

CUP NOODLES



MATERIALS NEEDED/DIRECTIONS

Serves: ONE

Food Items	Cooking Items
CUP NOODLES HOT WATER	PAN OR POT OVEN MITTS TIMER

Directions

- 1. FILL POT WITH 2 CUPS OF WATER.**
- 2. BOIL WATER ON STOVE-TOP**
- 3. FOLD BACK LID.**
- 4. ADD BOILING WATER TO INSIDE FILL LINE.**
- 5. CLOSE LID.**
- 6. LET STAND FOR 3 MINUTES.**
- 7. STIR AND ENJOY.**

CUP NOODLES



COMPREHENSION QUESTIONS

Circle the correct answer.

1 What did you make? A. HASH BROWNS B. BAKED POTATO C. CUP NOODLES	6 Did you use a dinner knife or timer? A. DINNER KNIFE B. TIMER
2 How many different food and cooking items did you use? A. 5 B. 6 C. 7	7 WHAT COLOR WERE THE NOODLES AFTER YOU COOKED THEM? A. white B. black C. brown
3 Circle 3 materials you used. A. SPATULA D. TIMER B. WHISK E. OVEN MITTS C. POT	8 HOW MANY CALORIES PER SERVING OF CUP NOODLES? A. 1000 B. 290 C. 60
4 What heat did you turn the stove-top burner to? A. low B. medium C. high	9 WHERE SHOULD YOU STORE THE COOKING POT? A. cupboard B. refrigerator C. oven
5 HOW MANY CUPS OF WATER DID YOU USE? A. 1/2 cup B. 1 cup C. 2 cups	10 HOW MUCH SODIUM IS IN EACH SERVING OF CUP NOODLES? A. 290 B. 1050 C. 777

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COMPREHENSION QUESTIONS

Answer the following questions with complete sentences.



1. WHY DO YOU BOIL THE WATER IN A PAN INSTEAD OF A MICROWAVE?

2. WHAT ARE 3 WORDS THAT DESCRIBE A BOILING POT?

3. WHERE DID YOU POUR THE WATER AFTER YOU BOILED IT?

4. How is a measuring cup different from a measuring spoon?

5. WHAT VEGETABLES ARE INCLUDED IN THE CUP NOODLES?

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COMPREHENSION QUESTIONS

Answer the following questions with complete sentences.



6. **WHAT FOOD GROUP ARE NOODLES IN?**

7. **WHAT DO YOU USE TO STIR THE NOODLES?**

8. **What did you use to keep from burning your hand?**

9. **WHAT 3 FLAVORS OF CUP NOODLES?**

10. **What room in your home would you cook this meal in?**

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CLOZE ACTIVITY

Fill in the blanks with the words below.



FAVORITE

WATER

HIGH

NOODLES

BOILING

STAND

SOAK

SPICES

First, I will fill my _____ pot with 2 cups of _____. Set the burner to _____. Wait! for the water to boil on the Stove-top. Then, fold back the lid of your Cup _____. Next, add that _____ water up to the inside fill line. Close the lid. Let _____ for 3 minutes to _____ in those _____. Finally, it's time to stir and enjoy!

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WRITING ACTIVITY

WRITE THE STEPS YOU TOOK TO MAKE THE CUP NOODLES.



First

Then

Next

Finally
