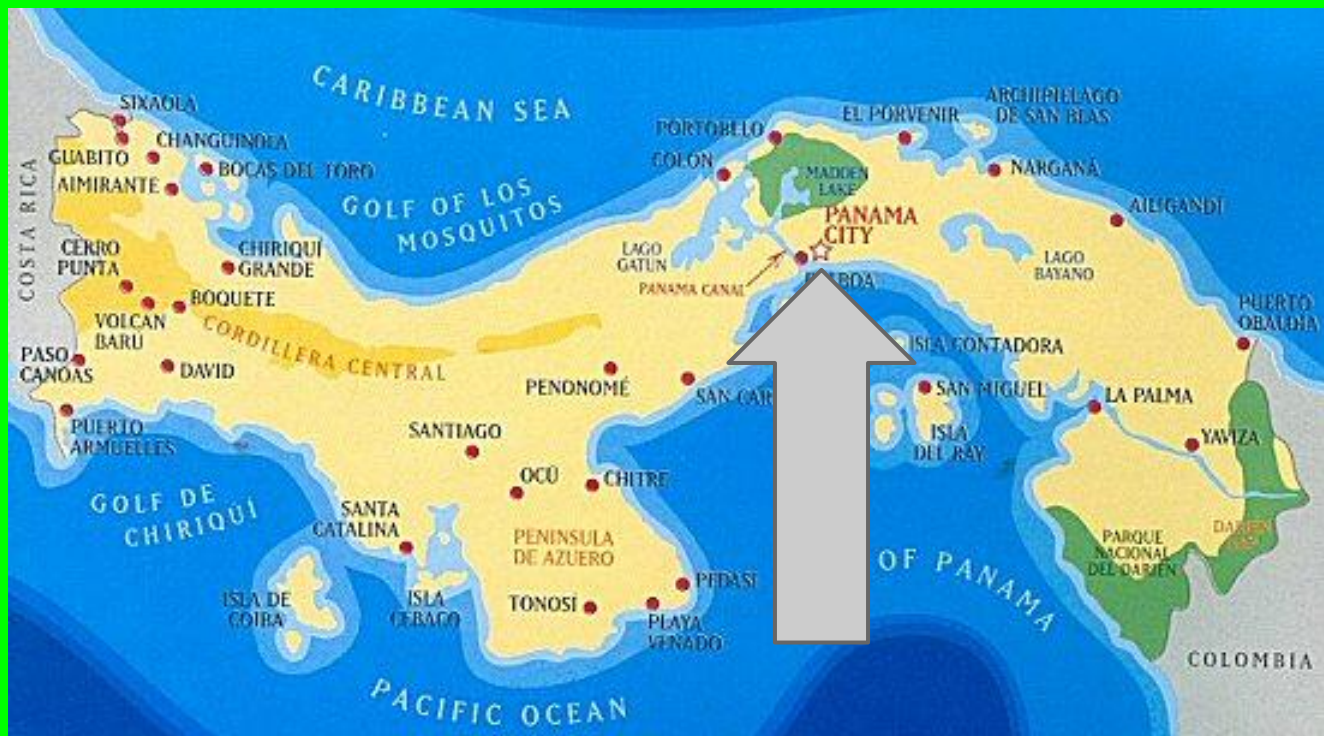


The image shows the flag of Panama, which is divided into four quadrants: white (top-left), red (top-right), blue (bottom-left), and white (bottom-right). A dark blue five-pointed star is in the top-left white quadrant, and a red five-pointed star is in the bottom-right white quadrant. A large, cyan-colored watermark with the word "Panama" is written diagonally across the center of the flag.

Panama

Madison Malone

# The capital of Panama is Panama City



# President of Panama



Ricardo Martinelli is the current president of Panama. They are under a constitutional democracy government.

# Population of Panama

The current population of Panama is 3,608,431.

# Races Of Panama

Mestizo (mixed of Amerindian and white)- 70%

Amerindian and mixed (west indian)- 14%

White- 10%

Amerindian- 6%

# Major Religions

Roman Catholic- 85%

Protestant-15%

# Languages in Panama

A scenic view of a rocky coastline. The foreground is dominated by dark, jagged rocks. In the middle ground, waves are crashing against the rocks, creating white foam. The background shows a line of green vegetation and palm trees under a cloudy sky with several birds in flight.

Spanish

English

Buglere

Yue

Hakka

# Currency and Median Income

1 Panamanian Balboa = 1 US dollar

The median income is



# Major Exports

Shrimp

Sugar

Coffee

Bananas

Clothing



# Major Imports

Medicine

Vehicles

Cell Phones

Iron/Steel rods

Fuel products

# Arroz Con Pollo Recipe

- 1 chicken, cut up
- 3 cloves garlic (less if preferred)
- 1 sweet pepper
- 2 onions
- 1 tomato
- 1 & 1/2 cups of rice
- 3 cups of water
- saffron or bijol



**Fry chopped onions, sweet pepper, tomato, and garlic in a little bit of oil. Add water, saffron/bijol, chicken and washed rice. Cover and cook over a low flame until done, stirring once or twice during cooking. Will take approximately 50 minutes -- make sure chicken and rice are done.**



# 5 Interesting facts about Panama

- ★ Panama is the only place in the world where you can see the sun rise on the Pacific and set on the Atlantic.
- ★ The Panama Railroad was the most expensive ever built.(8 million)
- ★ Panama has set multi world records for bird-watching and fishing
- ★ Panama has more birds than the US and Canada combined.
- ★ Panama elected their first female president in 1999.

# Cites

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