

# El Día de los Muertos

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# Food

- The type of food most commonly made is what the spirit loved in life. You would make their favorite dishes.
- For a child, candy is most commonly used.
- Sweet, egg-rich Pan de Muerto is one of the constants of Día de Los Muertos. It is often called the “bread of the dead”.
- There is over 200 different kinds of Pan de Muerto. Bakeries all over make different shapes and flavors of the bread for the special day.



# History

- More than 500 years ago, when the Spanish Conquistadors landed in what is now Mexico, they encountered natives practicing a ritual that seemed to mock death.
- It was a ritual the people had been practicing at least 3,000 years.
- The ritual is known today as Día de los Muertos, or Day of the Dead.
- The ritual is celebrated in Mexico and certain parts of the United States.
- Celebrations are held each year in Mesa, Chandler, Guadalupe and at Arizona State University. The ritual still maintains the basic principles of the Aztec ritual, such as the use of skulls.



# Activities

- Colorful adornments and lively reunions at family burial plots, the preparation of special foods, offerings laid out for the departed on commemorative altars and religious rites that are likely to include noisy fireworks.
- Celebration that remembers and honors the departed by creating altars decorated with crafts, food and symbolic decorations.



# Altars

- 1: at the center of the ofrenda, there is a picture that represents the person
- 2: a feast is prepared for the spirit that includes pan de muertos
- 3: grooming items are set of for the spirits in case they want to refresh themselves after their journey
- 4: items that represent the person are placed down
- 5: items that reflect the person's personality and accomplishments
- 6: a copal incense is left at the altar or other fragrances to guide the dead to the altar



# Art and Artists

- The art features many skulls (or calaveras).
- These can be crafted from wood, tin, clay, and paper.
- Some artists are: Alfonso Castillo Orta, Alfonso Soteno, and Juan Hernandez.

