

Traditional Korean Food



**Korean food is very healthy.
Most Korean dishes are made from
different types of vegetables made i
n Korea. This is why Korean food is
very different to western food.
Many Korean dishes are also spicy.**

김치 / Kimchi



Kimchi is a spicy dish. We eat it with every meal.



불고기 / bulgogi



Eat. Travel. Eat! - BSA126 2009

**Bulgogi is strips of beef
barbecued. Foreigners I
ove this dish.**



생복... 불고기

<http://blog.naver.com/fruit528>

Korean BBQ



**Korean BBQ is very popular in Korea. You can BBQ your own meat and chat to your friends.
It is a very social event in Korea.**

잡채 / japchae



Japchae is a glass noodle dish with fresh vegetables and beef.



닭갈비 / dakgalbi



찜닭 / jjimdak

Dakgalbi and jjimdak are two very popular chicken dishes. Both can be served with rice.

떡 / Rice cakes



Rice cakes are eaten on special occasions. We give special ones to our grandparents on birthdays.



인절미 / Injolmi



백설기 / Baekseolgi



송편 / Songphyun

← They sometimes have a red bean paste filling.


떡볶이/ ddeokbokki



Ddeokbokki is another Korean snack dish, made from rice cakes. It is usually served with a very spicy red sauce.



된장찌개/bean paste stew

A large, dark brown ceramic bowl filled with a thick, light brown bean paste stew. The stew is topped with sliced mushrooms, green onions, and a dollop of red chili paste. The bowl is placed on a light-colored wooden surface.

In Korea, we call it ‘된장’.
Some foreigners don’t like it
s smell, but it is good for yo
ur health.

김치찌개/ kimchi stew



Kimchi jjigae is a stew made from Kimchi, vegetables, tofu(두부) and pork.

비빔밥 / Bibimbap



Bibimbap literally means mixed rice. It is a dish of rice and various vegetables mixed together. It is usually served with an egg on top.

만두 / Mandu



Mandu are Korean dumplings. There are three kinds:

Grilled/fried = gunmandu (군만두)

Steamed = jjinmandu (찜만두)

Boiled = mulmandu (물만두)

설렁탕 / Seolleongtang♪



Seolleongtang is an ox bones soup. The ox bone is boiled in the soup for hours before serving

닭죽 / Dakjuk♪



Dakjuk is a chicken porridge. It is very good to eat when you are sick.

호떡 / Hoeddeok♪



Hoeddeok is a sweet pancake. It is filled with cinnamon, brown sugar and chopped walnuts.

순두부찌개 / Sundubu jjigae 🎵



Sundubu jjigae is a spicy stew made with soft tofu and seafood



김밥 / kimbap



www.naokis.net

Kimbab is a type of Korean snack food made with seaweed and rice.

We will now demonstrate
how we make kimbap.♪



Ingredients



Steamed rice

Crab meat

Burdock weed

Ham

**Yellow radish
or cucumber**

**Fish cake
or Egg rolls**



spinach

Steps:

Step 1. Spread your rice flat on the seaweed paper.



Step 2. Add your ingredients to the center.



♪
Step 3. Use a bamboo roller to roll from one end to the other.
♪



Step 4. Press firmly together so your roll stays intact.



Step 5. Slice into bit size portions and Enjoy!



Chopstick Contes



What you will need:

1: Bowl



2: Plate



3: Chopsticks

4: Popcorn



Rules:

- 1: Make a group of 4/5 students.
- 2: Place two bowls of popcorn in the middle of the students.
- 3: Pick up the popcorn with your chopsticks and put it on your plate.
- 4: When I say GO! Try to pick up as many pieces of popcorn as possible in 2 minutes.