### Course Outline and Learning Plan

**Faculty:** Jeffrey T. Banal  
**Course Title:** Kapampangan Culture and Cuisine  
**Course Code:** HKAMPCUI  
**Number of Units:** 3 UNITS  
**Contact Hours per Week:** 3 HOURS  
**Pre-requisite subject/s:** NONE

#### Course Content:

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<td>4-5</td>
<td>Culture and Culture of Pampanga</td>
<td>The Two Faces Of The Kapampangan Ethno-Linguistic Group Territory: A Geographical Approach, Center for Kapampangan Studies, Holy Angel University, Angeles City</td>
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| 6-7 | Diacritical Marks  
North and South Lexicon | *Balangkas da reng amanung luther parker at dening panuldung capampangan.*  

| 8 | Exhibits of Manansala Works  
Exhibit of Ecclesiastical relics of Pampanga  
AVP of known Kapampangans | Center for Kapampangan Studies, Holy Angel University, Angeles City  

**MIDTERM EXAM**


| 12 | MalausKa Pampanga!  
The towns and Cities of Pampanga:  
District 1 | Various Books on Pampanga from John Larkins Library, Center for Kapampangan Studies  

| 13 | District 2 Highlands: Porac, Floridablanca, Sta Rita  
District 2 Lowlands: Lubao, Guagua, Sasmuan | Various Books on Pampanga from John Larkins Library, Center for Kapampangan Studies  

| 14 | District 3: The Capital – City of San Fernando  
District 3 Towns: Bacolor, Sta Ana, Mexico, Arayat | Various Books on Pampanga from John Larkins Library, Center for Kapampangan Studies  

| 15-16 | The Towns and Cities of Pampanga:  
District 4 North: Candaba, San Luis, Sto Tomas, San Simon  
District 4 South: Apalit, Macabebe, Masantol, Minalin | Various Books on Pampanga from John Larkins Library, Center for Kapampangan Studies  

| 17 | Kampampagan Cuisine | Borromeo, L. (2014). *Atching lilian’s heirlooms recipes: Romancing the past through traditional calutung capampangan.* CKS. Pampanga  

**FINAL EXAM**
References:

Borromeo, L. (2014). Atching lilian’s heirlooms recipes: Romancing the past through traditional calutung capampangan. CKS. Pampanga
Cadiang, C. (2012). Gale at gosu para karing mal a palutan. CKS. Pampanga
Castro A. (2012). Aro katimyas dal!: a memory album of titled kapampangan beauties. CKS. Pampanga
Osmubal, P. (2016). Capampangan roots: primitive words and syllables from polynesian-austronesian, Sanskrit, Chinese and language roots bahasa language as roots of the kapampangan language. CKS. Pampanga

Regala, R. (2014). In the blood: tracing the kapampangan lineage of andres Bonifacio. CKS. Pampanga