

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.

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

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?**

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?**

CUP NOODLES

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?**

CUP NOODLES

CLDZE 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!

CUP NOODLES

WRITING ACTIVITY



WRITE THE STEPS YOU TOOK TO MAKE THE CUP NOODLES.

First

Then

Next

Finally
