

Korean

Rice

Bowl

Bibimbap is a popular meal in Korea. Start with a bowl of cooked rice and add toppings. Here are some ideas. Pick your favorites or add your own! (Be sure to get an adult's help cooking.)



Korean beef*



Toasted sesame seeds



Fresh cucumber



Egg**



Bean sprouts



Spinach



Carrots



Mushrooms***



*Cook 1 pound (455 g) ground beef in a pan. Mix in 1/4 cup each brown sugar and soy sauce, 1/2 teaspoon garlic powder, 2 teaspoons sesame oil, and 1/4 teaspoon red pepper flakes.

**Fry on one side.

***Cook in a pan with oil and salt, then add a little sesame oil.

Jero

Here's a game kids play in Korea. Find a partner and stick both of your fists together. Have one of you shout out a number between zero and four. At the same time, both of you raise one, both, or none of your thumbs. If the number of thumbs matches the number the person shouted, they get a point. Take turns saying the number.

