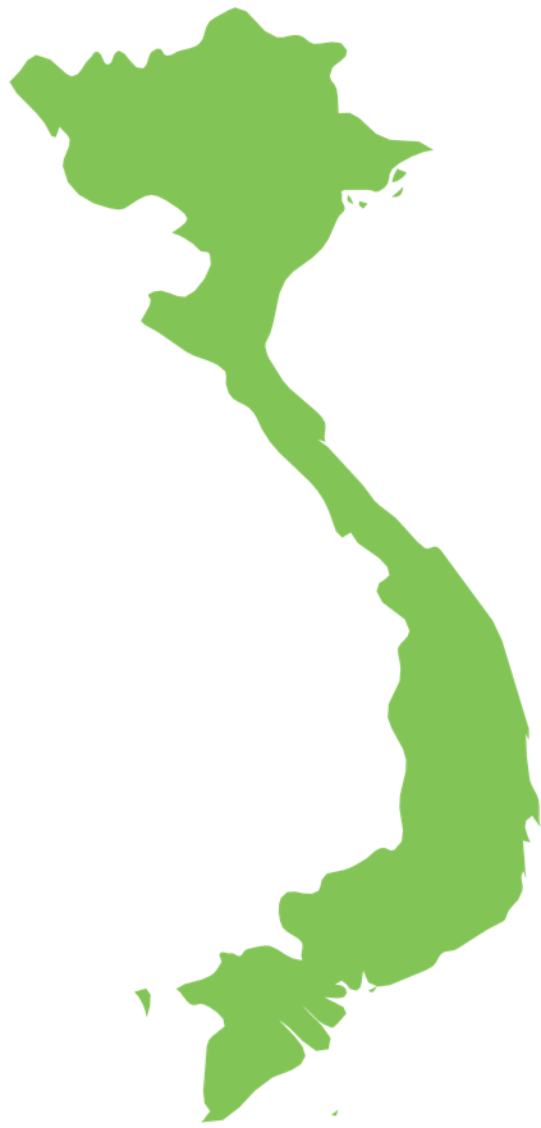


Foods from Vietnam

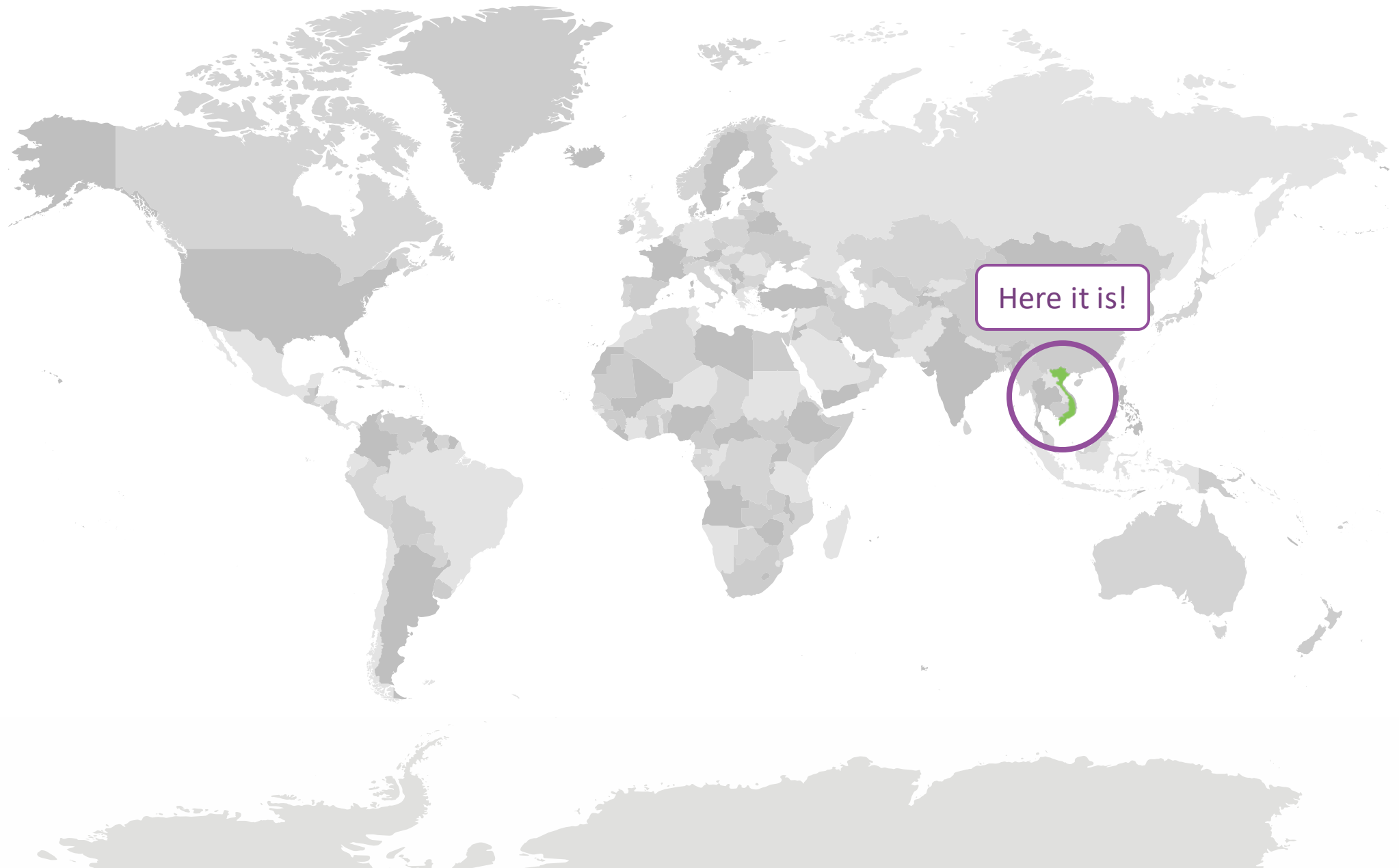


Seed
Learning

Let's learn about Vietnam



Where is Vietnam?



Flag of Vietnam



Have you tried Vietnamese food before?



STARTERS

Choice of dipping sauce: peanut, hoisin, soy, or sweet chili



Gỏi cuốn (fresh spring rolls) \$12
Choose one: pork, shrimp, or chicken



Chả giò (fried spring rolls) \$13
Minced pork with shrimp



Lotus root salad \$13

DRINKS



Vietnamese coffee \$4
Served with condensed milk

Fresh coconut water \$3

PHO (NOODLE SOUP)

Served with bean sprouts, chilies, onions, scallions, and cilantro



Beef \$10
Chicken \$11
Seafood \$11

BANH MI (SANDWICHES)

Served with cucumbers, carrots, daikon radishes, and cilantro



Grilled pork \$10
Grilled chicken \$10
Grilled beef \$12

BANH XEO (CREPES)

Served with scallions, lettuce, bean sprouts, and spicy dipping sauce



Shrimp & pork \$11
Vegetarian \$10

DESSERTS



Chè Chuối (Banana pudding) \$4
Coconut milk with banana, tapioca, and peanut



Chè ba mau (Three layer dessert) \$5
Coconut milk with red bean, taro, and jelly

Here are some Vietnamese foods:



Banh Mi



Pho

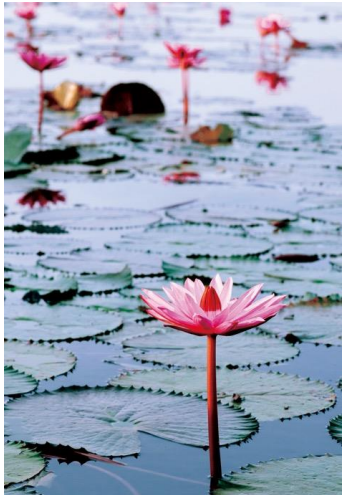


Spring Rolls

Introducing Vietnam

Why is the lotus important to the Vietnamese?

It is the national flower of Vietnam. Some Vietnamese say it represents their strong spirit.



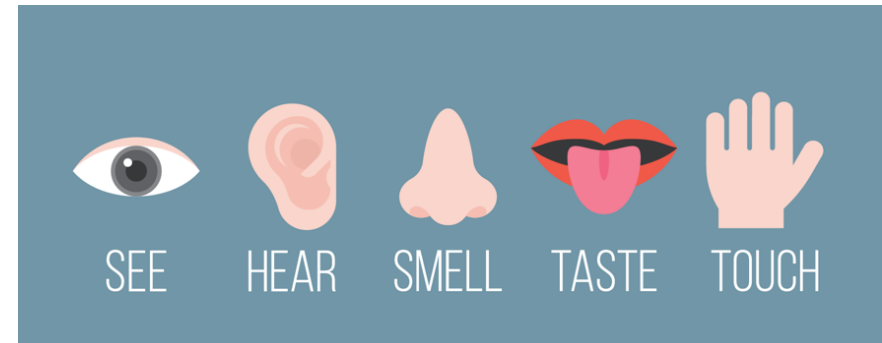
How many people live in Vietnam?

There are over 90 million people and fifty different groups of people. Each group has its own language, culture, and food.



What is the rule of five?

The rule of five is important in Vietnamese cooking. There must be a balance between the five tastes: sweet, sour, spicy, bitter, and salty. The food must also be interesting to the five human senses: seeing, hearing, smelling, tasting, and touching.



Banh Mi

What does banh mi mean?

The word banh mi means “bread” in Vietnamese. It can also mean “sandwich.”



Where can you get banh mi?

You can buy it in the street. Or you can make it at home.



Why is French style bread used in banh mi?

French style bread is used because Vietnam was part of France for almost 100 years.



Banh Mi

What kind of meat is used in banh mi?

The most common meat is cooked pork.
But you can use any leftover meat.



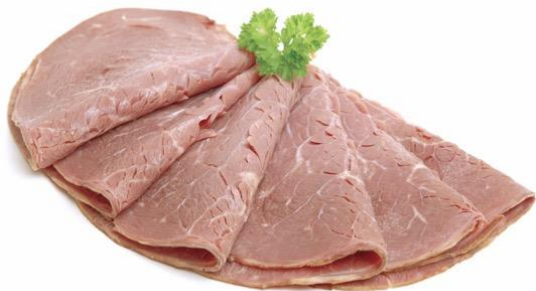
What vegetables are used in banh mi?

The vegetables you add are usually chopped and pickled. These are often daikon radishes, carrots, and cucumbers. Fresh cilantro is also important.



Does banh mi follow the rule of five?

Yes! each ingredient, even the bread, gives a different texture, smell, sound, look, and taste? Tasty!



Pho

How was pho originally sold?

Pho was originally sold by moving street cooks. They carried small kitchens on poles. From the poles, they hung everything they needed for cooking!



How is pho sold these days?

Now it is sold at outside pho stands or in restaurants.



When do Vietnamese eat pho?

It can be eaten at any time of day, but many Vietnamese have it for breakfast.



Where did pho come from?

The dish's origin was in northern Vietnam. The people from the north brought pho with them down south. In the south, it was changed to fit the different tastes.



Pho

What are the ingredients for northern and southern style pho?

The northern style only has noodles with meat, vinegar, fish sauce, and lots of green onions. The southern style added herbs like cilantro and basil, sauces like spicy chili sauce, and lemon or lime juice.



What is used to make the stock for pho?

For the stock, they cook beef or chicken bones for several hours. They cook it with onion, ginger, and spices. The spices include cinnamon, star anise, and black cardamom.

Spring Rolls

How are the two types of spring roll different?

Gỏi cuốn are fresh rolls and chả giò are fried rolls.



How do gỏi cuốn follow the rule of five?

They have the smell of the fresh herbs, the taste of the ingredients, the bright colors, the sound of crunchy vegetables, and the feeling of the cool rice paper.



What is in gỏi cuốn?

Vegetables, cooked pork or shrimp, and herbs and spices are put onto a rice paper and wrapped. They are served with a dipping sauce.



What is in chả giò?

The most common main ingredients in chả giò are ground meat, mushrooms, noodles, and vegetables. These are then rolled up in a piece of rice paper.

New Words



❖ **chili** *n.*

This **chili** pepper is much too spicy!

★ a small vegetable that has a spicy taste



❖ **crunchy** *adj.*

Those potato chips are **crunchy**!

★ having a hard texture and making a cracking sound when eaten

New Words



❖ herb *n.*

I have a small **herb** garden at home.

★ a plant or a part of a plant that is used to give flavor to food



❖ mayonnaise *n.*

I love to put **mayonnaise** and ketchup on my burger!

★ a thick, white sauce used in salads and sandwiches, made of eggs, vegetable oil, and vinegar or lemon juice

New Words



❖ mushroom *n.*

Mom collects **mushrooms** in the forest.
★ **fungi, some of which can be eaten but other kinds can make you sick**



❖ pickle *v.*

I like to **pickle** vegetables in summer so I can eat them in winter!
★ **to make a food last longer with salt water or vinegar**

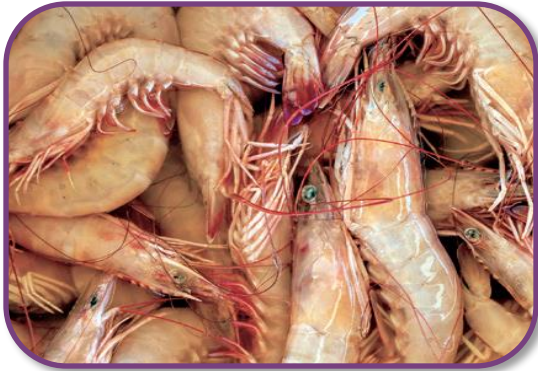
New Words



❖ sense *n.*

Dogs have an excellent **sense** of smell.

★ one of the five ways that you receive information about the world around you



❖ shrimp *n.*

My sister loves to eat fried **shrimp** with dipping sauce.

★ a small sea animal that has a long body and legs and that is eaten as food

New Words



❖ soy sauce *n.*

The cook added a bit of **soy sauce** to the dish for flavor.

★ a brown sauce that is made from soybeans and used in Asian cooking



❖ starter *n.*

In American restaurants, soup or salad is a common **starter**.

★ a small dish eaten at the start of a meal; the first course of a meal

1. Vietnamese food has a lot of

(a)



(b)



(c)



2. You can eat banh mi with _____.



(a) your fingers

(b) chopsticks

(c) a knife

3. What do you need to make pho?

(a)



(b)



Reading Quiz

4. Pho is the same in the north and the south of Vietnam.

True


False

Reading Quiz

5. Banh mi is a kind of soup.

True


False

Reading Quiz

6. Spring rolls can be fresh or fried.


True

False