

# Food from Your Cultural Heritage

## Meet Yoomi!

Yoomi's family is from Korea. Yoomi loves Korean food her grandma cooks: dried seaweed, tiny anchovies, soft egg omelets, even seasoned bean sprouts! But Yoomi does *not* like kimchi, a very common Korean traditional dish made of fermented vegetables, even if her older brothers tease her for being a baby (kimchi is spicy!).

When I was a little kid, I didn't enjoy kimchi. It was too spicy for me. But now? I LOVE kimchi and I wish I could eat it every day! Do you have a food from your cultural heritage that you don't like? Or you especially like? Is there food your family eats but not all your friends know about? Let's write and draw about it in the back of this page!

By the way, at the end of the book, Yoomi eats kimchi with grandma's help. They cook something together using kimchi. And this is only for you to know - that food is one my very favorite food in the world!



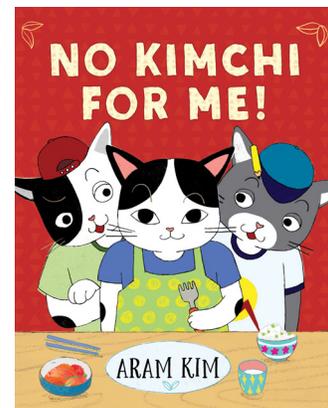
TURN THE PAGE. Is there a dish your family eats but not all your friends at school know about? Draw it in the box, write down the name of the dish below. Write a few sentences introducing the dish to your friends who might never have tasted or known it before. Extra points if you describe the dish using "senses" from last week's activity!

I look forward to being introduced to new dishes I did not know about!

This book is partly inspired by my childhood experience of not wanting to eat spicy kimchi, very common and popular Korean pickled cabbage. Guess what? Now I LOVE kimchi! It's spicy, crunchy, and refreshing. Yum!



This zine was created by Aram Kim.  
Visit her at [AramKim.com](http://AramKim.com)





Name of the food:

---

---

---

---