

KOREAN FOOD

GRADES: 3-6

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SUBJECT: Social Studies, Health

TIME REQUIRED: Two class periods

OBJECTIVES:

1. Understand that kimchi and rice are staples of the Korean diet.
2. Experience eating with chopsticks.
3. Taste of kimchi and rice.

MATERIALS REQUIRED:

- Food pyramid chart
- Kimchi and a large crock
- Cooked rice
- Small bowls
- Chopsticks and spoons
- Water and napkins

BACKGROUND:

Kimchi has been part of the Korean diet for centuries and is prepared in many different ways. Cabbage and radishes are most commonly used to make kimchi today. These vegetables are combined with hot pepper, garlic, fish sauce and ginger, and allowed to ferment over a long period of time. Kimchi was traditionally stored in large earthenware containers (crock) for the long winter season when fresh vegetables are scarce.

Another important food that is served at every meal in Korea is rice. Rice is grown in wet fields called rice paddies. It is a grain and belongs to the cereal group. It can be served in many different ways but the most common way to eat it is boiled and mixed with vegetables.

The kitchen was traditionally the domain of women and kitchen furnishings remain close to the Korean heart because they symbolize the feminine love and care that goes into food preparation.

PROCEDURES:

1. Day 1: Explain what kimchi is, how it is made and why it is important to the Korean diet. Show students a sample of kimchi.
2. Use the food pyramid chart to show that vegetables are an important part of a proper diet. Explain the concept of recommended daily servings.
3. Explain that rice belongs to the cereal group which is necessary to maintain good health. Use the food chart to show how many servings from the cereal group are necessary each day.
4. Day 2: Seat the students at low tables and serve kimchi and rice in small bowls. For the experience to be truly authentic, have the students sit on the floor.

5. Demonstrate how to eat with chopsticks and allow the students ample time to practice.
6. With parent helpers, serve the food and provide assistance where necessary.

EVALUATION:

The students will be evaluated on class discussion and participation.

RESOURCES:

Kang In-hee, "Traditional Dietary Customs," *Korean Cultural Heritage*, Vol. 4. Korea Foundation, 1997.