

School of Vilcha

Tradition Korean food

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My name is Sofia
Matviets. I am 16
and I am a pupil of
the 11 form of
school of Vilcha. I
live in village of
Vilcha, Kharkov
region in the
Ukraine.



My family is not very big. We are four: my mother, little sister, grandma and me. Our family is friendly and industrious.



I like to watch films, read books, listen music, draw and write short stories about people. I'm a journalist so I'm sociable.



I'm a an excellent pupil. I'm good at all subjects, but English, History and Ukraine literature I like the most. Now I'm getting ready to pass exams. I want to stay a good producer or journalist.



About Korean culture I learned from my classmate and best friend. She introduced me to the musical culture of this country. I'm very fascinated by these and now I decide to learn more about South Korea, this customs, traditions and culture.




SOUTH KOREA



South Korea - a small country situated on the Korean Peninsula in the center of East Asia.


Seoul is South Korea's capital. The city's population is about 10.5 million man. For this indicator, Seoul to be on line 9 in the ranking of the most populated cities in the world.

A nighttime photograph of a cityscape in Seoul, South Korea. The image shows several modern high-rise buildings with illuminated windows. In the foreground, a wide river is filled with people and numerous glowing lanterns, suggesting a festival or public event. The sky is a deep blue, and the overall atmosphere is vibrant and urban.

In 1910, Korea became the colonial government of Japan. In this status the country was until 1945.


North Korea invaded South Korea in 1950 with the aim to create a single communist state. In the course of the war the UN intervened, resulting in a 1953 military actions were terminated. Today, between the two countries are no formal relations, and the border between them is one of the most dangerous and militarized areas in the world. Technically, both countries are in a state of war.

The Korean language is considered to be distinctive. However, it has many elements of Chinese and Japanese. This is explained by the fact that both countries had a great influence on the course of history in Korea. Some 1,300 Chinese characters are widely used in modern Korean.

An aerial night photograph of a city, likely Seoul, South Korea. The image shows a wide river in the foreground with a bridge crossing it. The city lights are reflected in the water. In the background, there are mountains under a dark sky. The overall scene is illuminated by the city's lights, creating a vibrant and modern atmosphere.


Long before the advent of religions of Confucianism on South Korean territory it was distributed shamanism, but the official status he never had.

According to the official estimates of the Organization for Economic Cooperation and Development, the population of South Korea has the highest IQ in the world! Also, Korean scientists are the world's leading experts in the field of mathematics and modern technology.

A traditional Korean pavilion with a colorful, ornate roof, illuminated at night, set against a modern city skyline. The pavilion's roof is decorated with intricate carvings and painted in vibrant colors like green, yellow, and red. The background shows several modern skyscrapers with lit windows, indicating an urban setting at dusk or night.

Koreans don't like excessive displays of emotion and usually restrict direct physical contact polite handshake. However, as your relationships become more intimate, it is possible for greater familiarity.

It is considered rude to blow your nose at the table. In Korea, a person is not made to call up a hand with palm facing up or enticing a finger. Such gestures in Korea usually beckon dogs. If you want to beckon a person, do it by hand with the palm facing down.

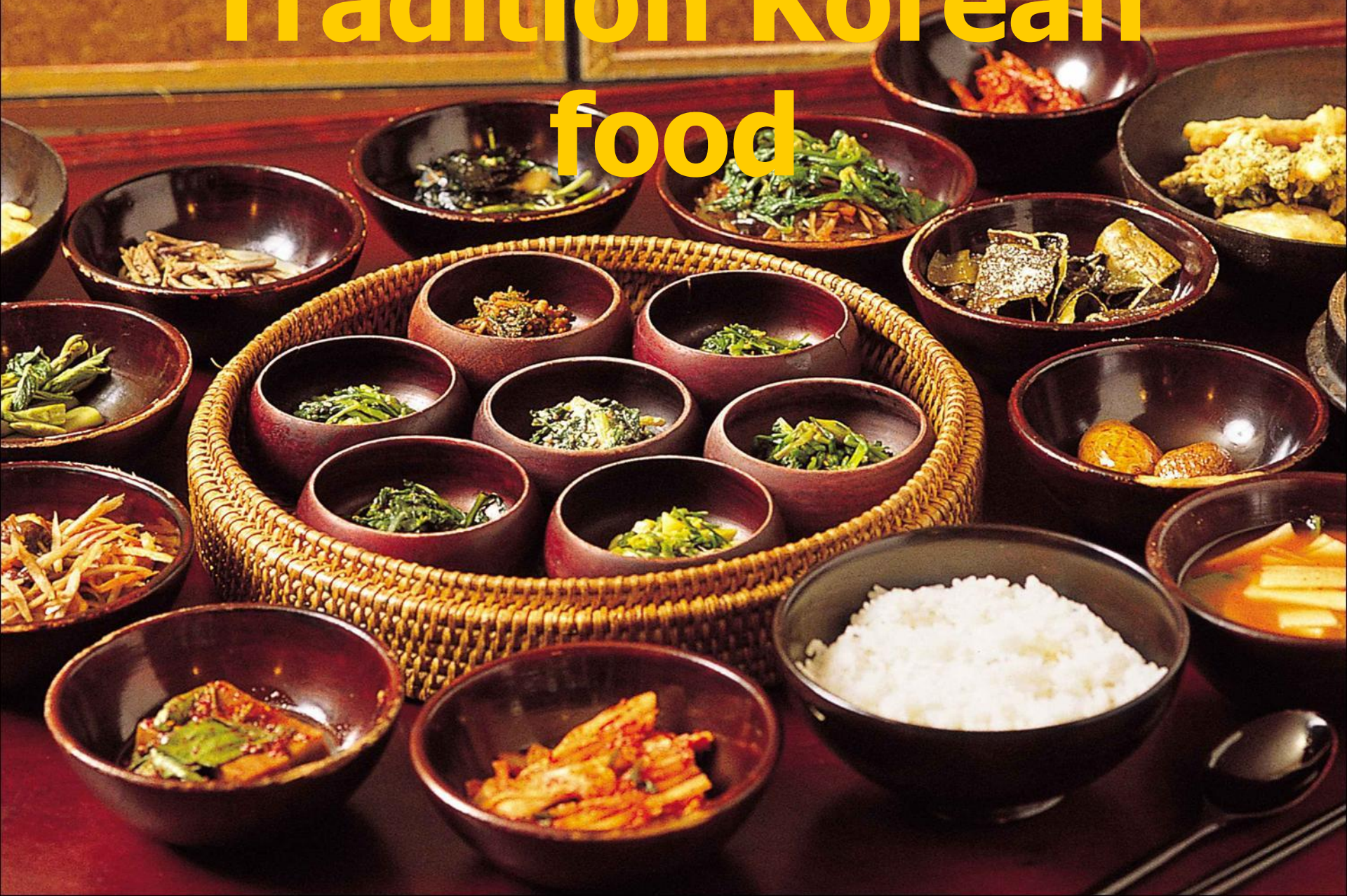
A night view of a city skyline, likely Seoul, South Korea, featuring numerous illuminated buildings and a prominent tower in the distance. A crescent moon is visible in the dark blue sky in the upper left corner.

In Korea is considered to be indecent with bare feet in the presence of their elders, it is recommended to always wear socks or stockings when visiting Korean family.

Among the younger generation of Koreans is considered quite normal to pay a purse, but it often happens that someone is paying one of the company of friends or colleagues. Earlier in Korea was considered impolite to talk while eating, but these days is allowed to talk and laugh at the table.

Words of gratitude for good food and good service are always accepted with pleasure.

Tradition Korean food



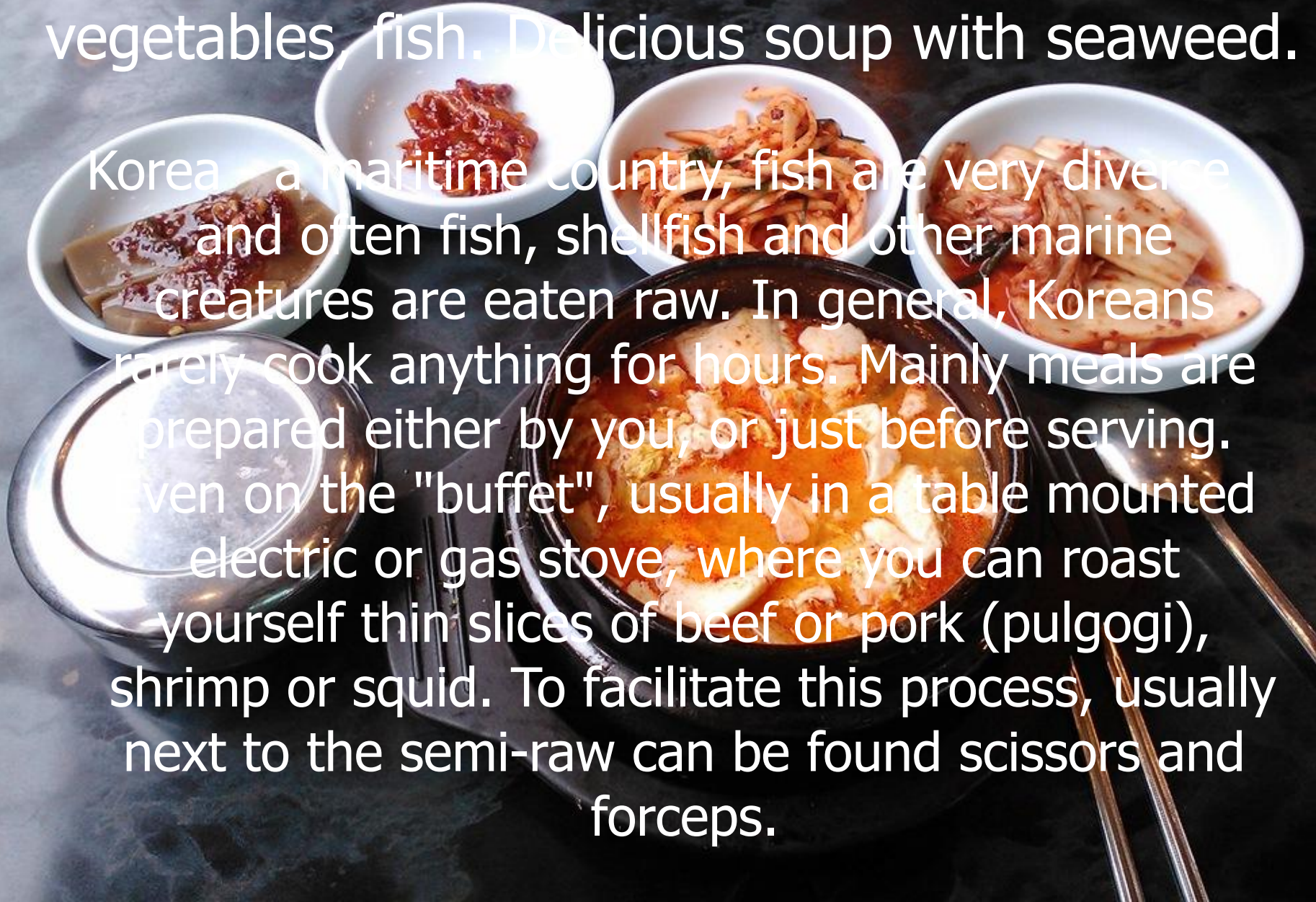


Koreans attach great importance to food.

Traditional Korean food necessarily includes soup, rice and a variety of tapas (banchan). The main banchan - a kimchi - designed for long-term storage appetizer of marinated, pickled, salted vegetables. The role of kimchi in Korean life can be compared with the role of sauerkraut in Ukraine traditional cuisine.

Soups in Korea are very diverse, meat, vegetables, fish. Delicious soup with seaweed.

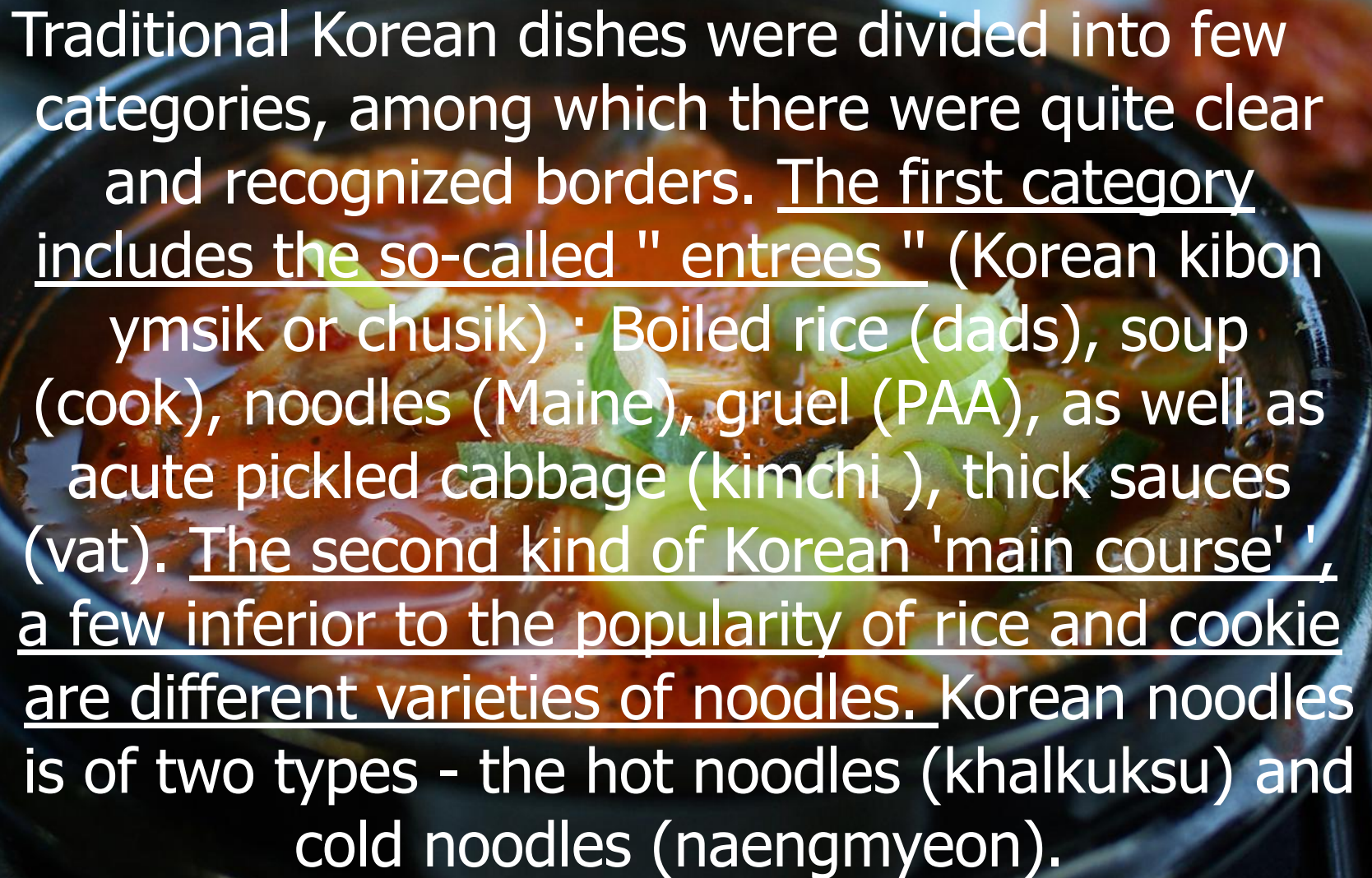
Korea is a maritime country, fish are very diverse and often fish, shellfish and other marine creatures are eaten raw. In general, Koreans rarely cook anything for hours. Mainly meals are prepared either by you, or just before serving. Even on the "buffet", usually in a table mounted electric or gas stove, where you can roast yourself thin slices of beef or pork (pulgogi), shrimp or squid. To facilitate this process, usually next to the semi-raw can be found scissors and forceps.



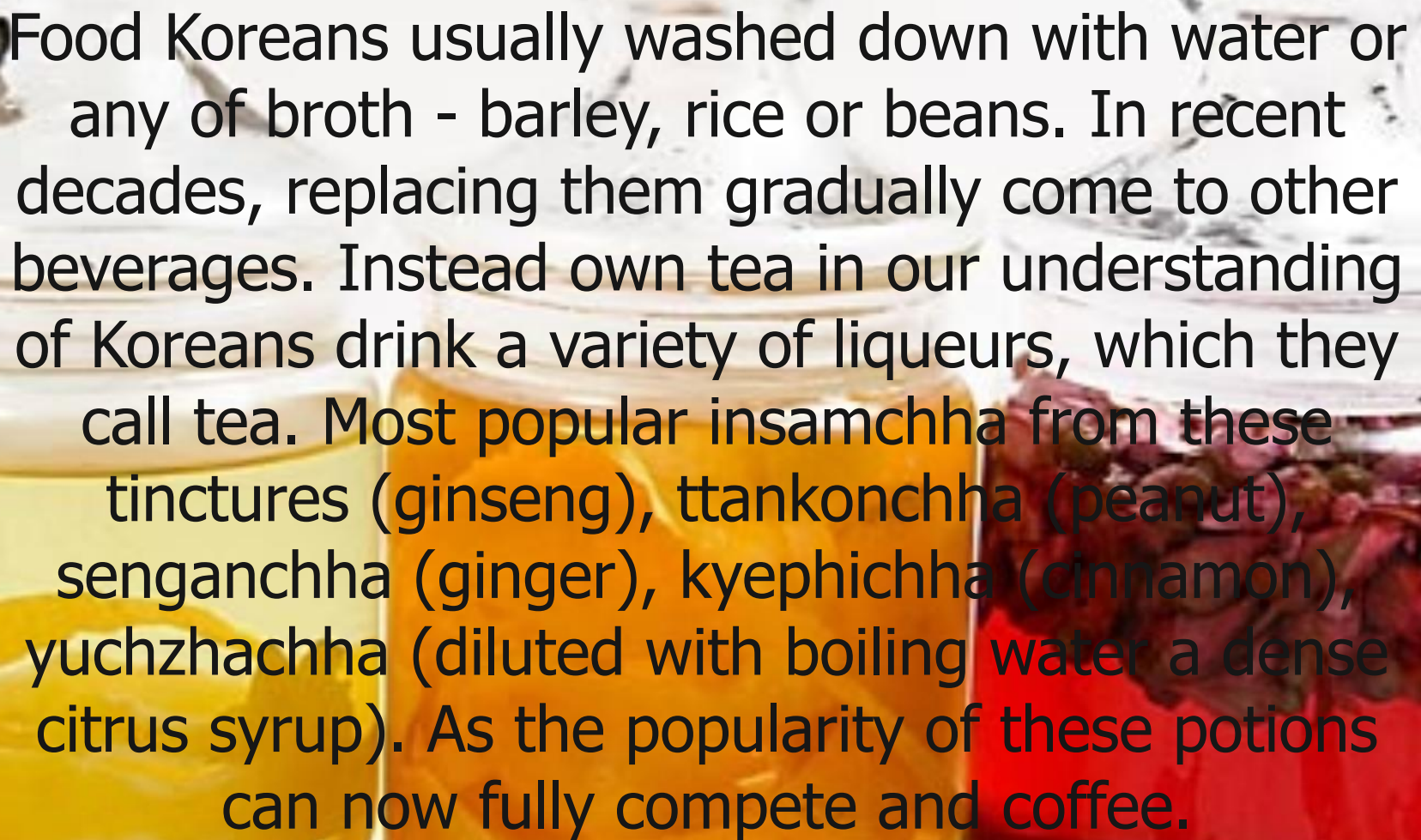


It is unlikely that you will see in Korea usual pastries for us. Sweets and biscuits often also are prepared from rice flour, are not used for severe stomach creams and pastry. However, the delicious sweetness, light, beautiful and colorful.

Since Koreans eat very little sweets, desserts role in Korean cooking operate fruits and berries. The most popular in Korea are apples, pears, peaches, apricots, cantaloupe, tangerines, persimmons and strawberries.



Traditional Korean dishes were divided into few categories, among which there were quite clear and recognized borders. The first category includes the so-called " entrees " (Korean kibon ymsik or chusik) : Boiled rice (dads), soup (cook), noodles (Maine), gruel (PAA), as well as acute pickled cabbage (kimchi), thick sauces (vat). The second kind of Korean 'main course' ', a few inferior to the popularity of rice and cookie are different varieties of noodles. Korean noodles is of two types - the hot noodles (khalkuksu) and cold noodles (naengmyeon).

The image shows three glass jars in the foreground, each containing a different colored liquid. The leftmost jar contains a pale yellow liquid, the middle jar contains an orange liquid, and the rightmost jar contains a dark red liquid. In the background, three more jars are visible, but they are out of focus. The text is overlaid on the image, describing traditional Korean beverages and their modern counterparts.

Food Koreans usually washed down with water or any of broth - barley, rice or beans. In recent decades, replacing them gradually come to other beverages. Instead own tea in our understanding of Koreans drink a variety of liqueurs, which they call tea. Most popular insamchha from these tinctures (ginseng), ttankonchha (peanut), senganchha (ginger), kyephichha (cinnamon), yuchzhachha (diluted with boiling water a dense citrus syrup). As the popularity of these potions can now fully compete and coffee.

How much is healthy Korean food?

Korean cuisine is considered to be dietary, because gained popularity among those who are watching their figure and is afraid to get better. The fact is that it is based on a separate food: that is, the traditional Korean dishes completely exclude the combination of incompatible products. In addition, Korean foods are rich in fiber and various spices, which are in themselves very useful. Incidentally, it is worth noting that it was Korea occupies the bottom line in a kind of ranking of countries whose residents suffer from overweight and obesity varying degrees.

However, it is worth remembering that all the dishes are very generously flavored with hot pepper, because the people who have certain problems with the digestive organs, should be careful not to get involved in exotic. The best option - to ask the chef not to add spicy seasonings. Of course, in this case, traditional dishes will lose some of its original flavor, but will not do any harm to your health.



A traditional Korean pavilion with a tiled roof and a red and green railing bridge over a pond with lily pads. The pavilion has a dark grey tiled roof with a green finial. The bridge has a red railing with green panels featuring yellow cloud patterns. The pond is filled with green lily pads and yellow flowers. In the background, there are green trees and a mountain under a blue sky.

**Eat delicious and
well and live long!**