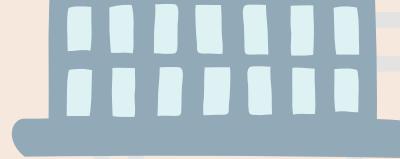
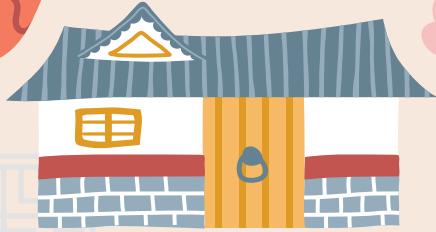


STARS AND STRIPES.
dandeli ns



Welcome
to
KOREA!
and beyond



STARS AND STRIPES

dandelions

What's inside

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FACEBOOK



INSTAGRAM

IT'S ALL ABOUT ME

FILL IN THE
BLANKS THEN
HAVE SOME FUN
COLORING.



- My name is : _____
- I was born in : _____
- Places I have lived: _____
- My favorite place to live is: _____
- My goal while living in Korea is: _____

- I'm happy when: _____



The Dandelion is the official flower of the military child because it is adaptable, has strong roots and can grow almost anywhere, just like military children. While they may move a lot, their tenacity and strength help them thrive!

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- Breast (Women)
- Prostate (Men)
- Bladder & Kidneys
- Thyroid
- Carotid artery
- Pleura & Lymph nodes
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Up to
60%**Benefit 1**

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XREF

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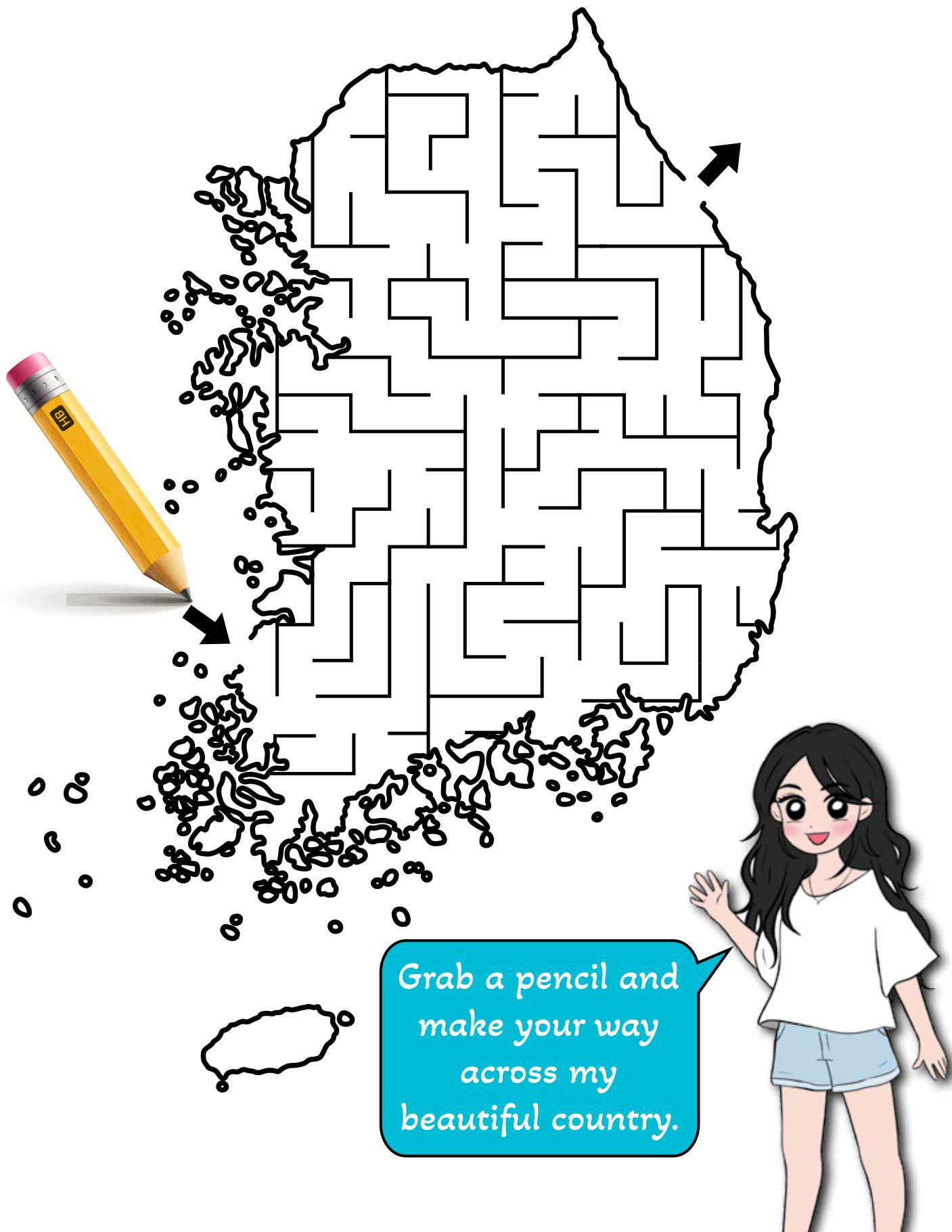


WhatsApp



Kakao Talk

A-MAZE-ING KOREA



Fun facts

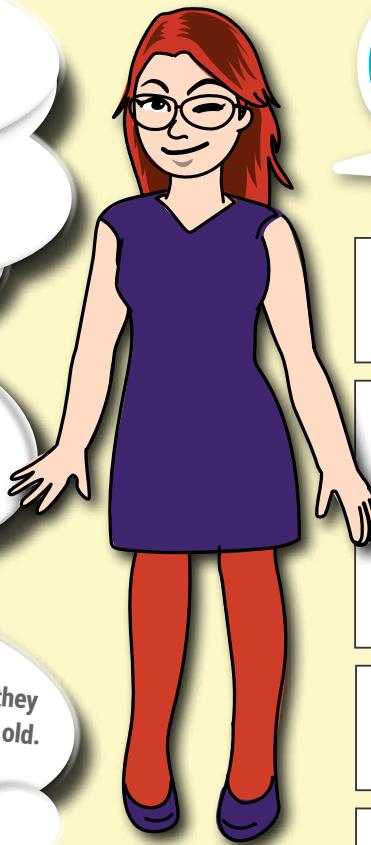
South Korea is home to K-pop sensation BTS, considered one of the most famous singing groups in the world.

If you want everyone to smile for a photo, you need to say "kimchi," not "cheese."

Toilet paper is considered a great house-warming gift for Koreans.

When South Koreans are born, they are already considered one year old.

The number 4 is considered unlucky.



Have fun coloring the traditional Korean house (hanok) and clothing (hanbok) below.

Hi / Hello	Annyeong-haseyo	Spoon	Sujeo / Sutgarak
My name is (your name)	Je ireum-eun [John] imnida	Chopsticks	Jeotgarak
I'm from (your country, city)	Jeo-neun [New York]-eh-seo wasseo-yo	Bowl / Plate	Geu-reut
Nice to meet you	Manna-seo ban-gap-seum-nida	Rice	Bap
Bye	Annyeonghee gah-seh-yo	Soup	Guk





Help me search for the names of places across South Korea.

PLACES IN KOREA

L R G C G R E K L A W P M A C U N O A J
C S K O M J Z M D N E M S C O U N N Y C
A O S S C A P N P U Y R N E H P M A C O
M Y M C I N C H E O N A M N G D O A E C
P R G A L D C B G R P E A E A A E N G M
C H E M J O G A R O P I A U U E N U N P
A C N P D N A E N O E H C U D G N O D M
R A A H O G L A G A O E U G A U S A A N
R M S U C H E O N O C P A B U S A N E N
O P C M C H U N C H E O N C B U L S A N
L G T P D G O Y W K E A T G N O E Y P A
L E S H E S A B R I A N A S N U K U A K
E O K R O S O P G S J U I U J U R W J S
N R M E A N P N A A G I O W S E N R U O
U G B Y C G A C N Y R N U O L G N A S A
C E J S N A S G G G N M B N U J N O E J
N O A E H E C S N R E L U K N O G C O I
S A Y O S A U J E J U I S L A N D P U S
A O E U A O A O U A A S E P U A C U L L
N E S A B R I A N A S O E S U E A A A R
E E E M A D K A G A U U U H N N O Y A P
N A E O P U J G N O E Y G U C W A G A S

PAJU	DMZ	JEONJU	DONGDUCHEON
INCHEON	SUCHEON	PYEONGTAEK	JEJU ISLAND
CHUNCHEON	ANDONG	BUSAN	ULSAN
SUWON	GANGNEUNG	GYEONGJU	DAEGU
SEOUL	CAMP HUMPHREYS	OSAN AIR BASE	KUNSAN AIR BASE
CAMP WALKER	CAMP HENRY	CAMP GEORGE	CAMP CARROLL



Match the name of the place with its definition and write it on the map.



I. _____



N. _____



A. _____



G. _____



B. _____



E. _____



D. _____



K. _____



SEARCHING SEOUL

Seoul is the capital of South Korea and largest city in the country. There are so many fun things to do in the city. All you need to do is walk, hop on a bus or grab a taxi! So, let's start exploring.

H.



J.

F.



L.



C.



M.

- A. One of five famous palaces in the city
- B. Iconic landmark of Korea
- C. Indoor/outdoor amusement park
- D. A seafood heaven
- E. Learn about Korea's military history
- F. Interactive museum for children
- G. Learn about history and art of making kimchi
- H. Home to hundreds of traditional houses
- I. Lots of family activities along this river
- J. Largest shopping district, including Toy Street
- K. Song 'Gangnam Style' made place famous
- L. Mall contains library, exhibition hall and aquarium
- M. Where kids can role-play working adult jobs
- N. Street home to unique cafés, shops, restaurants

- 1. Hongdae Street
- 2. Han River
- 3. COEX Mall
- 4. Gyeongbokgung Palace
- 5. KidZania
- 6. Gangnam
- 7. Dongdaemun Market
- 8. N Seoul Tower
- 9. Lotte World
- 10. Bukchon Hanok Village
- 11. Noryangjin Fishmarket
- 12. Museum Kimchikan
- 13. War Memorial of Korea
- 14. Seoul Children's Museum

A4, B8, C9, D11, E13, F14, G12, H10, I2, J7, K6, L3, M5, N1

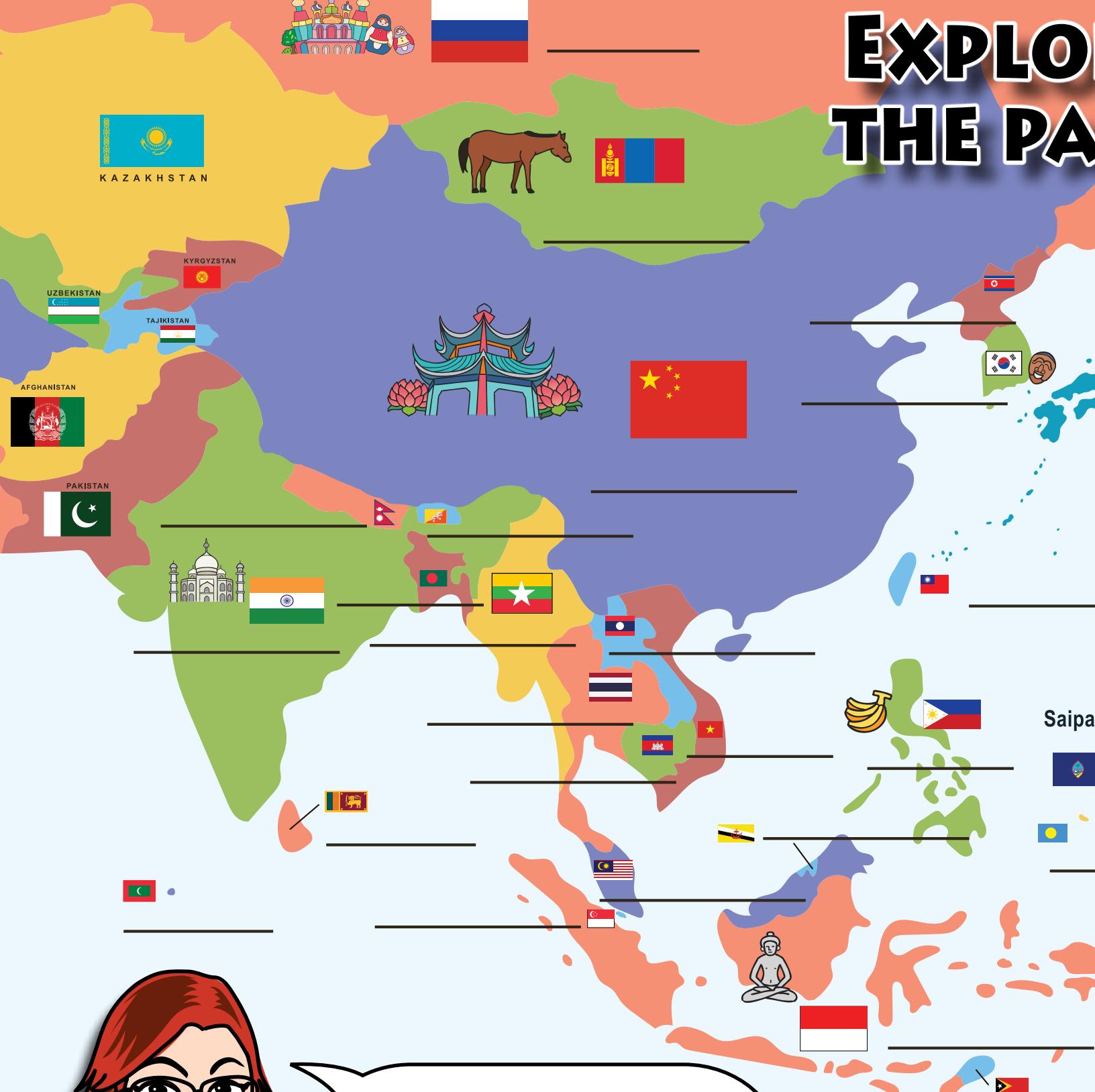
ANSWERS



KAZAKHSTAN

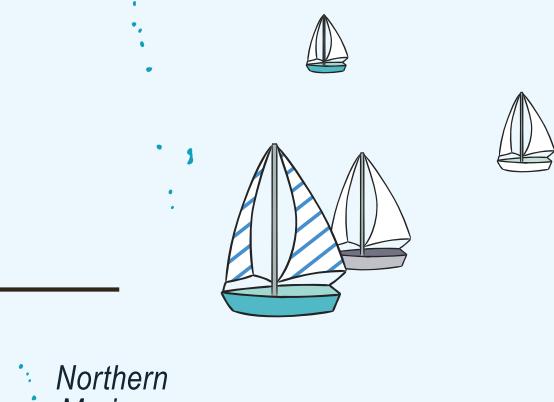
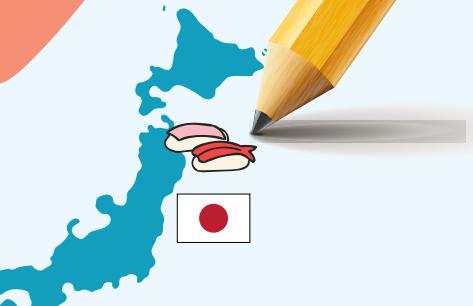


EXPLORE THE PACIFIC

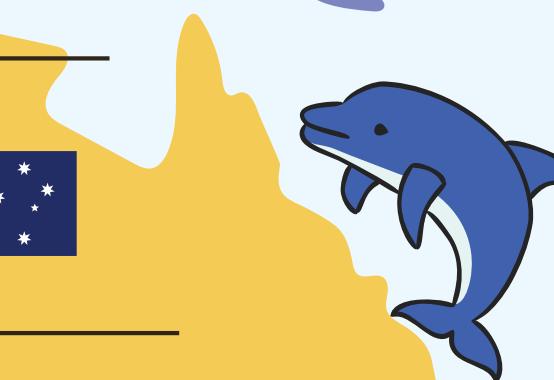
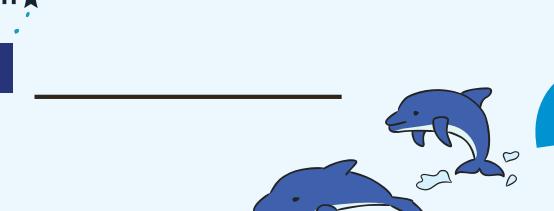


Look at all the countries on the map! Use the Country Flags box to help you write the name under each flag.

RING OCEANIC



Northern
Mariana
Islands



Country Flags

AUSTRALIA		JAPAN		PAPUA NEW GUINEA
BANGLADESH		LAOS		PHILIPPINES
BHUTAN		MALAYSIA		RUSSIA
BRUNEI		MALDIVES		SINGAPORE
CAMBODIA		MONGOLIA		SRI LANKA
CHINA		MYANMAR		SOUTH KOREA
EAST TIMOR		NEPAL		TAIWAN
GUAM		NORTH KOREA		THAILAND
INDIA		PALAU		VIETNAM
INDONESIA				

QUIZ TIME

Draw a line to the correct answer

1. Tokyo is part of this country •
2. Where is Seoul located? •
3. Country where Bali is located •
4. The Great Wall is in this country •
5. This island in a U.S. territory •
6. Japan's tallest mountain •
7. The land between North and South Korea •
8. Island chain in Japan •

- DMZ
- Okinawa
- Mount Fuji
- Indonesia
- China
- Guam
- Japan
- South Korea

Take a hike

Useful tips for trekking outdoors in Korea



- **Pick out the trail with an adult:** Have your parent or guardian show you a few and pick the ones you want to try.
- **Wear the right shoes:** Make sure you've got your strong and comfy sneakers or boots on.
- **Look for hidden treasures on the trail:** Have a contest with your family and friends to see who can spot the most birds or different types of leaves.
- **Always make sure you can see your adult.**
- **Bring a bag for your trash and recyclables:** Put your trash in your bag, not on the ground!
- **Wear a whistle:** If you don't see an adult, stop; stay where you are and blow your whistle.
- **Drink water:** Always stay hydrated on your hike.
- **Eat your trail mix:** Trail mix is a great and tasty way to stay fueled while you hike.

Great outdoors



LET'S GO HIKING!
BUT FIRST, HELP
ME COMPLETE THIS
WORD SEARCH!



Backpack	Hiking	Scenery
Bears	Kayak	Squirrel
Birds	Lake	Summer
Camping	Mountains	Trails
Canoe	Nature	Trees
Deer	Raccoon	Waterfall
Fishing	Ranger	Wilderness
Forest	River	Wildlife

Mudflat adventures



Speakin' Korean

Phrases

Let's go to the mudflat!:

Gaetbeol-e gaja! (갯벌에 가자!)

Look! I found a crab!:

Bwa! Ge-reul cha-ja-sseo! (봐! 게를 찾았어!)

I'm so muddy!:

Na wan-jeon jin-heuk-tu-seong-i-ya!

(나 완전 진흙투성이야!)

Vocabulary

Mudflats: Geot-boel (갯벌)

Sea / Ocean / Beach: Bada (바다)

West Coast: Seo-haean (서해안)

Wave: Pado (파도)



Did you know Korea's west coast has some of the largest tidal flats in the world? Mudflats are a special place where land and sea meet. When the ocean water pulls far away during low tide, it reveals a muddy playground full of hidden sea creatures. It might look messy, but it's perfect for treasure hunting for curious kids! Get your boots ready and explore Korea's mudflats!

Items to prepare

Extra clothes (you'll get muddy), gloves, aqua shoes or boots, a small shovel or hoe, tongs for grabbing crabs, bucket and headlamp (if you go at night).



Fun facts

- You'll easily find clams, crabs, conches, octopuses and many surprising sea creatures!
- The lowest tide usually occurs 1-2 times a day, once during the day and once at night.
- While clams can be collected easily during both day and night, you can catch crabs and octopuses at night because they're nocturnal.

UNESCO World Natural Heritage sites

Korea is home to four of the west coast mudflats designated as UNESCO World Natural Heritage sites. They are protected as one of the most valuable natural places on Earth. Many migrant birds stop here to rest during long trips across the world. A variety of rare animals, birds and plants live there. They also help keep the ocean clean and healthy. The four UNESCO mudflats are Seocheon, Gochang, Shinan and Boseong-Suncheon.





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KOREAN CUISINE

A typical Korean meal includes rice, soup, three or four side dishes and a main entrée. When there is meat or seafood, tongs and scissors are used to cut the food at the table instead of a knife.

**Word has it that
it's time to play
with Korean food.**



KOREAN CUISINE

K S P O O N O G P P M A N D U
G G E A B A N K O U A C N A H
I C E M C E O E P I A G M K M
M D H T H N G K O O P J N G O
B W C D O G N N E O S A B A M
A C I O P M S D I I E P I N A
P K M O S Y I O S D A C I G G
P G G I T E Y C K A W H A J B
B E K E I O A R I C E A T E N
U I H T C N I G M C E E N O H
L N P H K A H N C O D J B N E
G P D I S A I N H E C O D G R
O A I M I B I B I M B A P S N
G G I H I L R C P K A S G I S
I O N N Y T H A M A G O U C A

BIBIMBAP
MANDU
CHOPSTICKS

BULGOGI
JAPCHAE
SPOON

NAENGMYEON
GIMBAP
RICE

KIMCHI
DAKGANGJEONG
SEAWEED



Bibimbap



Bulgogi



Gimbap



Mandu



Kimchi

QUIZ TIME

See if you can match the Korean food words with the English definition!

- 1 Kimchi_____
- 2 Chopsticks_____
- 3 Rice_____
- 4 Seaweed_____
- 5 Bibimbap_____
- 6 Bulgogi_____
- 7 Spoon_____
- 8 Gimbap_____

- A. Used to eat rice and soup
- B. A meal in a single roll
- C. Weed found in the sea
- D. Grilled slices of marinated beef
- E. Famous fermented food
- F. Used to pick up food
- G. Cooked cereal grain
- H. Cooked rice with veggies & meat



LET'S LEARN HOW TO USE CHOPSTICKS!



1 Place the upper part of the first chopstick between the thumb and index finger and put the lower part on a ring finger.

2 Grab the second chopstick between the index and middle finger and hold it with the thumb.

3 You don't have to move the first chopstick. Open and close the second chopstick to pick up food by using the index and middle finger.

Watch this video! 



**AFTER YOU'RE DONE
LEARNING HOW TO
USE CHOPSTICKS,
GET CREATIVE AND
COLOR IN THE BOWL
OF NOODLES.**





SPAM A TASTY CANNED DELIGHT

SPAM is very popular in the Pacific! You'll see it in many yummy dishes like SPAM South Korean's budea jjigae hot pot, SPAM stir-fry and many more. If you've never tried SPAM, sampling it in some of the dishes in places like South Korea, Japan, Guam and Hawaii is a great way to do so! Give it a try!

Here are some interesting facts about this staple food in Asian cuisine:

- SPAM is a canned lunch meat made of ground pork and ham.
- SPAM appeared on shelves in 1937 from Hormel Foods in Minnesota.
- During WWII, SPAM was shipped abroad to feed troops.
- According to Hormel Foods, the canned meat is available in 50 countries.
- SPAM comes in 11 varieties, including Bacon, Gochujang (a spicy paste in South Korea) and Maple.
- In South Korea, SPAM is a popular gift for Lunar New Year. Stores will have elaborate displays of SPAM on sale for presents.
- In Guam, the average person consumes 16 cans of SPAM per year.
- In Hawaii, a total of 7 million cans of SPAM are consumed per year.

Information from Stripes Korea and Spam.com

SPAM Search

A	L	T	S	D	O	O	F	L	E	M	R	O	H	S
M	T	I	M	A	R	L	P	T	A	P	G	R	R	T
P	D	H	O	E	P	M	D	S	L	O	E	P	F	I
T	T	S	E	R	R	F	O	E	T	O	T	T	F	
O	O	E	H	O	H	K	O	D	M	A	H	A	M	I
M	A	P	S	R	A	H	H	I	O	T	R	A	E	A
A	T	O	O	M	R	A	G	U	S	O	K	K	M	W
W	R	A	U	P	O	O	M	M	S	S	A	L	T	E
A	H	U	T	O	T	A	P	N	R	T	T	K	M	O
T	K	P	H	R	R	R	L	I	D	A	K	A	M	T
E	P	S	K	K	R	O	E	T	O	R	P	I	G	
R	K	R	O	T	M	H	R	R	R	C	O	A	S	T
M	H	T	R	A	E	S	G	A	A	H	A	U	H	M
T	O	A	E	W	F	C	T	T	A	P	A	P	A	P
E	T	U	A	E	A	T	A	E	M	K	H	E	P	H

MEAT	SODIUM NITRATE	SPAM
SUGAR	SOUTH KOREA	PORK
HAM	POTATO STARCH	PIG
WATER	HORMEL FOODS	SALT

Kids' Kitchen

Popping Pooh Popcorn

Grab your parents and let's start cooking up some Disney treats!



Ingredients

Popcorn kernels (35g)
Oil (15g)
Honey (30g)
Butter (30g)
Salt (A pinch. This is unnecessary if your butter includes salt)
Sugar (20g)

- 1 Put popcorn kernels and oil in a pan (or a pot) and mix them.



- 2 Put the pan over medium heat. Make sure you put a lid on the pot while heating.
- 3 When the popcorn starts bouncing, shake the pan.
- 4 Once the kernels are done with popping, put the popcorn on a plate and let them cool down.
- 5 In the pan, mix butter (30g), sugar (20g), and honey (30g) together. (Add a pinch of salt if the butter is unsalted)
- 6 Place the pan over medium heat and keep stirring the ingredients to avoid burning the sauce.
- 7 The sauce gets thick and its color changes gradually.

- 8 When the sauce turns brownish, turn off the stove.
- 9 Add the popcorn back in the pan and mix them with the sauce quickly.
- 10 Spread the popcorn out on a cookie sheet lined with parchment paper and let it cool. (Make sure to spread the popcorn as the sauce is sticky and this will ensure the popcorn is coated separately.)
- 11 Once the sauce has hardened on the popcorn, it's time to enjoy!



Charming Churros

Ingredients

240 cc water
120 cc butter
1.25 cc salt
3.75 cc cinnamon
150g all-purpose flour
3 eggs
360 cc vegetable or canola oil
100g sugar

- 1 Pour water in a pot over medium heat and add in butter, salt, half of the cinnamon (1.25 cc).
- 2 Change the medium heat to low.
- 3 Add all-purpose flour and mix it until the dough begins to form. Remove from heat and let the mixture cool for 5 to 7 minutes.
- 4 Add eggs in one at a time as you knead the dough.
- 5 Place the dough in a pastry bag with a star-shaped piping tip. Prepare a plate with paper towels to place fried churros cool and drain excess oil.
- 6 Pour oil into a frying pan or another pot over medium to high heat until the oil reaches about 170°C (338°F).
- 7 When the oil reaches the temperature required, squeeze dough into the oil in 2.5 cm-long portions.



- 8 Fry until golden brown, then transfer onto the plate with the paper towels.

- 9 Mix sugar and cinnamon (2.5cc) in a bowl.

- 10 After the churros have cooled and strained excess oil, place into the sugar-cinnamon mix and coat.



- 11 After this, your churros are ready to devour. Bon appetit!



Terrific Toast Art

- 1 Draw or print out the character you want on a piece of paper.



- 2 Put the drawing over a paste board or a plastic sheet.

- 3 Cut out outlines and facial features using scissors or a paper cutter. (Have an adult do this for you).

- 4 Toast the bread and smear butter on it.



- 5 Place the stencil over the toast, then sprinkle generously with cocoa powder.

- 6 For my design, I also added a dollop of strawberry jam for my characters mouth.

Materials needed

- Printed design
- Paste board or thin plastic sheet (you can find these at the 100-yen store or even use a sheet protector)
- Toast
- Butter
- Cocoa powder, cinnamon, matcha powder, or any sweet powder you want to decorate your toast with.

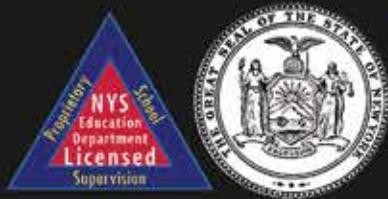
- 7 Carefully remove the stencil.

- 8 Bon appetit! Get your picture for the 'gram, then enjoy!



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