

질문과 대답 10회: 김치

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일상회화 편 2 출간

총 6권 완간(完刊)

Q: Why do Koreans believe kimchi is such an important part of their diet?

A:

1. It has just become a part of my diet since I was young. Kimchi has a lot of variations and I really love some of them, if not all. It tastes good and pairs well with other Korean foods. That's it. Koreans are not crazy about kimchi, but we just think it's one part of our daily diet. Isn't that the case with other ethnic foods of other countries? I don't see any nationalism involved in Korean's love for kimchi.

2. I like eating kimchi, but sometimes I'm doubtful whether kimchi is such a healthy food and really nutritious. It has some merits as a natural, fermented food, but it's just one of the many side dishes. Some Koreans believe they have to eat kimchi everyday and want to have kimchi stew when they're overseas, but I think that is going a little too far. There is definitely nationalism attached to our love for kimchi.

3. It has been proven that kimchi is good for health. It contains a lot of dietary fiber. It also has a lot of healthy bacteria just like yogurt. It's common knowledge that fermented foods are good for your health. I saw a news report that kimchi was chosen as one of the world's five healthiest foods. We love kimchi not because it's a Korean food, but because it's a healthy food.