

C A R I B B E A N

The *Caribbean* has many islands located in the Caribbean Sea. Cuba, Jamaica, Haiti, Dominican Republic, Puerto Rico and the Bahamas are some of the places found in the Caribbean.

- In Illinois, according to Census 2000, there are 1,530,262 Hispanic/Latinos. Ten percent are of Puerto Rican origin and one percent is of Cuban origin.
- The Caribbean culture can be very different when going from one island to another. The different cultures have been influenced by different European countries (British, Dutch, Spanish, American, French, Danish and Swedish).
- The Caribbean cuisine (cooking) is difficult to describe because it is a blend of so many different cultures.
- Caribbean cooking is often described as spicy. An example of this is Jamaican “jerk” seasoning. “Jerk” is a blend of hot chilies, garlic, onion and spices.
- Fish is often a major part of Caribbean diets. The islands of the Caribbean are a good source for fish.
- Fruits are an important part of the Caribbean diet. Plantains, papayas, mangoes and pineapples are often cooked (ex. fried plantain, baked papaya, mango pie and pineapple sauce).
- In general, Caribbean foods are not fancy. They are fresh foods seasoned with spices.



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