

# CUP NOODLES



## MATERIALS NEEDED/DIRECTIONS

Serves: ONE

Food Items	Cooking Items
<b>CUP NOODLES</b>	PAN OR POT
<b>HOT WATER</b>	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
- B. WHISK
- C. POT
- D. TIMER
- E. OVEN MITTS

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

# CUP NOODLES

## COMPREHENSION QUESTIONS

Answer the following questions with complete sentences.



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

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

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

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

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5. WHAT VEGETABLES ARE INCLUDED IN THE CUP NOODLES?

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# CUP NOODLES

## COMPREHENSION QUESTIONS

Answer the following questions with complete sentences.



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

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

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

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

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

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# CUP NOODLES

## CLOZE ACTIVITY

Fill in the blanks with the words below.



FAVORITE  
BOILING

WATER  
STAND

HIGH  
SOAK

NOODLES  
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!

# CUP NOODLES

WRITING ACTIVITY

WRITE THE STEPS YOU TOOK TO MAKE THE CUP NOODLES.



First

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Then

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Next

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Finally

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