major ethnic groups in the Philippines. You will also know more about our Filipino brothers and sisters from different parts of the country.

After studying this lesson, you should be able to describe the different major ethnic groups in our country and identify the different regions where they live.



### Let's Study and Analyze

Read the greetings below. Do you know what they mean?

<b>Maayong Buntag</b>	
Mayap A Abac	<b>MAAYONG AGA</b>
Naimbag Nga Agsapa	
Maupay Ha Aga	Maray Na Aga
Magandang Umaga	
Masantosyak Kabuasan	

These are greetings written in different dialects. All of them mean, “good morning!” Can you identify which ethnic groups use these greetings? Which dialect or dialects do you use in your greetings?

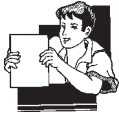
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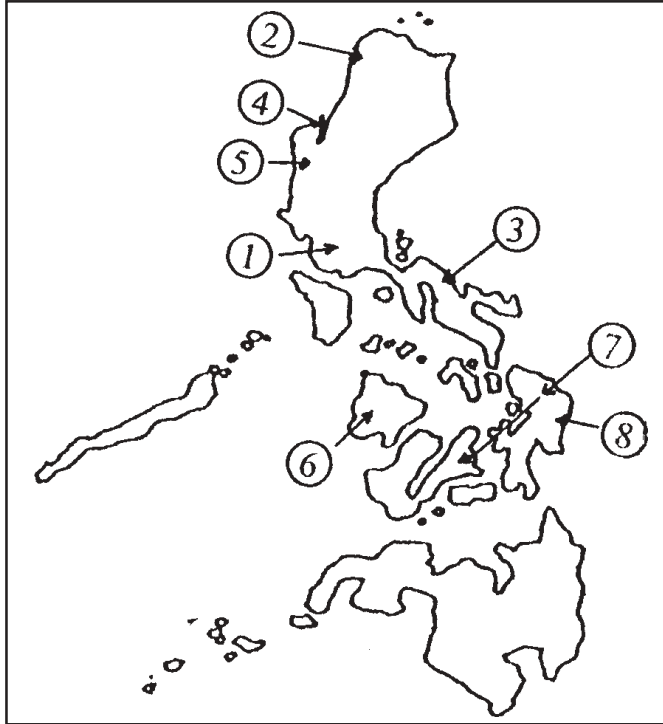
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Compare your answer with those found in the *Answer Key* on page 32.



## Let's Learn

To be able to answer the questions, we must first know what an *ethnic group* is.



### Major Ethnic Groups in the Philippines

1. Tagalog
2. Ilocano
3. Bicolano
4. Pangasinense
5. Kapampangan
6. Ilonggo
7. Cebuano
8. Waray

An **ethnic group** is a group of people who share the same dialect, beliefs, customs and traditions.

More than 100 ethnic groups are recognized in our country. These are divided into two groups—the major ethnic groups and the minor ethnic groups. The eight (8) major ethnic groups are listed above. At least 90% of Filipinos belong to the major ethnic groups. Look at the map to see where these ethnic groups can be found.



## Let's Read

Let us go around the Philippines as we tour the places where each of the major ethnic groups lives.

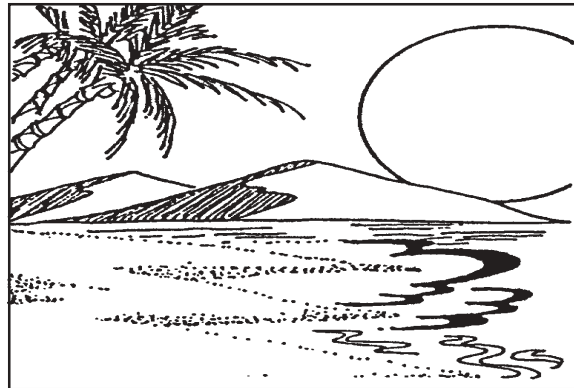


The Philippines is divided into three big groups of islands: Luzon, Visayas and Mindanao.

Luzon is the largest island in the Philippines. It is divided into seven regions, namely, the National Capital Region, Ilocos Region, Cordillera Administrative Region, Cagayan Valley, Central Luzon, Southern Tagalog and Bicol Region.

### **Magandang Umaga!**

Manila is in the National Capital Region. It is the center of the Tagalogs. Tagalog is spoken not only in Metro Manila but in other provinces as well, like Bulacan, Laguna, Batangas, Cavite, Palawan, Mindoro, Romblon, Marinduque, Rizal, Bataan and Zambales. The people, like their dialect, are called the Tagalogs.



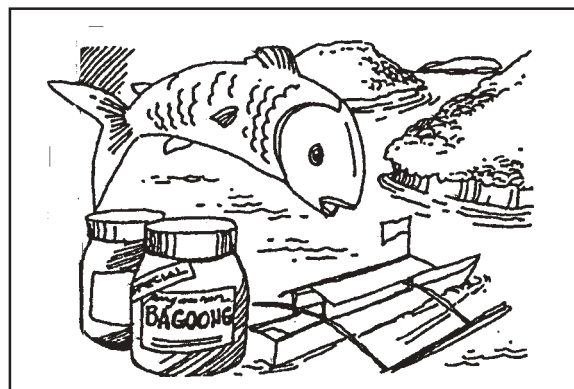
### **Naimbag Nga Agsapa!**

Let us now go to the Ilocos Region or the Ilocandias. Here, people speak Ilocano. The people are called Ilocanos. They are found in Ilocos Norte, Ilocos Sur, Isabela, Cagayan, La Union, and also in some parts of Abra, Pangasinan and Zambales.



### **Masantosyak Kabuasan!**

The Pangasinenses are found in Pangasinan. They are known for making fish paste called *bagoong*. These people are also known as “Pangalatoc.” Pangasinan includes Dagupan, Alaminos, Hundred Islands and others.







## Let's Review

- A. Match the different ethnic groups with the correct provinces/places where most of them can be found. Connect the matched boxes with a line.

Tagalog

Isabela

Ilocano

Alaminos

Panggalatoc

Rizal

- B. Answer the following questions.

1. What are the three big groups of islands in the Philippines?

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2. What are the seven regions in Luzon?

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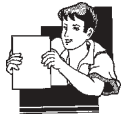
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3. In which region or group of islands do you live? To what ethnic group do you belong?

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Let's see how you did in this activity. Check your answers using the *Answer Key* on page 32.

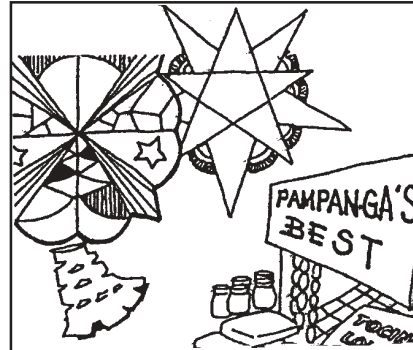


## Let's Learn

Let's continue learning about the other major ethnic groups.

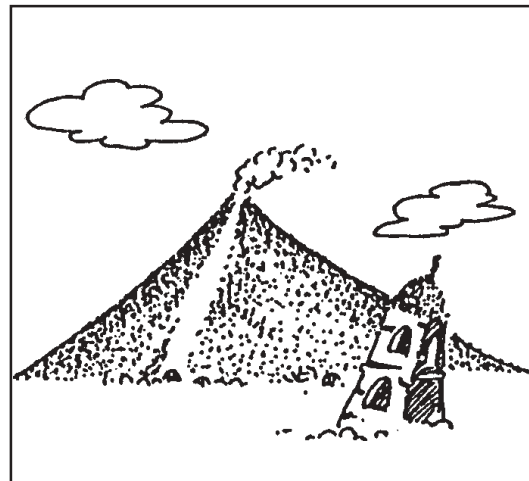
### Mayap A Abac!

Let us now go to Pampanga which is in Central Luzon. Their dialect is Kapampangan. People from some parts of Tarlac and Nueva Ecija also speak this dialect. Tarlac and Pampanga are known for their rice and sugar production.



### Maray Na Aga!

Welcome to Bicol. It is located in Southern Luzon. Bicolanos live here. The famous near-perfect, cone-shaped Mayon Volcano is found here. This region is also known as the “abaca country.” This is because Bicol is one of the largest producers of abaca. The Bicolanos are famous for their dishes with coconut milk (*gata*) and chili pepper. Some Bicolanos also live in Catanduanes, Masbate, Sorsogon, Camarines Sur and Camarines Norte.

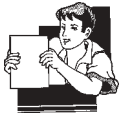


## Let's Think About This

Do you belong to any of these ethnic groups? From what group do you belong? If you don't belong to any of these groups, do you know someone who belongs to these ethnic groups? From what ethnic group does he/she belong to?

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Compare your answers with those found in the *Answer Key* on page 33 of this module.

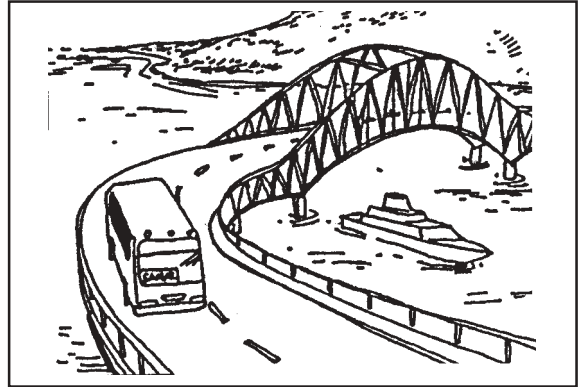


## Let's Learn

Have you been to the Visayas? This is where our other major ethnic groups live. The six big islands of the Visayas are Negros, Samar, Panay, Cebu, Leyte and Bohol. The Warays, Ilonggos and Cebuanos live here.

### **Maupay Ha Aga!**

Eastern Visayas consists of Leyte, Samar and Biliran. This is the home of the Warays. The San Juanico Bridge, which connects the islands of Leyte and Samar, is found here. Do you know that it is the longest bridge in the Philippines?



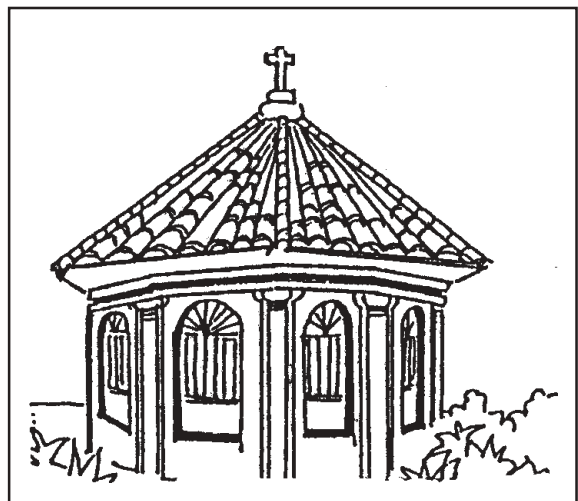
### **Maayong Aga!**

The Ilonggos or Hiligaynons are known for their gentle nature. It is often said that they speak gently even when they're angry. They are found in the provinces of Aklan, Capiz, Iloilo, Negros Occidental and Antique. Being the country's top producer of sugar, Negros Occidental is named as "the Sugar Bowl of the Philippines."



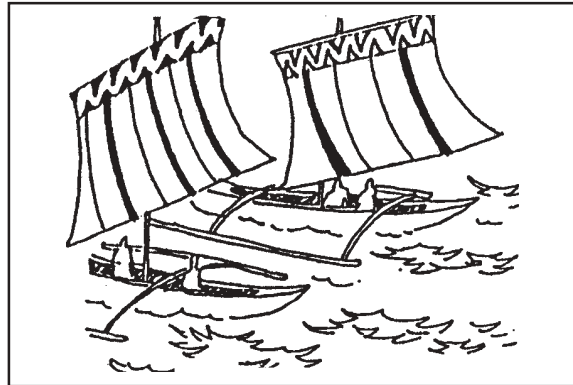
### **Maayong Buntag!**

Cebu or the "Queen City of the South" is home to the Cebuanos, the country's largest major ethnic group. Their dialect, Cebuano, is also spoken in the provinces of Bohol, Siquijor, Negros Oriental, as well as in certain parts of Mindanao.



Mindanao is the second biggest group of islands in the Philippines.

It is home to Muslims, different tribal groups and also Christians. Christians living here speak a mixture of Cebuano, Ilonggo, Tagalog and Ilocano dialects.



## Let's See What You Have Learned

- A. Write the correct ethnic group that can be found in each province. If you want to, you can read again the previous discussions to answer this test.

Provinces	Ethnic Groups
1. Sorsogon	
2. Abra	
3. Bohol	
4. Dagupan	
5. Leyte	
6. Capiz	
7. Pampanga	
8. Bulacan	

- B. Answer the following questions. Write the correct answer in the space provided.

- \_\_\_\_\_ 1. Which ethnic group lives in the region known as the “abaca country?”
- \_\_\_\_\_ 2. Which ethnic group is known for making fish paste?

\_\_\_\_\_ 3. Which ethnic group is a majority in Metro Manila?

Compare your answers with those found in the *Answer Key* on page 33.



## Let's Remember

More than 100 ethnic groups can be found in our country. Out of this 100, eight (8) are considered as major groups. At least 90% of Filipinos belong to the major ethnic groups.

These include the following:

- ◆ **Tagalogs** of the National Capital Region (NCR)
- ◆ **Ilocanos** of Northern Luzon (Ilocandia)
- ◆ **Pangasinenses** or Panggalatocs of Pangasinan, also found in Northern Luzon
- ◆ **Kapampangans** of Pampanga and some parts of Tarlac
- ◆ **Bicolanos** of “abaca country”
- ◆ People of the Visayas: the **Cebuanos**, who are the largest ethnic group, the **Warays** and **Ilonggos**

## Our Country's Heritage

Each ethnic group or group of people has their own way of living. This way of living is called their **culture**. It is made up of two components: *material* (food, house, clothing) and *non-material* (traits, beliefs, traditions, etc.) These aspects of culture are part of our country's heritage.

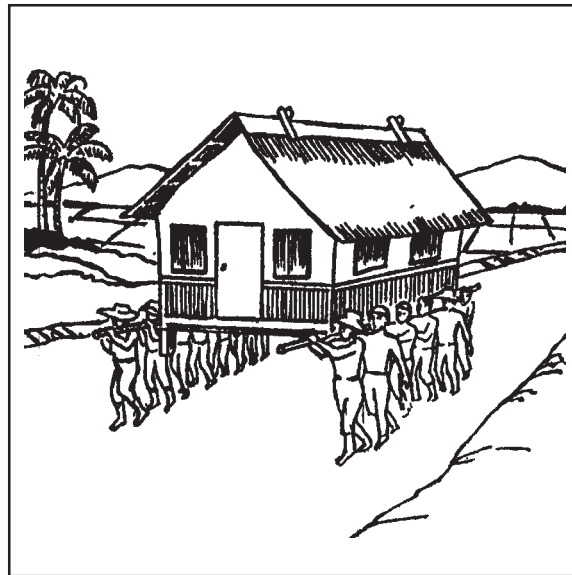
After studying this lesson, you should be able to:

- ◆ identify the different traits, beliefs, and practices of the major ethnic groups; and
- ◆ discuss the similarities and differences of these ethnic groups.



### Let's Study and Analyze

Look at the following pictures.

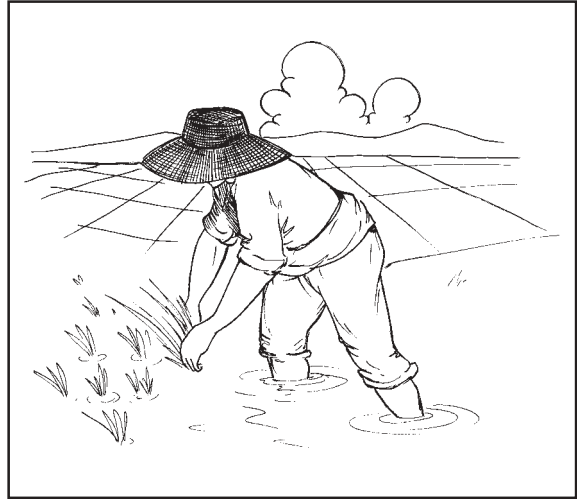
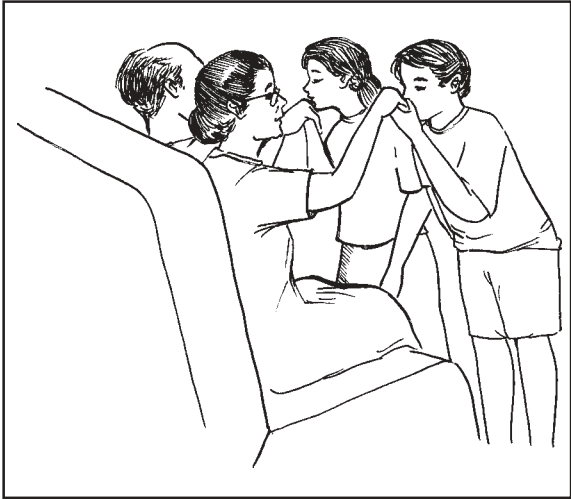


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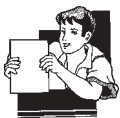


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What are the common Filipino traits shown in each of these pictures? Write them in the blanks below the pictures. Are you familiar with these traits? What are the traits that you have?

**Traits** are qualities or characteristics of a person or group. As a person, what are the traits that you possess? If you are patient or *matiyaga* and hardworking or *masipag*, these are your traits as a person. As Filipinos, we share the same traits that make us different from people of other cultures. The pictures on pages 14 and 15 show some of the traits we have. This include our being religious, our sense of cooperation or working together, our respect for our elders, and our being hardworking. Aside from these traits, we also have “traditions” that our ancestors have handed down to us. Examples of these are *bayanihan*, fiesta celebrations, religious processions and a lot more.

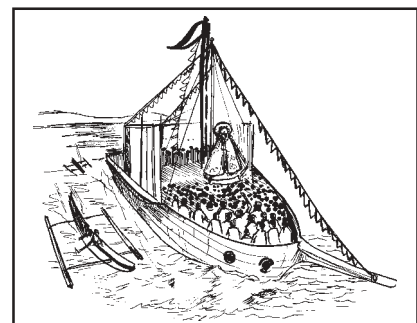


## Let's Learn

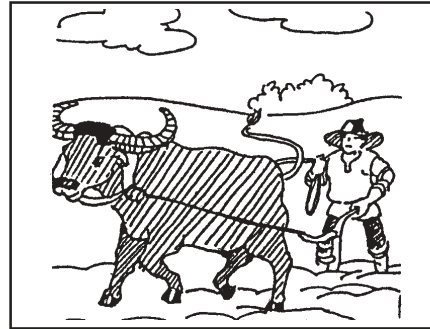
Let's look at the different traits of our Filipino brothers and sisters.

### 1. Religious

The **Bicolanos** are known for being religious. Most of them are devoted Catholics. In Naga City, the Feast of Our Lady of Peñafrancia is celebrated with a procession at sea. The Bicolanos are also quiet, friendly and cheerful.



The **Pangasinenses**, like the Bicolanos, are also very religious. They too have religious processions at sea. Pangasinenses who belong to other religions also have their own religious services. The Pangasinenses are hardworking people. They work really hard in tilling the soil for farming. They can do any kind of work.

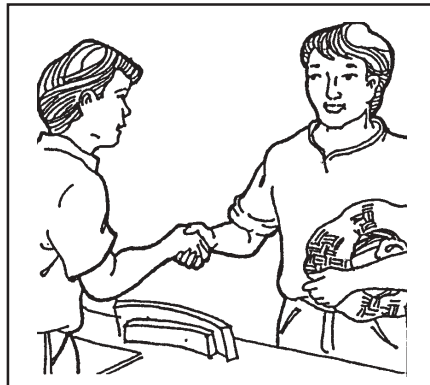


## 2. Patient and Hardworking

The **Ilocanos** are patient and hardworking. They are thrifty too. The limited land available for farming in Ilocos may be the reason why they work very hard and they value their money very much. Aside from farming, they also weave clothes and raise animals. They work hard to meet the needs of their family and to achieve their goals.



The **Kapampangans** are also hardworking. They are loyal and trustworthy. They stand by their views and beliefs. They are often mistaken to be proud because of this trait. The Kapampangans are also known for their excellent cooking abilities and their unique pots and jars.



### Let's Talk About This

Talk to your friends or family members about the following questions. Write your answers in the blanks.

1. What are the good effects of being thrifty, patient and hardworking?

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2. What are some ways of showing your faith in God? (Give examples).

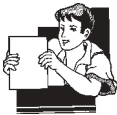
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Compare your answers with those found in the *Answer Key* on page 33.



## Let's Learn

Let's continue to read about the different traits and traditions of our Filipino brothers and sisters.

### 3. Friendly and Hospitable

The **Ilonggos** are noted for being hospitable and friendly. They welcome their visitors with this greeting, *Hapit anay* (Come in; make yourself at home). They have many customs and traditions. They practice **Dagyao**, which is similar to the Tagalogs' *bayanihan*. Here, neighbors help each other in farm activities or in building houses. During the harvest, they share in the *pang-igma* or a community picnic.



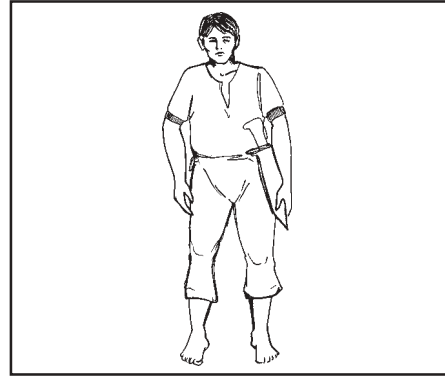
### 4. Respectful

The **Tagalogs** are very respectful. They use *ho*, *oho*, *po* and *opo* when talking to older people. They kiss the hands of their elders before leaving the house and when they come home. They also have close family ties. They consult family members whenever they have problems or when making decisions. The Tagalogs also practice *bayanihan* or cooperation.



## 5. Brave

The **Warays** are known as one of the bravest ethnic groups. Like the Kapampangans, they stand by their views and beliefs and will fight for these when necessary. They are also patient and helpful.



## 6. Artistic

The **Cebuanos** are very artistic. This group has produced many world-class singers and performers. Cebu is also known for its guitar-making industry. Cebuanos also have close family ties. They hold reunions during Christmas, fiestas, birthdays and baptisms. Even those who live far from their families make it a point to be with their loved ones during these times.



## Let's Try This

Write the correct answer in the blank before each number. Choose from the words inside the box.

hospitable	respectful	optimistic
party-going	loving	religious
artistic	brave	have close family ties

What Filipino trait is shown when we do the following?

- \_\_\_\_\_ 1. We kiss the hands of our elders.
- \_\_\_\_\_ 2. We sing, dance and perform on stage.
- \_\_\_\_\_ 3. We are not afraid to fight for our beliefs.
- \_\_\_\_\_ 4. We make our visitors feel welcome.

\_\_\_\_\_ 5. We pray for help and guidance.

\_\_\_\_\_ 6. We hold reunions during Christmas, birthdays, etc.

Compare your answers with those found in the *Answer Key* on page 34.



## Let's Remember

We Filipinos have many good traits such as being religious, hospitable, respectful, brave, hardworking, artistic, etc. These are the traits that set us apart from other people. We also have beautiful traditions, like the *bayanihan* or the *dagyo*, family reunions or get-togethers, *pang-igma* or picnics and religious processions. These traits and traditions were passed on to us by our ancestors. We, in turn, will pass these on to the next generation. That is why these traits, beliefs and traditions are referred to as our country's heritage.

## “Philippine Festival”

Have you ever been to a town fiesta? Isn't it such an exciting experience to attend one? The houses and the streets are decorated with *banderitas*. People wear their best clothes. Songs and dances fill your heart with gladness.

Reading this lesson is like going to a town fiesta. Here, you will see the costumes and hear the songs and dances of the different ethnic groups.



### Let's Study and Analyze



It was the month of June. The town of Calamba, Laguna was celebrating its town fiesta. Noel's family went to their hometown to visit his grandparents and also to join the town's celebration of its fiesta. After giving respect to his elders, Noel went to the plaza with his mother to watch the scheduled program on that day. When the dance started, Noel noticed that the costumes worn by the dancers were long. He also realized that the music played was different from what he usually hears in Manila. He was entertained by watching the dancing women with drinking glasses on their heads and hands. Noel laughed hard when one of the drinking glasses fell and broke. The people beside Noel looked angrily at him.

What can you say about Noel's behavior? Why do you think he reacted that way? What would you feel if you were one of the dancers? If you were Noel, what should you do?

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Here is a possible answer:

Noel reacted that way maybe because he was not aware of the customs and traditions in Laguna. Therefore, it is important that we learn about the songs and dances of the different ethnic groups in our country. These songs and dances are important because they reflect the beliefs and traditions of our Filipino brothers and sisters. If I were one of the dancers, I would feel hurt if somebody laughed at my mistake. Noel should apologize immediately.



## Let's Listen To This

To avoid the same error that Noel did, let's learn about the different songs and dances of our Filipino brothers and sisters. Get your cassette tape player. Let's listen to songs from different regions of our country.

A. Play the music. While listening, try to answer the following questions:

1. What are the titles of the songs?

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2. What musical instruments were used?

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3. Is the music of each song happy or sad?

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4. Did you enjoy listening to the music?

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5. Can you guess the message of the songs? What is the message of the first song? the second? the third?

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B. Stop playing the tape for a while and review the questions above. Write your answers first before going to the next exercise. Don't worry, if you can't answer all of them.

Compare your answers with those found in the *Answer Key* on page 34.

C. Play the tape once more. This time, look at the lyrics of the songs below. Sing along with the music.

**ATIN CU PUNG SINGSING**

(Kapampangan)

Atin cu pung singsing  
Metung yang timpucan  
Amana que iti  
Qng indung ibatan  
Sancan queng sininup  
Qng metung a caban  
Mewala ya iti  
E cu camalayan!

Ing sucad ning lub cu  
Susucdul qng banua  
Picurus cung gamat  
Babo ning lamesa  
Ninu mang manaquit  
Qng singsing cung mana  
Calulung pusu cu  
Manginu ya caya!

**SARUNG BANGGI**

(Naga or Standard Bikol)

I.

Sarung banggi sa higdaan  
Nakadangog ako hinuni nin sarung gamgam;  
Sa lubha ko katorogan  
Bako kundi simong boses iyo palan.

II.

Dagos ako bangon si sakuyang mata binuklat,  
Kadtong kadikloman ako nangalagkalag,  
Si sakong pagheling pasiring sa itaas,  
Naheling ko simong lauog maliwanag.

**Pamulinawen**

(Ilocano)

Pamulinawen  
Pusok imdengam man  
Toy umas-asug  
Agrayo ita sadiam.  
Panunotem man  
Dika pagintultulngan  
Toy agayat, agruknoy ita emmam.

Issemmo diak kalipatan  
Ta nasudi unay a nagan,  
Ta uray sadin ti ayan,  
Disso sadino man,

{Aw-awagak a di agsarday  
Ta naganmo nga kasam-itan}

No malagipka, pusok ti mabang-aran

Adu nga sabsabong, adu nga rosrosas  
Ti adda't ditoy, Nena, nga mabuybuyak,  
Ngem awan manlaeng ti sabali nga  
liwliwak

No di la dayta sudim ken imnas.

No umulogak nga mapan magmagna  
Dayta raniagmo, Neneng nga gapu  
kenka.

How was it? Did you enjoy singing our folk songs?

The songs you listened to and sang are just a few of our native or folk songs. Below is a list of other Filipino folk songs.

<b>Major Ethnic Groups</b>	<b>Songs</b>
Tagalog	Dalagang Filipina, Carinosa, Sinisinta Kita, Sa Kabukiran, Bundok Banahaw
Ilocano	Pamulinawen, Paskua, Sunita, Damdamili
Bicolano	Sarung Banggi, Paturog-turog
Cebuano	Usahay, Ang Kalapati
Kapampangan	Atin Cu Pung Singsing
Ilonggo	Ay, Ay Kalisud, Ang Alibangbang, Lulay, Bulak Sang Pilipinas
Pangasinense	No Siak Sa Mangaro
Waray	Maupay na Pasko, Kaslonan



## Let's Try This

Do you know any of the songs on page 23? Do you have a friend or a relative belonging to each of the major ethnic groups discussed? Ask him/her if he/she knows any of the songs from the list. If he/she knows any of the songs, ask him/her to sing it for you. You should listen to it very carefully.



## Let's Read

Now you will look at pictures showing some of our folk dances. To us Filipinos, these dances show the fiesta spirit and our love of life. They express the simple pleasures in our lives, the joy we find in our work and also in our music. Observe the different costumes worn by the dancers. These also show the richness of the Filipino culture.



**Subli**  
(Tagalog)

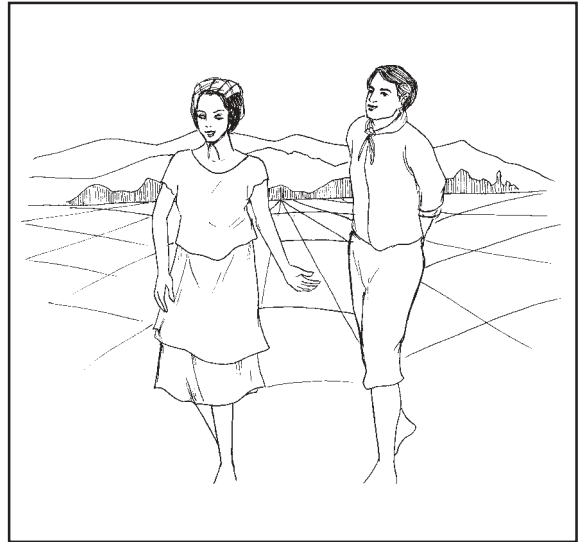
This dance came from the province of Batangas. The word *subli* came from two Tagalog words, *subsub* (stooped) and *bali* (broken). In this dance, the men are stooped and appear to be lame and crooked, while the women dance with hats.



## Sapatya

(*Kapampangan*)

This dance is from barrio Manibaug, Porac, Pampanga. The farmers usually perform this during the planting season as offering for good harvest.



## Sakuting

(*Ilokano*)

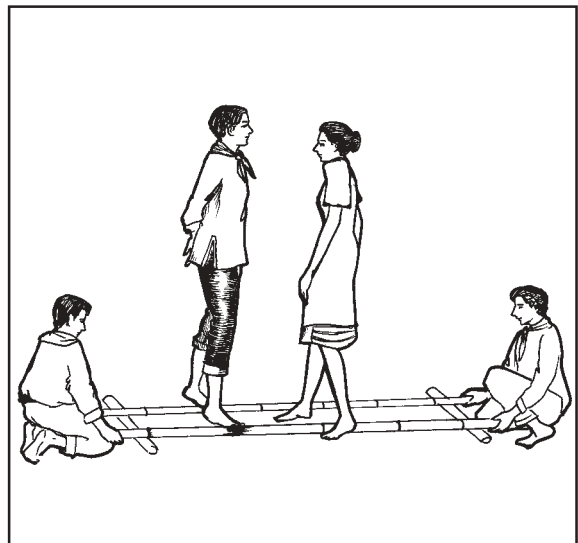
This dance, which came from Abra, was originally performed by boys only. It portrays a mock fight using sticks for fighting. The dance is usually performed at the town plaza, where the spectators give the dancers *aguinaldos* or gifts.



## Tinikling

(*Waray*)

This is our national dance. This dance came from Leyte. Here, the dancers imitate the movements of the *tikling* bird as it hops between large bamboo poles.





## Let's Think About This

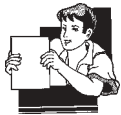
Have you seen these dances? Do you like them? Do you think you can perform any of them? What can you say about the dancers' costumes or clothes?

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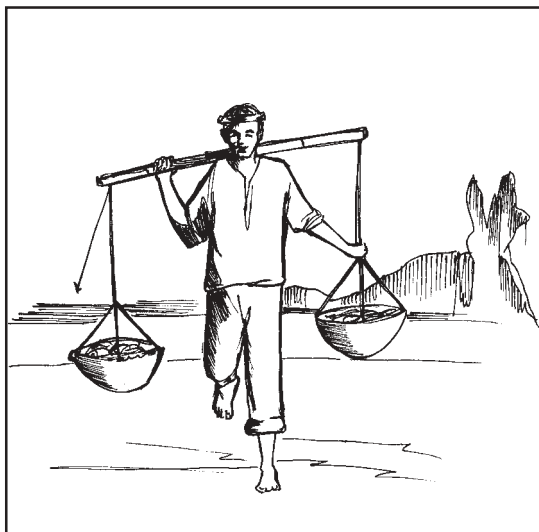
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Compare your answers with those found in the *Answer Key* on page 35 of this module.



## Let's Learn

Let's continue to read about the dances of our Filipino brothers and sisters.



### Regatones

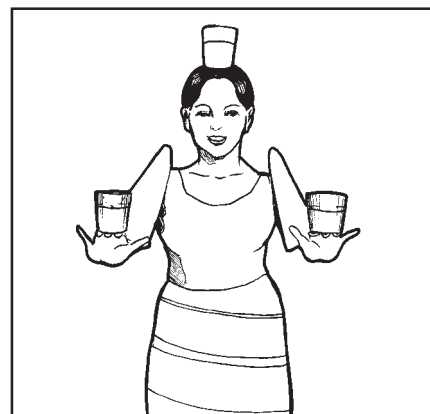
(Ilonggo)

This dance came from Cadiz City, Negros Occidental. During the early days, the *regatones* or traveling fish vendors and *lab-aseros* (women fish buyers) would wait for the fishermen. While waiting, they would tease each other by performing some dance steps. The *regatones* would maneuver their *tuwang-tuwangan* (bamboo sticks) with the *paraka* (wooden baskets).

### Binasuan

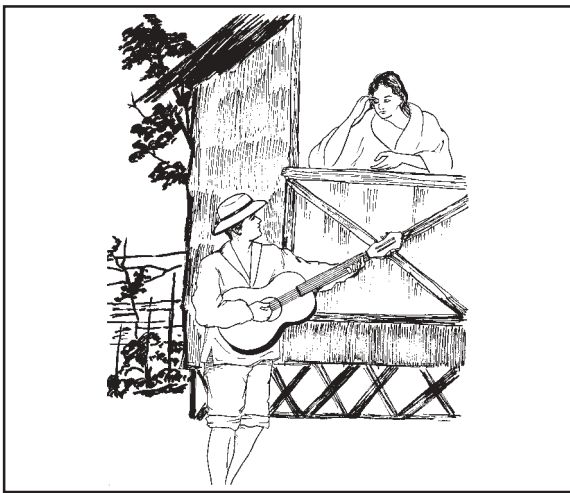
(Pangasinense)

This is a lively dance from Bayambang, Pangasinan. *Binasuan* means “with the use of a drinking glass.” The dancers gracefully maneuver drinking glasses filled with rice wine.



**Kuratsa**  
(*Cebuano*)

This dance came from Bohol, but is also popular among the Ilokanos. This is a moderate waltz-style dance. Here, the dancers imitate a young couple's courtship.



**Saguin-Saguin**  
(*Bicolano*)

This is a courtship dance that came from Bicol. It tells the story of a lumberyard owner who threw a dance for his workers. One of his workers brought a relative, who was a nice girl. He danced with this girl and eventually serenaded her.



**Let's Try This**

Let's answer the following exercises.

A. Which of our folk dances do you like most? Why?

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- B. These words are all mixed up. Arrange them and you will see our different folk dances.

Example: CEDAN — DANCE

1. PASTAYA —
2. SUKATAR —
3. LIBUS —
4. KINLITING —
5. SENAGERTO —
6. NUASBINA —

Compare your answers with those found in the *Answer Key* on page 35.



## Let's Talk About This

Share with your friends or family members the folk dances that you have learned in this module. Ask your parents or relatives if they are familiar with these dances. Also ask them about other folk dances that they know of.



## Let's Remember

The richness of the Filipino culture is reflected in the different songs and dances that we have in our country. We have songs and dances from the different major ethnic groups. They maybe written in different dialects and performed in various moves, but they show our characteristics as a people. They reflect our cheerfulness, our love for life, the simple pleasures that we have and our appreciation of nature. Most of our songs and dances are also about courtship and love. This shows our trait as romantic people.



## Let's Sum Up

In our country, we have more than 100 ethnic groups. Ethnic groups are groups of people who share the same dialect, traits, beliefs, customs and traditions. These groups are divided into two—major and minor ethnic groups. At least 90% of Filipinos belong to the 8 major ethnic groups. These include the Tagalogs, Ilocanos, Pangasinenses, Kapampangans, Bicolanos, Ilonggos, Warays and Cebuanos.

Our ancestors handed down to us many good traits. These include our being hospitable, respectful, brave, patient and hardworking, religious, artistic and others. They also left us with beautiful songs and dances, which reflect our dreams and aspirations.

Although we may belong to different ethnic groups and speak different dialects, we are united. We are united in our goals, traits and belief in God. We are one even in our songs and dances, as our songs talk about our life, love and even death. We all belong to the Filipino race and we should be proud of it.



## What Have You Learned?

1. Name five of the major ethnic groups in the Philippines together with their songs and dances. Write your answers in the table below. (10 pts)

Major Ethnic Group	Songs	Dances
1.		
2.		
3.		
4.		
5.		

2. Pick two major ethnic groups. Write the things that they have in common and also how they are different from each other. (2 pts)

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3. Do you think it's important to study about the eight major ethnic groups? Why? (2 pts)

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Compare your answers with those found in the *Answer Key* on pages 35–36.

If your score is:

- 13 — 14 Excellent! You have learned much from this module. You may proceed to the next one.
- 10 — 12 Good! Just review the questions that you failed to answer correctly.
- 6 — 9 Review the part(s) of the module that you failed to understand.
- 0 — 5 You must repeat the entire module.



## Answer Key

### A. Let's See What You Already Know (*pages 2–4*)

1. (c) is the correct answer. Isabela is in the Ilocos region. People in Isabela are Ilocanos.

If you answered (a), (b) or (d), you are wrong. The Tagalogs can be found in NCR and nearby provinces. Ilonggos are people living in Iloilo, Capiz and other nearby provinces, while Pangasinenses are natives of Pangasinan.

2. (a) is the correct answer because Batangas is in the National Capital Region. The people here speak Tagalog.

If you answered (b), (c) or (d), your answer is wrong. Although you will find some Pangasinense, Bicolano and Ilonggo residents of Batangas, most of the people here speak Tagalog and belong to this ethnic group.

3. (b) is the correct answer. The people of Masbate are part of the Bicolano ethnic group.

If you answered (a), (c) or (d), your answer is wrong. Although you may find some Tagalog, Ilocano and Waray residents in Masbate, most of the people are native Bicolanos.

4. (c) is the correct answer because Negros Occidental is in the Visayas. The people here are Ilonggos. If you answered (a), (b) or (d), you are wrong. Waray and Cebuanos are also ethnic groups in the Visayas, but the people of Negros Occidental are Ilonggos. Ilocanos are people living in Northern Luzon.

5. **(b)** is the correct answer because Bohol is in the Visayas. Boholanos speak Cebuano. If you answered (a), (c) or (d), you are wrong. Ilonggo and Waray are also ethnic groups in the Visayas, but majority of the people living in Bohol are Cebuanos. Ilocanos are natives of the Ilocos Region.
6. **(c)** is the correct answer. Ilocanos are known to be thrifty. Because there is limited land in Ilocos, they have to work harder and spend their money wisely. If you answered (a), (b) or (d), you are wrong. The Kapampangan, Pangasinense and Waray groups are not generally known to be thrifty.
7. **(b)** is the correct answer. Bicolanos are known for their dishes with coconut milk and chili pepper. If you answered (a), (c) or (d), your answer is wrong. Some of our Filipino brothers and sisters in the Ilocano, Pangasinense and Waray groups may have a liking for dishes with coconut milk and chili pepper. But the Bicolanos are more known for their dishes with coconut milk and chili pepper.
8. **(c)** is the correct answer. Ilonggos are known to be gentle people. This is because they speak gently even when they are angry. If you answered (a), (b) or (d), your answer is wrong. Kapampangans, Ilocanos and Warays are known to speak very fast and very loudly.
9. **(c)** is the correct answer. *Atin Cu Pung Singsing* is a folk song from Pampanga. If you answered (a), (b) or (d), you are wrong. *Atin Cu Pung Singsing* is written in Kapampangan. The title means “I have a ring.”
10. **(c)** is the correct answer. *Sarung Banggi* is a Bicolano folk song. If you answered (a), (b) or (d), your answer is wrong. *Sarung Banggi* is written in Bicolano.
11. **(c)** is the correct answer. *Sa Kabukiran* is a Tagalog folk song. If you answered (a) or *Lulay*, you are wrong. *Lulay* is a song that came from the Ilonggos. If you answered (b) or *Kaslonan*, you are wrong. *Kaslonan* is a song from the Warays. If you answered (d) or *Usahay*, your answer is wrong. *Usahay* is a Cebuano folk song.
12. **(a)** is the correct answer. *Sapatya* is a Kapampangan folk dance performed to ask for good harvest. If you answered (b), (c) or (d), your answer is wrong.

13. (a) is the correct answer. *Saguin-saguin* is a Bicolano folk dance. If you answered (b), (c) or (d), your answer is wrong.
14. (c) is the correct answer (both a and b). To kiss the hands of our elders and to say *ho, oho, po* and *opo* are some of the ways to which we can show our respect for them. If you answered (d), you are wrong. Making our visitors feel welcome shows our being hospitable.

## B. Lesson 1

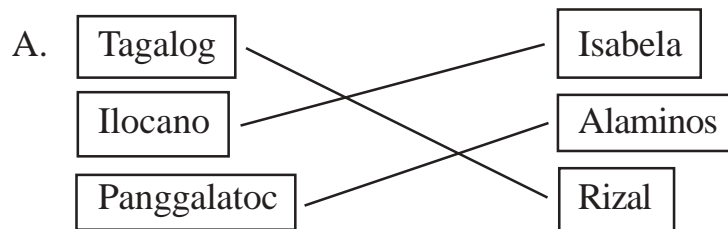
*Let's Study and Analyze (page 6)*

Each student is expected to give different answers.

Here is a sample answer:

The dialect that I and my family use is Cebuano.

*Let's Review (page 9)*



Isabela is located in the Ilocos Region. The people of Isabela are Ilocanos.

Alaminos is a town in Pangasinan. The people of Pangasinan are Pangasinenses or Panggalatocs.

Rizal is located in the National Capital Region (NCR). The people of Rizal are Tagalogs.

- B. 1. Luzon, Visayas and Mindanao are the big groups of islands in the Philippines.
2. The seven regions in Luzon are: National Capital Region (NCR), Ilocos Region, Cordillera Administrative Region, Cagayan Valley, Central Luzon, Southern Tagalog and Bicol Region.
3. Answers will differ. Here is a sample answer:

I live in the Bicol Region. I am a Bicolano.



*Let's Think About This (page 10)*

Each student is expected to give different answers.

Here is a possible answer:

My family and I belong to the Ilocano ethnic group.

*Let's See What You Have Learned (pages 12–13)*

A.

<b>Provinces</b>	<b>Ethnic Groups</b>
1. Sorsogon	Bicolano
2. Abra	Ilocano
3. Bohol	Cebuano
4. Dagupan	Pangasinense or Panggalatoc
5. Leyte	Waray
6. Capiz	Ilonggo
7. Pampanga	Kapampangan
8. Bulacan	Tagalog

- B.
1. The Bicolanos live in the Bicol region, which is known as the “abaca country.”
  2. Pangasinenses are known for their fish paste (*bagoong isda*).
  3. Tagalog; majority of the people in Metro Manila are Tagalogs.

### **C. Lesson 2**

*Let's Talk About This (pages 16–17)*

Each student is expected to give different answers.

Here are possible answers:

1. When a person is thrifty, he/she will be able to use his/her money wisely. She will also be able to save money that he/she can use for more important things. We will overcome any difficult situation when we are patient and hardworking.
2. We can show our faith in God by praying to Him for help and guidance.

*Let's Try This (pages 18–19)*

1. Respectful is the correct answer. We Filipinos show our respect to our elders by kissing their hands before we leave the house and when we come home.
2. Artistic is the correct answer. Filipinos are artistic. We can sing, dance and perform on stage very well.
3. Brave is the correct answer. Filipinos are brave. We are not afraid to fight for our beliefs.
4. Hospitable is the correct answer. We show our hospitality by welcoming our guests to our home and making them feel comfortable.
5. Religious is the correct answer. Filipinos pray to God for help and guidance.
6. Close family ties is the correct answer. Filipinos value their families. That's why we hold reunions during Christmas, birthdays and other special occasions.

## **D. Lesson 3**

*Let's Listen To This (pages 21–22)*

- A. 1. *Atin Cu Pung Singsing, Pamulinawen, Sarung Banggi*  
2–3 (The answers may vary based on the kinds of music.)
4. (The answers may vary.)
5. *Atin Cu Pung Singsing* is about the lost ring of a girl. The ring is very dear to her because her mother gave it to her. She is willing to give her heart to the gentleman who will find her ring.

*Pamulinawen* is a love or courtship song. The writer of the song wants to reassure his loved one that his feelings for her are real.

*Sarung Banggi* is also a love song. Here, the writer or singer of the song is expressing his feelings for a girl, as he waits for her arrival.

*Let's Think About This (page 26)*

Each student is expected to give different answers.

Here is my answer:

Yes. I like the dances described in the lesson. I have seen performances of some of these dances, and maybe through practice, I would be able to perform them too. The clothes that they wear are beautiful and colorful.

*Let's Try This (pages 27–28)*

A. Each student is expected to give different answers.

Here is a possible answer:

I like the *tinikling* and the *binasuan*. I like them both because of the movements and the costumes of the dancers.

- B. 1. PASTAYA — SAPATYA  
2. SUKATAR — KURATSA  
3. LIBUS — SUBLI  
4. KINLITING — TINIKLING  
5. SENAGERTO — REGATONES  
6. NUASBINA — BINASUAN

### **E. What Have You Learned?** *(page 29)*

1. Use this chart to check your answers.

<b>Major Ethnic Groups</b>	<b>Songs</b>	<b>Dances</b>
Tagalog	<i>Dalagang Filipina, Cariñosa, Sinisinta Kita, Sa Kabukiran, Bundok Banahaw</i>	Subli

Ilocano	<i>Pamulinawen, Paskua, Sunita, Damdamili</i>	Sakuting
Pangasinense	<i>No Siak Sa Mangaro</i>	Binasuan
Kapampangan	<i>Atin Cu Pung Singsing</i>	Sapatya
Bicolano	<i>Sarung Banggi, Paturog-turog</i>	Saguin-saguin
Ilonggo	<i>Ay, Ay Kalisud, Ang Alibangbang, Lulay, Bulak Sang Pilipinas</i>	Regatones
Cebuano	<i>Usahay, Ang Kalapati</i>	Kuratsa
Waray	<i>Maupay na Pasko, Kaslonan</i>	Tinikling

- There are different answers to the question. Each student is expected to give a different answer.

Here is a possible answer:

Both the Bicolanos and Pangasinenses are religious people. They both honor their patrons or saints through religious processions at sea. The main product of the Pangasinenses is fish paste or *bagoong*. They are known for their *bagoong isda*. Meanwhile, the Bicolanos' main product is abaca. Bicol region is known as the "abaca country." Bicolanos are also known for their dishes cooked in coconut milk and seasoned with chili pepper.

- There are different answers to the question. Each student is expected to give a different answer.

Here is a possible answer:

It is important for us to study the different ethnic groups in our country. This will help us better understand the different practices and traits of our Filipino brothers and sisters. This will also help us in dealing better with people we meet every day.



## Glossary

**Culture** The way of life, especially the general customs and beliefs, of a particular group of people at a particular time

**Ethnic** Of a national or racial group of people

**Heritage** Features belonging to the culture of a particular society, such as traditions, languages or buildings, which still exist from the past and which have a historical importance

**Hospitable** Friendly and welcoming to guests and visitors

**Optimistic** Hopeful; tends to think of the good part of a situation rather than the bad part, believes that good things will happen in the future

**Thrifty** The characteristic of carefully using money, especially by avoiding waste



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