



# INCALINK PACK *costa rica*



COUNTRY-MINISTRIES-DEVOTIONALS  
ACTIVITIES-CRAFTS-RECIPES





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Welcome to Costa Rica! Well, virtually at least. We are so excited to share the Costa Rican culture with you as well as have you participate in some activities to help you do missions from home!

This document includes a variety of crafts, family activities, devotionals, as well as information about one of the countries where we do missions work. These activities can be done in any order (unless otherwise specified), but we recommend you complete one devotional per week so you can put them into practice during the week and apply them as you do some of the activities!

We hope you enjoy it!

We would love to see how some of your projects turn out, so if you send pictures or videos of the crafts to Luke Schriefer at [lschriefer@incalink.org](mailto:lschriefer@incalink.org), we will send you a free bracelet!

If you post your crafts on social media, please be sure to tag our page on Facebook at: [@incalinkinternational](https://www.facebook.com/incalinkinternational), Instagram or Twitter at [@inca\\_link](https://www.instagram.com/inca_link).



I N C A  
L I N K  
P A C K



# DEVOTIONALS



# Family Study

# 1

on  
"How God Loves Me"



This study was prepared by the Frederick family. The Fredericks serve in Trujillo, Peru, as missionaries. As a family, their favorite thing to do is play outside and watch movies. What they love most about Trujillo is serving the families that God has called them to love.

## Title: How GOD LOVES HIS CREATION



### passage of the day

Genesis 1:26-31

### Memory Verse

Genesis 1:27



### prayer:

Dear Lord,  
Thank you for creating us the way we are,  
and for taking care of us throughout our  
lives. Please help us find moments during  
our day where we can spend them with you.  
Amen

## Story of the day

When we talk about God's love for us, it's best to start at the beginning, at creation. In the beginning God created. We are not an accident or a random being; we were created in God's own image. It says in Psalm 139:13 that God formed each one of us in our mother's womb - how special! The creator of the whole universe and galaxies, stars and planets, fish and trees, created you. You are special and God loves you. He also welcomes us into his presence. In Matthew 19:13-15 it talks about how Jesus welcomed the little children to him. The disciples rebuked the people who brought the children maybe because they thought it was a waste of time, but Jesus set aside his time and blessed the children. No matter what our age, Jesus has time for you and desires to spend time with you.





# Questions

1. Did God create me? What does that mean to me?
2. What time during the day is best for me to spend time with Jesus?
3. Did God create the people around me? Does God love them also?



## FAMILY Game Activity

Pick a time today to gather together and worship God as a family.

Listen and sing a worship song together.

Read Psalm 139:13 aloud.

Write each person's name on a popsicle stick. Everyone draws a name. Share with the group something you think is really cool about how God made the person whose name you received.

Pray as a family and thank God for letting you spend time in His presence. Thank Him for how He made each one of you in your family. Thank Him for putting your family together.



# Family Study

## 2

on  
"How God Loves Me"



This study was prepared by the Frederick family. The Fredericks serve in Trujillo, Peru, as missionaries. As a family, their favorite thing to do is play outside and watch movies. What they love most about Trujillo is serving the families that God has called them to love.

## Title: How GOD LOVES THE LOST SHEEP



passage of the day

Luke 15:3-7



prayer:

Dear Lord,  
Thank you for always keeping us safe.  
Please help us not to lose our way, and if we  
do, help us trust in you to bring us home.  
Amen

Memory Verse

Luke 15:5

## Story of the day



There was once a family with 4 children that lived in Argentina. One particularly hot day, the parents decided to take all of the kids out for ice cream. So they lined them up at the door, counted to make sure everyone was there, and off they went to the ice cream store. The kids were so excited, they couldn't stop talking about their favorite ice cream flavors! When they got there, all 4 of them lined up, oldest to youngest, and got their ice cream. After everyone had their ice cream in hand, they tried to find a place to sit. But since there were so many of them, they couldn't find enough seats.

The parents said they had seen a park with a playground around the corner that had plenty of benches for all of them to sit, and then they could all play at the park. The kids were so excited; they got ice cream AND they were going to get to play at a playground! They were so excited that they rushed out the side door and ran off, nearly leaving their parents behind. When they got to the park, they found some benches to sit on to finish their ice cream, and then they started playing on the playground. After a few minutes, the mom noticed that something was wrong. She counted



all of her children on the playground - 1, 2, 3. Only 3 of them were there! She counted again, and she asked the dad to count too. Every time, they only counted 3 kids. One was missing!

When all of the kids had rushed out the side door of the ice cream store, one of the girls didn't see that door. So she ran to the front door that they had come through and started walking in the direction where she thought the playground was. When she turned around, her family was gone! She tried to find the ice cream store again, but she couldn't find it. She was lost! She got so scared that she started to cry. Some strangers who were walking by noticed she was crying, so they stopped to try to help her. Now in Argentina, if a lost child is found by a group of strangers, the strangers will form a circle around the child and start to clap their hands until the parents are reunited with them. So that's what these people did.

They clapped as loud as they could so that her parents would come.

Meanwhile, the dad had left the mom to watch the rest of the kids while he went searching for his missing daughter. He went back to the ice cream store to see if she was there; he ran up and down the road shouting her name, but there was no answer. Then, he heard the clapping, and as he ran toward the sound, he hoped and prayed that it was because his daughter had been found. When he got to the circle of people and saw she was standing in the middle crying, he pushed through the circle, picked her up and said, "It's okay; I've found you. You're safe now." Each one of us are like lost sheep; all have gone astray. But the good shepherd, Jesus, loves us so much, he will always come looking for us and find us. Will you let him pick you up and take you back to safety?



## Questions

1. Have you ever been lost before? How does it feel to be lost? How did it feel to be found?
2. Did you know you were lost? Who found you? Did you let him/her pick you up?



## FAMILY Game Activity

Play a few rounds of the game "Sardines."

One person chooses a hiding place while the rest of the family stays together with their eyes closed. As each person finds the hiding family member, they keep quiet and hide with them. The last person to find the rest of the family is the next person to hide first!



# Family Study 3

on  
"How God Loves Me"



This study was prepared by the Frederick family. The Fredericks serve in Trujillo, Peru, as missionaries. As a family, their favorite thing to do is play outside and watch movies. What they love most about Trujillo is serving the families that God has called them to love.

## Title: How GOD LOVES THE NEIGHBOR



*passage of the day*

Luke 10:26-37



*prayer:*

*Dear Lord,  
Please help us to love our neighbors, even  
when it is hard. Help us show them that Jesus  
loves them through our actions and our words.  
Give us wisdom to know when our neighbors  
are in need and the strength to help them.  
Amen*

*Memory Verse*

Luke 10:36-37

I need to love my neighbor as myself, but who is my neighbor? The person that lives next to me or across the street? Maybe it could even be the person down the road? Anyone else? "Why yes," Jesus answered.

Since childhood, I (Brent) have always wanted to be a garbage truck man, but I never thought

that God would send me there to share the good news about Jesus Christ! While on a mission trip, we served the people at the garbage dump in Trujillo, Peru, and that is where my heart stayed. During that trip, I felt the Holy Spirit telling me that I would be a "garbage dump man" sent to bring the message of salvation through God's word and

love to the people who lived in this garbage dump. So any opportunity I got, I went back to Peru to be with these people - my neighbors. A few years later, what the Holy Spirit told me finally came true - I became a missionary and I now live in Trujillo, Peru among my neighbors! Now I get to see them every day and I can share the gospel with them.

*Story of the day*







# Questions

1. Who loved his neighbor - the priest, the Levite or the Samaritan?
2. Why do you think the first two people did not help the man? Why did the third person help?
3. What do you think the third person had to give up to help the man? How much time do you think the Samaritan spent with the injured man? How much money do you think he had to spend to help the man recover his health?
4. How did the hotel manager help? Do you think he tried to take advantage of the Samaritan or joined in helping him?
5. Who is our neighbor? How can we help them? What do you think it will cost us?



## FAMILY Game Activity

Plan a neighborhood block party! Choose a theme, set a date, and give each family member a role. Make invitations and walk them to each neighbor's mailbox.

Here are a few inexpensive but fun themed activities to engage your neighbors and show them love:

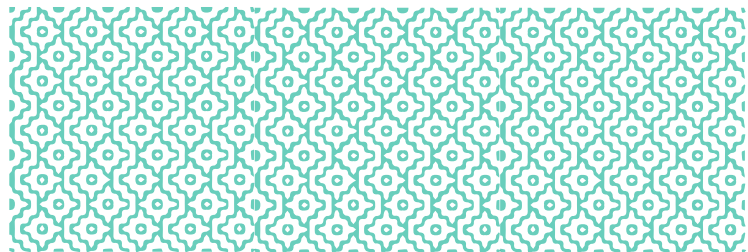
**Potluck Dessert Party**  
**Outdoor Movie Night**  
**Cookie Exchange**  
**Ice Cream Social**  
**Park Playdate**





## MEMORY VERSE

FAMILY ACTIVITY



John 3:16

( I C B )

*"For God loved the world so much that he gave his only Son. God gave his Son so that whoever believes in him may not be lost, but have eternal life."*

*"Dios amó tanto al mundo, que dio a su único Hijo, para que todo el que cree en él no se pierda, sino tenga vida eterna."*

Juan 3:16

( N B V )



To listen to this verse read in Spanish, visit our website at [incalink.org/packets](https://incalink.org/packets), or visit our YouTube channel [@IncaLinkIntl](https://www.youtube.com/@IncaLinkIntl) and you will find it in our Missions & Cultural Discovery Videos playlist.

Send a recording of your family reciting this verse from memory in Spanish to [Ischriefer@incalink.org](mailto:Ischriefer@incalink.org) to receive Inca Link bracelets for the whole family!



MINISTRIES

# costa rica



## INTRODUCTION

Bordered by Nicaragua and Panama, Costa Rica is the third smallest country in Central America. Costa Rica has shorelines in the Caribbean Sea and the Pacific Ocean. Its proximity to the equator provides for consistent sunrises and sunsets and a climate based on altitude. Costa Rica is biodiverse, has protected approximately 27% of its land and has set a goal to become the first fossil fuel-free country in the world!

# Country Overview

**Capital:** San Jose  
**Area:** 51,100 square kilometers  
**Pop:** approx. 4.9 million  
**Government:** Republic  
**Religion:** Roman Catholic (62%), Protestant (21%), unaffiliated or no religion (9%), Buddhism (2%), and other religions (6%)  
**Language:** Spanish is the official language.

## CLIMATE & GEOGRAPHY

Costa Rica has a wet season and dry season, and a landscape of tropical rainforests, volcanic mountain peaks and beautiful beaches. The highest mountain is Cerro Chirripo at 3820 meters. The Central Valley region, where the capital San Jose is located, has a temperate climate year-round and has been nicknamed the Switzerland of Central America. The Caribbean coast is humid and hot, and culturally resembles many of the islands in the Caribbean Sea. The Northern Pacific coast is hot and dry, while the Southern Pacific region is tropical and wild.

## HISTORY

Archeologists suggest that people inhabited Costa Rica beginning around 10,000 BC. Over twenty-five different indigenous tribal groups once called Costa Rica their home. The Spanish, when gold was not present, settled as colonists in the central valley and began farming. Due to its lack of gold and distance from major colonies, Costa Rica was essentially ignored by the Spaniards.





# INCALINK

# COSTA RICA



<https://www.incalink.org/costa-rica/>

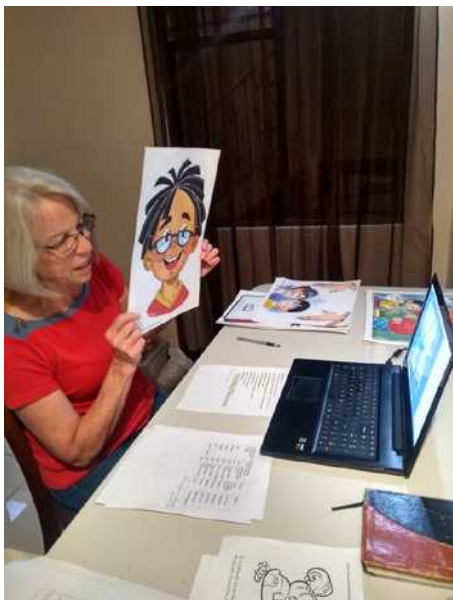
### Sunday School Classes:

Melody started weekly online Bible classes for preschool age children from their local church. The kids love it and so do their mothers! The classes include singing and crafts. The bags containing the materials for the crafts are prepared weeks in advance and delivered to each home. Melody also meets with the moms online once a week for encouragement and prayer. Most of them do not attend the church.

### Church Services:

Dan has the privilege of preaching at the church a couple times a month, and he writes evangelistic devotionals that members of the congregation can send to their friends and family who do not actively follow or serve Christ.

Inca Link Costa Rica is one of the newest countries where Inca Link is working. In January 2020, our missionaries Dan and Melody Taube moved to the field to partner with a local Alliance church in San Jose and build relationships with the people there.







# costa rica

R E F L E C T I O N S



# LIVE MISSIONALLY CHALLENGE

*have you ever wondered how missionaries  
make an impact in their communities?*

*have you ever thought that living like a  
missionary is, well, for missionaries?*

God does not just call vocational ministry workers to share His love and the good news of the Gospel with others. The Great Commission is for all who call themselves Christ followers!

# THE GREAT COMMISSION

“And Jesus came and said to them, ‘All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age.’”

Matthew 28:18-20 (ESV)



From the first moment our Costa Rican missionaries, Dan and Melody Taube, stepped into their new neighborhood, they knew that they needed to be faithful to build relationships and share God's love with those around them. The Taube's moved to Costa Rica in January 2020 - right before the COVID-19 pandemic swept the world. They had to be creative in how they met, served, and built a foundation for the ministry God is having them do. They began the year by taking advantage of opportunities as they presented themselves to build relationships by showing love to people. A woman needed a ride, so they drove her where she needed to go and used the time to get to know her better. They brought the guard outside of their apartment building coffee and baked goods regularly and built goodwill with him. As they have built relationships and approached each person and situation with a heart to serve, God has blessed the opportunities and allowed them to build trust and deepen relationships with people in hopes of one day sharing the Gospel with them.





The Taubes have  
challenged us to  
live missionally

# HOW CAN WE DO THAT?



## PRAY

*2 Thessalonians 1:11 - "With this in mind, we constantly pray for you, that our God may make you worthy of His calling, and that by His power He may bring to fruition your every desire for goodness and your every deed prompted by faith." (NIV)*

Father, fill me with Your power and Holy Spirit. Help me fulfill every good purpose that You have for me to do and say 'yes' to what You prompt my heart to do. I pray for the people I am going to connect with. Please prepare their hearts to hear about You. I trust You and thank You for this opportunity. May I glorify You in all that I do and say. In Your Son's holy and precious name, Amen.

## PICK A TIME FRAME

One week, one month; choose a chunk of time that is doable for you!

## GET GOING

Do something every day to show small acts of kindness to people regularly. It will be a huge blessing to choose people who are not like you.

## TELL US ABOUT IT

We want to hear about how you are living missionally where you are.

Post about it on Social Media and tag Inca Link: **#IncaLink**, **@IncaLinkInternational** (Facebook) or **@inca\_link** (Instagram and Twitter)

Send us an email: **info@incalink.org**  
Write us a letter: **Inca Link International**  
**P.O. Box 1321**  
**Boone, NC 28607**





# costa rica

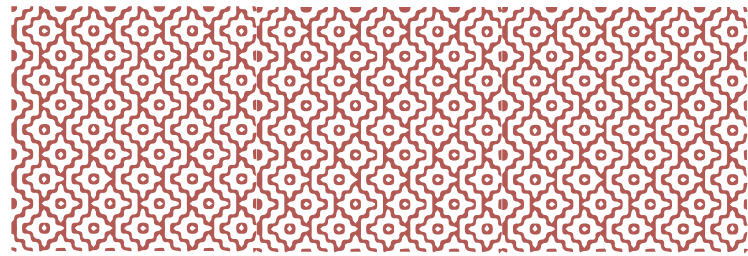
ART & CRAFTS  
PROJECTS





# Independence Day Lanterns

## ART PROJECT



Every September all over Costa Rica, school children work hard making lanterns to celebrate Costa Rican Independence Day on September 15. The lanterns are incredibly complex and represent Costa Rica, the family, and traditions. Once the lanterns are finished, the children carry them in parades that take place all over the country. This desfile de faroles is a highlight of the independence day

celebration. The lanterns represent and pay respect to all the women in Costa Rica who ran through the streets carrying a lantern to gather people to call for independence from Spain.

This craft will walk you through the steps to build very simple paper lanterns. If you like, you can make more complex ones like the children of Costa Rica.



### What you need:

Colored Paper  
Scissors  
Stapler

### INSTRUCTIONS:

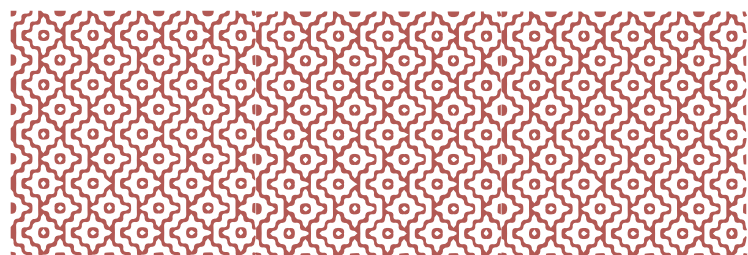


- 1 Cut a strip about 1 inch wide across the short side of the paper. Save this strip; it will become the handle of the lantern.
- 2 Fold the larger piece of paper in half across the short side.
- 3 Cut designs into the paper, starting with where the paper is folded and cutting across the short side. Be sure not to cut the whole way to the other side of the paper.
- 4 Unfold the paper and roll it the opposite direction. The cut lines should create a lantern shape. Using the stapler, staple the paper into a tower.
- 5 Take the 1 inch strip of paper and staple it across the top, creating a small handle.
- 6 Add an electric candle and celebrate Costa Rican independence day!



# TRADITIONAL OX CART

## ART PROJECT



The traditional oxcart, or carreta, is one of Costa Rica's most famous symbols. Ox carts have been used to transport coffee beans from Costa Rica's central valley over the mountains to Puntarenas on the Pacific coast for hundreds of years. These carts mix technologies from the Aztec empire along with Spanish influence. In 1988, the cart became a symbol for Costa Rica. The ox carts represent how hardworking Costa Ricans are, and also humility, patience, endurance, and progress.

The tradition of painting and decorating ox carts started in the early twentieth century. Originally, each region of Costa Rica had its own particular design, enabling the identification of the driver's origin by the painted patterns on the wheels. Today the art is celebrated and admired around the world.

For this craft, you will be making your own Oxcart and decorating it to celebrate the culture of Costa Rica.



### What you need:

Markers  
Hot Glue Gun  
Scissors  
Popsicle Sticks  
Cardboard circles for wheels

\*Note: If you do not have pre-colored popsicle sticks, you will want to paint the sticks prior to assembly.

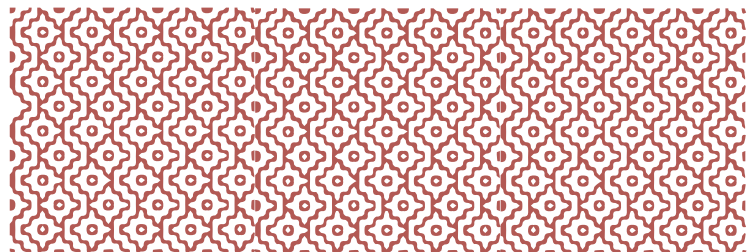


- 1 This step you will need to form the sides and base of your cart. Taking 5 popsicle sticks, lay them flat and glue them together with a horizontal support piece. This will be your base.
- 2 Using 3 popsicle sticks, repeat the first step to make two sides.
- 3 Cutting popsicle sticks to length, glue 3 more popsicle sticks together to make the front and the back.
- 4 Once the glue has dried on all the sides, assemble the cart. Start with one of the longer sides glued to the base. Then glue on the front and the back, then add the final side.
- 5 Turn the cart over and add the yoke. This is two popsicle sticks in the shape of a "T".
- 6 Using colored markers, decorate the cart and the cardboard circles as elaborately as you like. The most important part is to be creative!
- 7 Glue the cardboard circles on the side of your cart to represent the wheels.





## COSTA RICA CULTURE



Tico is an idiomatic term used for a native of Costa Rica. Costa Ricans are usually called ticos by themselves as well as by people of other Spanish-speaking countries.

“Tico” and “tica” (male and female) are colloquial terms that Costa Ricans gave themselves, due to their linguistic tendency to add the diminutive “tico” to the end of words. For instance, in standard Spanish “un poco” means “a little”, the diminutive is “un poquito” (a little bit), but Costa Ricans often say “un poquitico.”

What is unique to Costa Rica is the use of this suffix to also denote affection. Words ending in -ico, -ica, -tico, -tica do not only mean “small”, but they also depict affection and similar endearing feelings too.

### Origin

About a century ago, many Costa Ricans made the linguistic mistake of forming the diminutive by adding an “-ico” to the end of words. And so, poquito (pronounced like po-qui-toe), the Spanish diminutive of the word poco (meaning little or few), became poquiTICO when spoken by a Costa Rican. Because of their friendly and warm-hearted manner, the people of Costa Rica commonly used the diminutive in their everyday speech patterns and thus earned the nickname “ticos” from outsiders.

In Spanish, this diminutive form (formed by dropping the final ‘o’ or the ‘a’ and adding an ‘ito’ or ‘ita’ depending upon the gender) is commonly used out of friendliness and familiarity. For instance, doesn’t it sound much more affectionate and easygoing to call your amigo (friend) an amiguito (little friend)?





# costa rica

COOKING PROJECTS





# Vegetable Beef Soup

## COOKING PROJECT



### INGREDIENTS

#### For the beef stew/broth

1 lb beef stew meat (carne de res) and 1 lb beef short ribs (costillas de res)

1/2 white onion

1/4 red pepper

2 cloves garlic

8 cups water

1/3 bunch cilantro

1 TB sea salt

1 TB chicken bullion

#### COOKING THE MEAT:

1. Heat oil in slow cooker or pressure cooker.

2. Sauté the chopped vegetables until tender.

3. Add the meat and sear each side- cooking just until brown.

4. Sprinkle the meat with salt and pour water on top. You should have about 6 inches of water above the meat- this soup needs a good amount of broth.

5. Cook in slow cooker on high for 4-6 hours, on low for 6-8 hours. If using pressure cooker (preferred method) cook for 20 minutes after pressure starts to rise.

**Prep time:**  
15 minutes

**Cook Time:**  
1 hour  
30 minutes

**Total Time:**  
1 hour  
45 minutes

**Servings:**  
8 bowls

#### For the vegetables (in a large stock pot)

3 red potatoes

1 acorn squash

3 sweet potatoes (or yams)

4 carrots

1-2 plantains (halfway between green and ripe)

2 chayote squash

2-3 ears of sweet corn, cut into thirds

1 yucca, peeled and cut into large chunks

12 cups water

1 TB sea salt

2 TB chicken bullion

1/2 white onion, finely chopped

1/3 red pepper (chile dulce), finely chopped

1/3 bunch cilantro, finely chopped

2 cloves garlic, pressed

1 TSP olive or vegetable oil

#### COOKING THE VEGETABLES:

6. As with the meat, heat the oil in a large stockpot, and then sauté chopped vegetables until just tender.

7. Wash the vegetables, peeling if desired (vegetables are typically not peeled in Costa Rica).

8. Quarter the potatoes, yams, and chayotes.

9. Peel the yucca and cut into 3-4 large pieces.

10. Cut the carrots and sweet corn into thirds.

11. Slice the squash in half, remove the seeds, and then quarter cut each half into four large pieces.

12. Place all vegetables into the pot, and sprinkle with salt. Cover with water and boil on medium heat until all vegetables are tender- about 1 hour.



# Vegetable Beef Soup

## COOKING PROJECT



### SERVING THE SOUP



13. In a large bowl, place 1-2 pieces of meat with the bone, and fill about half the bowl with beef broth.

14. Place the desired vegetables on top, and cover with the vegetable broth.

15. Serve hot with a spare plate for bones and vegetable peels. Costa Rican Vegetable Beef Soup is often served with white rice, either at the bottom of the bowl or on the side. (See recipe for rice.)

## Costa Rican White Rice



### Ingredients:

**3-4 cups white rice**

**1-2 TB oil**

**(olive, vegetable, etc.)**

**3/4 tsp salt**

**3-4 cups cold water**

1. Get out your rice cooker. Put 1-2 tablespoons of vegetable oil (or other oil) at the bottom of the inner pot of your rice cooker.

2. Press the button or level that turns your rice cooker to the on/cook setting.

3. Measure out the number of cups of rice that you need and put them in a fine-mesh strainer.

4. Rinse the rice until the water runs clear. Use as cold of water as possible.

5. Add salt. (Costa Ricans generally use sea salt.)

6. Allow the rice to heat in the rice cooker until the cook level pops up or the button turns off, cooking rice and stirring occasionally with the rice paddle to heat the rice evenly. You are basically browning the rice to release the natural spices and help it cook more evenly.

7. Add the same number of cups of COLD water as rice to the inner pan, and stir again. Then add an extra half to 3/4 cup of water.

8. Put the lid on the rice cooker and cook until finished.

9. Remove the lid and stir the rice to fluff it up. Serve this delicious Costa Rican rice with your favorite Costa Rican recipe!





# Empanadas de Chiverre

## EASTER TREAT



### INGREDIENTS

3 cups white flour +  
2-3 tablespoons extra

2 stick margarine (can  
use butter- room  
temperature)

1 cup heavy cream

3 cups miel de  
chiverre (type of jelly  
from Costa Rican  
squash)

1 egg

spray on cooking oil  
such as Pam

### Tools

Large bowl

Plastic shopping bag  
cut up into 15-20 3 x  
3" squares

Tortilla maker (Note: If  
you don't have a  
tortilla maker, buy  
some frozen tapas  
from the store and  
skip to step 8 under  
"To form the  
empanadas")

Fork

2-3 baking pans

### INSTRUCTIONS

#### FOR THE DOUGH

1. In a large bowl, combine 3 cups of flour and 2 sticks of margarine. Using your hands, combine until all the flour is integrated into the margarine. The mixture will be a bit crumbly.
2. Measure about 1/2 cup whipping cream and add to the dough. Using your hands,

combine. From here on out, add cream until the entire mixture is the consistency of cookie dough. Tips: It is much easier to add the whipping cream slowly to gain the right consistency than to have too much cream and a sticky dough. However, if you do end up in a situation where you added too

much whipping cream, you can simply add flour to the dough until you have the right consistency. Once you do, spend a couple of minutes kneading the dough on the counter top just to get everything worked in.

**Prep Time:**  
30 minutes

**Cook Time:**  
30 minutes

**Total Time:**  
1 hour

**Servings:**  
25  
empanadas

#### TO FORM THE EMPANADAS

1. Pinch off pieces of the dough and roll into 1" balls. - You can place the balls back in the large mixing bowl until you have completed all of the dough, or you can do each step one at a time. Typically many people are involved in the preparation of the empanadas in Costa Rica, so each person will take a station.

2. Open your tortilla maker and place one of the pieces of the plastic bag in the center.

3. Place a single ball of dough in the middle of the plastic bag on the tortilla maker.

4. Place another piece of the plastic bag on top and close the tortilla maker.

5. Press down until flat.

6. Remove the top plastic bag piece and place it back in the tortilla maker.

7. Move the circle of dough for the empanada, with the plastic bag, to the side.

8. Using a fork, place about a tablespoon of miel de chiverre on half of the circle of dough.

9. Close the other half of the dough over the miel de chiverre and lightly seal.

10. Using a clean fork, make hash marks all around the edge of the empanada (not on the seam)

11. Repeat these steps until all the dough has been used.



# Empanadas de Chiverre

EASTER TREAT



## TO BAKE EMPANADAS

1. Heat oven to about 375 degrees Fahrenheit. If your oven heats fast, then you don't need to do this step until later- it takes about 25 minutes to prepare the first round of empanadas for baking. And if you want to bake them all at once, even longer.

2. Lightly grease a large baking pan.

3. Lightly place flour on top of the baking pan.

4. In a small bowl, beat the egg and add a tablespoon of water.

5. Place the empanadas on the baking pan. These will not expand, so they can be quite close together on the pan with no problems.

6. Using your finger or a small cooking brush, gently spread the egg wash on the top of the empanadas.

7. Once the baking tray is full of empanadas, place the empanadas in the oven. They will bake for about 20 minutes- do not remove until they are golden brown. Note- it's pretty hard to outright burn these, but it is easy for them to be undercooked. So let them sit a bit longer than you'd think to make sure they get nice and crispy.

8. Cool, share and eat!

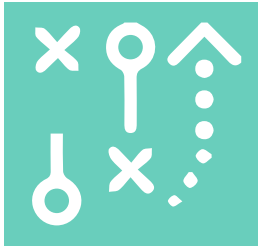




# costa rica

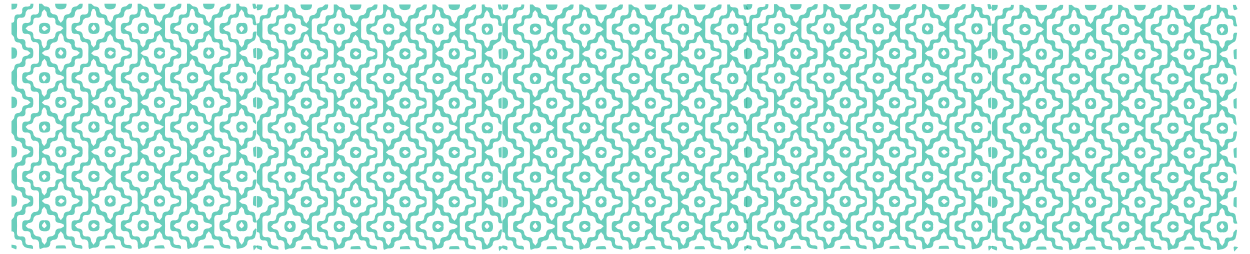
ACTIVITY PROJECTS





# Inca Link Costa Rica

## FLAG




The Costa Rican flag from top to bottom is made up of blue, white, red, white, and blue horizontal stripes. The blue represents the sky and shield of protection, white represents peace, and red - heroism and the energy of the people.

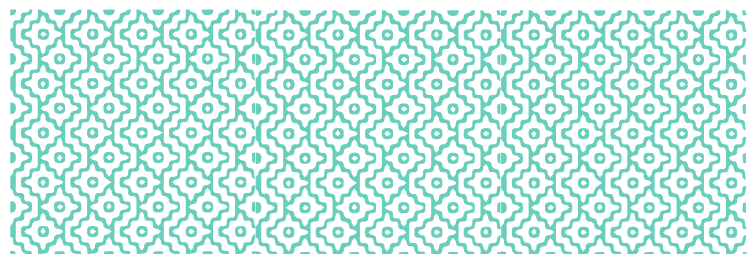
- There are 50 types of hummingbirds, 1400 types of orchids and 750,000 types of insects in Costa Rica!
- White rice and black beans served with veggies and meat or fish is the most common food in Costa Rica.
- Costa Rica hosts over 3 million tourists annually.





# Inca Link Costa Rica

## WORD SEARCH

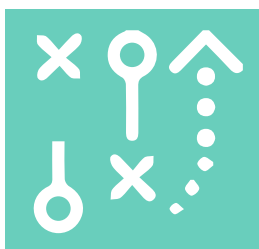


S L U A A L M Q Z C Q C U A M Q C E G P  
V M S Y H T B C K M A T W N T G T T U P  
T S A G P A L E H N X R R I G V B V A K  
K F N L U T L X M H I Z R J T A B N R C  
N E J A P W Y B Y L S D J E H C Z L I N  
X B O R U J E H X C H Z X H T A K D A C  
E T S R W D O N B O B V D N B A B T M F  
V Z E O O H S R I C Y L A X C R E Q O K  
U K W Z B T P C J D O Y Y E B G M M R R  
U S D W T M F C J B Y L L E R R T Z A I  
Q Z H N Q A N U F H H R I C R N J B D A  
H N L C R N N V F S G Q K B U M H E A D  
J Q Z S F A L U V F P U G E R K P K M S  
K X F S K T S Z Z D F Q I J U I F O K Z  
F G O S B E N Y Z C V X Z A P A T O S K  
A T T B Z E Q B J C S V Y U X B W Y O S  
L I E M P A N A D A S I Z L S H M M J P  
D C N K Q F B D U F Y I G U I R R O M Y  
A O X D B S X L P G E Y G O W S P A B F  
A T Z U W E I K M A R I M B A V X D K O

Guaria  
Yiguirro  
Colibri  
Arroz

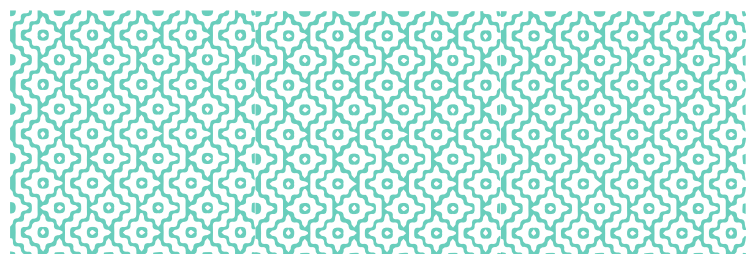
Morada  
San Jose  
Zapatos  
Manatee

Empanadas  
Carreta  
Marimba  
Falda Tico

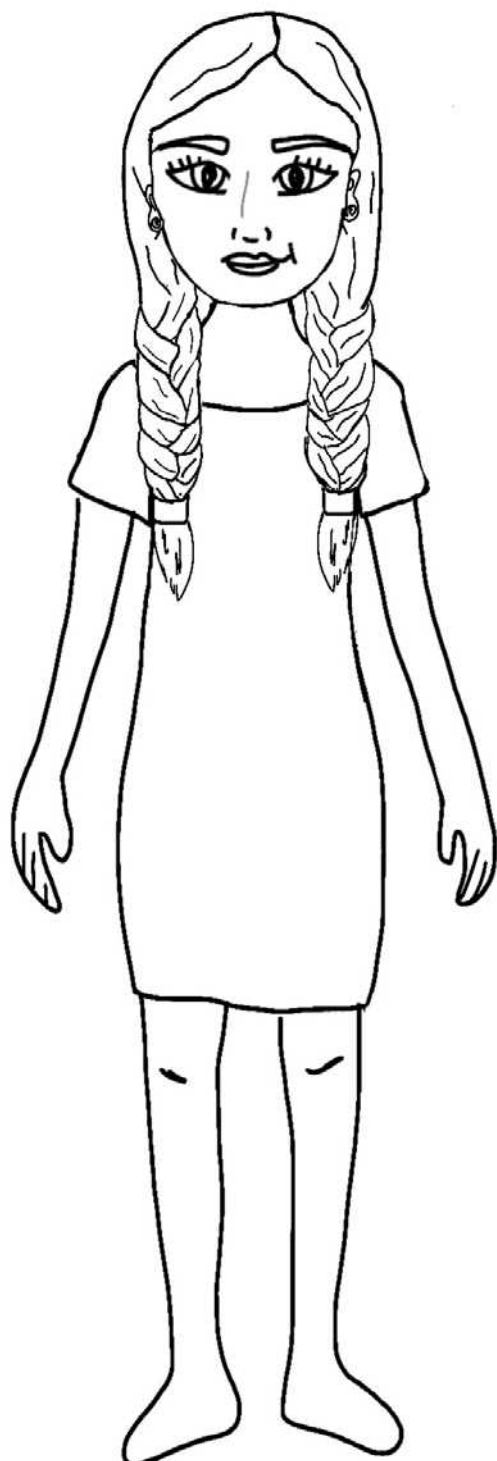


# Inca Link Costa Rica

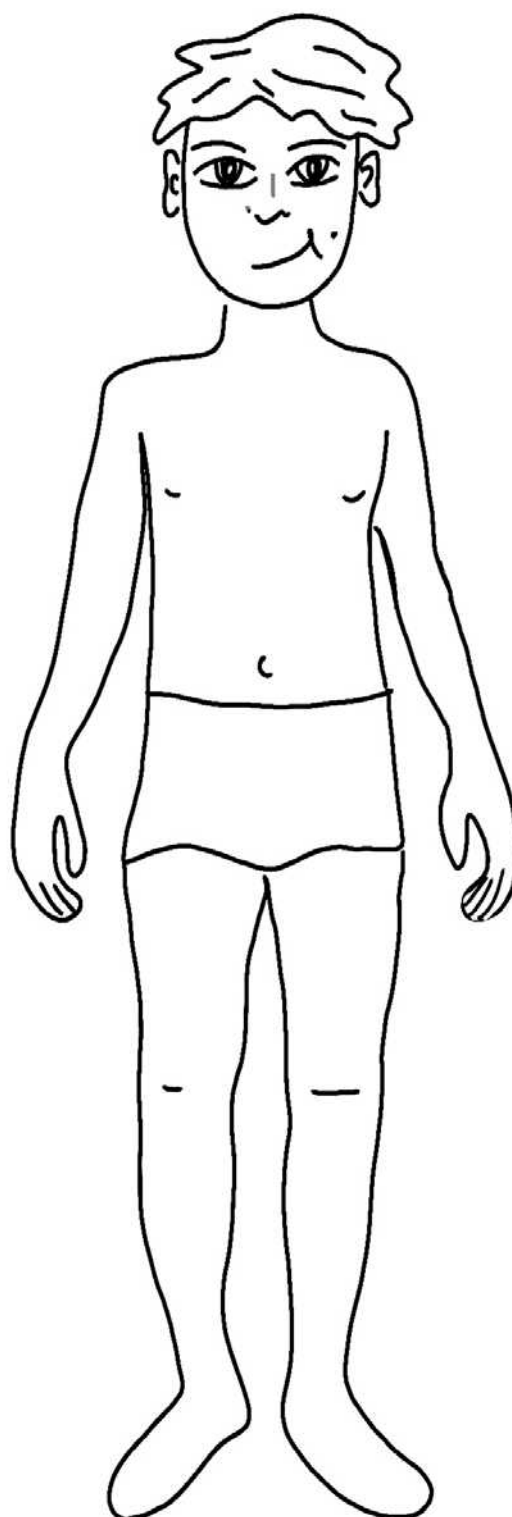
## PAPER DOLLS



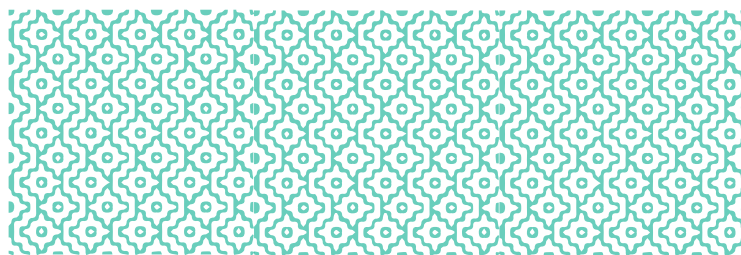
••••• *Chica* •••••



— CHICO —





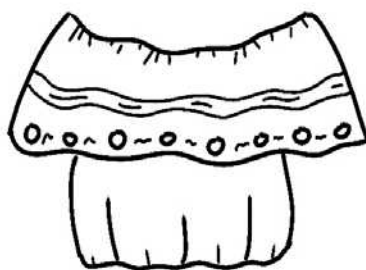


# Chica

Falda



Long flowing skirts are worn by women. Red and blue are the colors of the Costa Rican flag & thus commonly seen in traditional festival dress!



Camisa

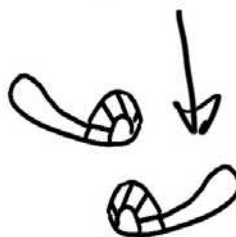


Blouses are worn tucked into the skirt!

Sashes are also often worn around the waist.



Zapatos



Collar



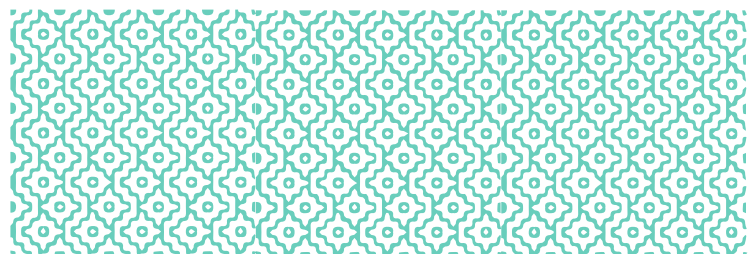
This is the Spanish word for necklace!





# Inca Link Costa Rica

## BOY CLOTHING



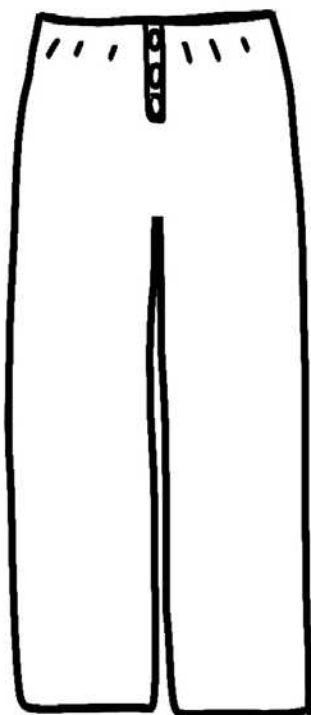
# CHICO

Camisa



Sombrero

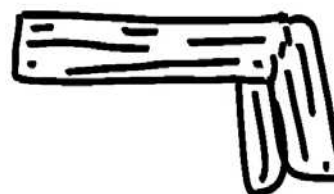
This piece is a  
neckerchief.



Pantalones

Men typically wear  
white shirts and  
pants - which make  
the other colorful  
parts of the  
traditional dress  
stand out!

A colorful sash  
is tied around  
the waist.



Zapatos

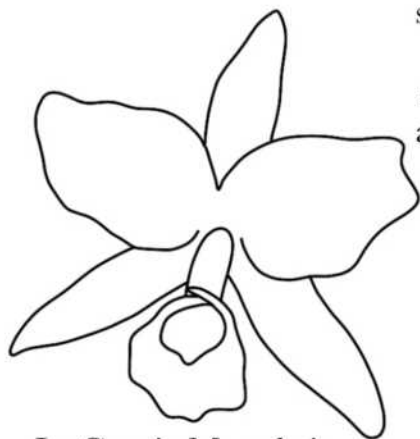
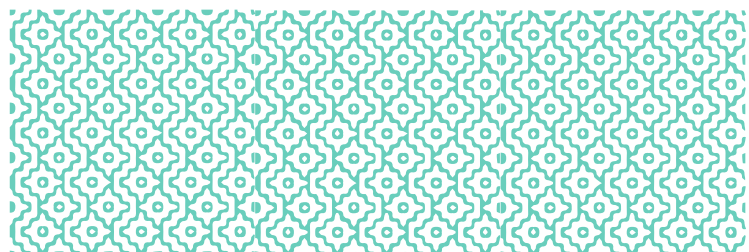






# Inca Link Costa Rica

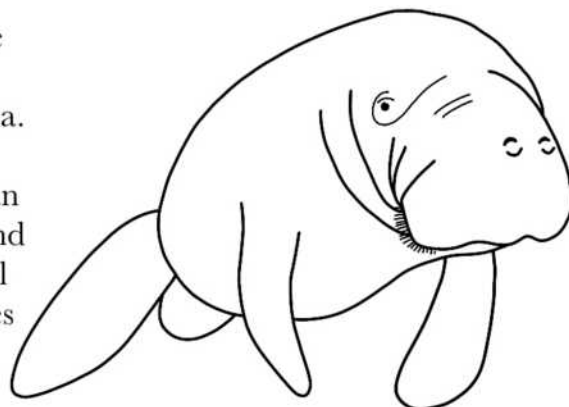
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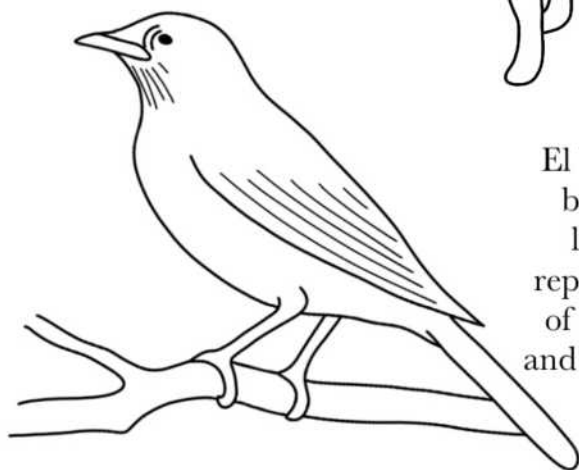
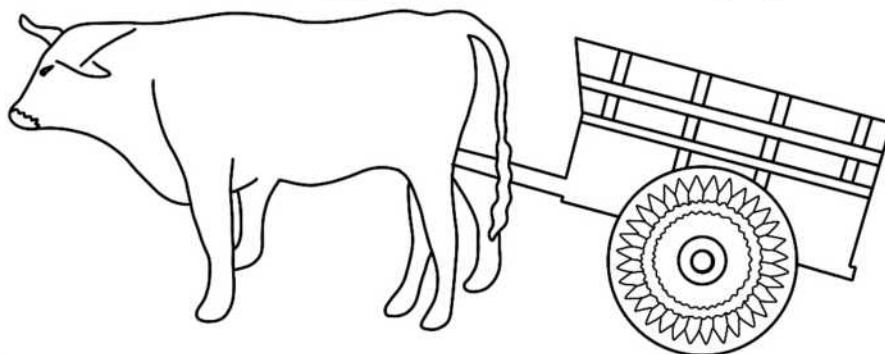
La Guaria Morada is an orchid that was chosen as Costa Rica's national flower on June 15, 1939. According to traditions, the "Guaria Morada" brings fortune and good luck.

The manatee is the national marine symbol of Costa Rica.

It was made a national symbol in an attempt to protect and preserve the natural habitat the manatees live in.

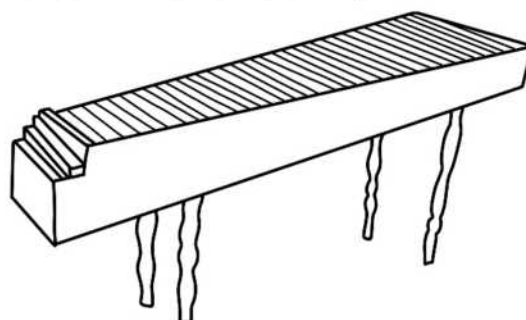


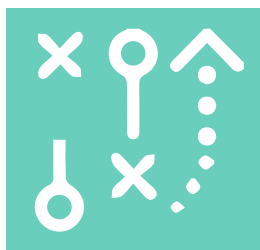
The oxcart, designated the National Labor Symbol on March 22, 1988, is a rustic strong vehicle with two compact wheels moved by two oxen. The carts are often decorated and hand painted with bright lively colors in geometric patterns, a trend that started in the early 20th century. The oxcarts represent how hard working Costa Ricans are and also humility, patience, endurance, and progress.



El Yiguirro was designated as the national bird in November of 1976. This bird is located throughout the country and it represents earth's fertility and is the symbol of rain. The yiguirro sings to call the rain and it generally sings at the beginning of the rainy season which starts in April.

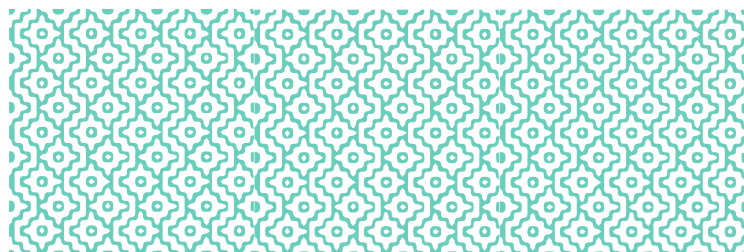
The Marimba is the national instrument which goes back to celebrations since pre-Columbian times. Representing the culture of Costa Rica, the marimba highlights the great contribution that Guanacaste folklore has meant for the country.





# Inca Link Costa Rica

## SPANISH LESSON



ENGLISH	SPANISH	PRONUNCIATION
What is your name?	¿Cómo te llamas?	Coh-mo teh yah-mahs
I am from ____.	Soy de ____.	Soy deh ____
The Carribean	El Caribe	Ehl Cah-ree-beh
Mountain	Montaña	Mohn-tahn-yah
Movie	Película	Peh-lee-cool-la
Star	Estrella	Eh-stray-yah
Family	Familia	Fah-meel-lee-yah
White	Blanco	Blahn-koh
Ball	Pelota	Peh-loh-tah
Wood	Madera	Mah-deh-rah