



A South Korean businesswoman introduced a new health food in the market, white kimchi juice made from **fermented** cabbage and vegetables without the salted fish or red chilli pepper.

The kimchi drink has a mild and refreshing taste, and it's the **brainchild** of former fashion designer Park Yun-Kyung, who chose white kimchi to reduce the spiciness and smell. The woman said that she had to go on overseas business trips a lot, and she missed Korean food when she went to Europe or America. She used to bring red pepper mixture in tubes; however, sometimes she really **craved** cold kimchi that was hard to get, and its smell was also a problem. Then she started to think of ways that she could eat kimchi more conveniently.

Park's kimchi juice is made from high-quality Korean cabbage that goes through aging, removal of juice, and more aging before it finally goes into packaging. Park said that Korean kimchi had become more popular as scientists studied the helpful effects of fermented vegetable foods.

Difficult words: **ferment** (to undergo a chemical process when certain living organisms such as yeasts or bacteria turn sugar into alcohol), **brainchild** (an idea or invention that's considered to a particular person's creation), **crave** (to want something greatly).

**Discussion Questions****Topic Talk**

1. Define the following words: *ferment*, *brainchild* and *crave*
2. Who introduced kimchi juice in the market?
3. What is kimchi juice made from?
4. Why did Park Yun-Kyung choose white kimchi instead of the traditional one?
5. What made her start making kimchi juice?
6. Why did Korean kimchi become more popular?

Express Your Thoughts

1. Have you tried eating kimchi? *If yes*, do you like it? *If no*, would you like to try?
2. Does your country have a similar dish to kimchi?
3. Kimchi is considered a detox food and so is kimchi juice. Would you be interested in trying this health drink to detoxify?
4. Do you know of any health food or drink that are considered a brainchild of someone from your country?