

7. KOREAN LIFESTYLES

GRADES: 4-6

SUBJECT: Geography

TIME REQUIRED: One Class Period

OBJECTIVES:

1. Identify traditional aspects of Korean food, clothing, dance and houses.
2. Evaluate the extent to which Koreans maintain cultural traditions in today's modern society.

MATERIALS REQUIRED:

Handouts accompanying this lesson.

BACKGROUND:

All people have basic needs and wants. The ways in which societies meet the needs of food, shelter and clothing differ. The structure of houses, traditional dances and music, the techniques of food preparation, and clothing designs all reflect the beliefs and perspectives of a particular culture. The importance of the patrilineal extended family, the role of women in preparing food for the long winters in Korea, and the agrarian nature of the traditional economy are all reflected in the traditional lifestyles of the Korean people.

PROCEDURE:

1. Divide students into groups of four. Assign each student in the group a different activity sheet. All students with activity sheet #1, #2, #3 and #4 will meet to discuss the areas upon which they will become "experts" on to teach their group. Have students fill out the questions at the bottom of the worksheet.
2. After allowing fifteen minutes for students to become experts of their activity sheet, have them return to their original groups. The group then writes a newspaper article about "Lifestyles in Korea." Information about food, clothing, dance, and homes must be included in each group article.
3. Have groups share their article with the class.
4. Have the class answer the following questions:
 - A. To what extent are traditional customs followed in Korea today?
 - B. Do you think families should continue to preserve these customs?
 - C. What family traditions would you pass on to your children?
5. Students can create a travel brochure illustrating what they have learned about Korean culture and customs.

ACTIVITY SHEET 1 — FARMERS' DANCE

Read this Activity Sheet about the farmers' dance and then list three facts about Korea that you have learned. Be prepared to share this information with your group.

KOREAN FOLK DANCE

Traditional Korean dance includes religious dance, court dances that reflect elegance of style, and folk dances that stress freedom of expression and movement.

The farmers' dance (*nong'ak*) is used in celebration of the New Year and for transplanting and cutting rice. It is often a group dance, performed with an accompanying drum and gong. There are many farmers' dances reflecting the agricultural roots of the people, and the influences of shamanism (the driving away of evil spirits and the invoking of blessings of happiness, long life, etc.).

The picture of the farmers dance shows the traditional costume and instruments used in the dance.



Three facts about

Korea:

1. _____
2. _____
3. _____

ACTIVITY SHEET 2 — KOREAN FOODS

Read this Activity Sheet about Korean food and then list three facts about Korea that you have learned. Be prepared to share this information with your group

KOREAN FOOD

The national dish of Korea which was named by the government a national treasure, is *kimch'i*, or vegetables pickled in red peppers. Rice and several varieties of *kimchi* are served at every meal. In the fall, women make enough *kimch'i* (using radishes and Chinese cabbage) to last until the next spring. The *kimch'i* is stored outside in large clay jars called *tok* or *hangari*. *Kimch'i* making is featured in Korean art.



RECIPE FOR KIMCH'I

Ingredients:

- One large Chinese cabbage
- Six large radishes
- Four green onions
- One large garlic clove
- One dried hot red chili pepper
- One teaspoon grated ginger root
- Salt

Cut cabbage into small pieces.

Sprinkle with 2 tablespoon of salt.

Mix evenly and let it stand for 15 minutes.

Chop green onions.

Wash salted cabbage, and drain.

Add onions, sliced radishes, garlic, chili, ginger.

Mix well and tightly pack the cabbage in a jar.

Cover the surface with plastic wrap.

Store at 70 degrees for two days to ferment.

Refrigerate.

Three facts about Korea:

1. _____
2. _____
3. _____

ACTIVITY SHEET 3 — TRADITIONAL KOREAN DRESS

Read this Activity Sheet about traditional Korean dress and then list three facts about Korea that you have learned. Be prepared to share this information with your group.

TRADITIONAL KOREAN DRESS

Although Western dress is now commonplace in Korean cities, traditional dress, the *hanbok*, is worn for special festivals. Women's dresses feature stripes (purple) that show marriage, and the birth of a son. Married women wear softer colors and the elderly (both men and women) wear white to show that they no longer have to work with soil. Young, single women wear bright colors and both male and female children wear rainbow colored vests, *saek-tong chogori*, which are made from left-over pieces of silk. It was believed that colorful vests will bring good fortune throughout the year and so they are traditionally worn on New Year's Day.

Women's dresses include a short, long-sleeved jacket, a *chogori*, worn over a long high-waisted skirt called a *ch'ima*. The clasp of the jacket is hidden by a half or whole bow and streamers.

The traditional dress for men and boys is a loose jacket and pants that are gathered at the ankle with a drawstring. In olden times, unmarried man had long hair and upon marriage wore a top*knot and a horse-hair hat. The wider the brim, the higher the status in society.



Traditional male and female costume.



Three facts about Korea:

1. _____
2. _____
3. _____


