

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
