

## Ramen Noodles History & Makeover with Homemade Noodle Bowl Lab

Intro: How many of you have prepared/eaten one of the “Ramen Noodle” instant soup packages? Why? Create a list on the board.

What is Ramen? Ramen is a quick cooking Japanese noodle served with meat, broth and vegetables. It’s Japan’s version of “fast food”.

Discuss: Anyone know when these noodles were first introduced, how they were invented and when they became a global food? Let’s find out...this trivia game about Ramen Noodles as a “pre-test”. <http://www.allthetests.com/quiz23/quiz/1182521396/Do-You-Know-Ramen-Noodles>

Activity: View the YouTube video “Nissin Noodles - The Instant Meal with a Lasting Legacy” and complete the guide sheet while viewing.

<https://www.youtube.com/watch?v=fqseyLw2Flg>

Go over the correct answers for the guide sheet.

Discuss: Ramen Noodle Instant Soup packages often get a bad rap when it comes to nutrition. Anyone know why? Use your iPads or the internet to investigate and create a list of at least 5 reasons these little packages of convenience are not recommended to eat on a regular basis and are considered unhealthy. Here is one website to help you get an idea of what your students should be finding: <https://www.yahoo.com/beauty/whats-actually-in-instant-ramen-115416194312.html>

Share nutrition information discoveries about ramen noodles.

So...how can we enjoy the convenience of the ramen noodles in a healthier way?

The answer is...make your own noodle bowls using fresh ingredients. First, get rid of the instant soup packages with flavor packs and substitute another type of quick cooking Asian noodle like Soba, Udon or Rice. See this article to learn more about them:

<http://www.thekitchn.com/whats-the-difference-soba-udon-116505>

Lab: Easy Asian Chicken Noodle Soup (a.k.a. Homemade Ramen)



# Easy Asian Chicken Noodle Soup (a.k.a. Homemade Ramen)

**Cook time** 15 mins **Total time** 15 mins

*Adapted from a recipe in America's Test Kitchen Quick Family Cookbook*

Author: Jane Maynard

Recipe type: Main Dish, Soup, Poultry

Cuisine: Asian

Serves: 4

## Ingredients

- ½ tablespoon vegetable oil
- ½ pound boneless, skinless chicken breasts, cooked and shredded\*
- 2 green onions, sliced thin with greens separated from whites
- ¼ teaspoon ground ginger
- 1 garlic clove, minced (I use my garlic press)
- 3½ cups low-sodium or sodium-free chicken broth
- 1 tablespoon low sodium soy sauce, plus extra as needed
- 3-ounces noodles (soba, udon or rice)
- 1½ cups shredded coleslaw mix
- 1½ cups fresh baby spinach, roughly chopped
- ½ tablespoon sesame oil, plus extra as needed
- salt and pepper

## Instructions

1. Heat vegetable oil in a large pot over medium heat. Add chopped white green onions (reserving the greens for later), ginger and garlic and cook for about 1 minute.
2. Stir in chicken broth and soy sauce and bring to a simmer (you'll want to turn the heat up to get it boiling gently, reduce the heat to medium or so to maintain the simmer).
3. Stir in noodles and coleslaw and cook for 4 minutes.
4. Add chicken and spinach and cook for 1 minute.
5. Stir in the rest of the green onions and sesame oil. Mix together, taste, add salt, pepper, soy sauce and sesame oil to taste. Serve immediately.

## Notes

\*Cook the chicken however is easiest for you – grill, sauté, boil, whatever!

<http://thisweekfordinner.com/2013/10/22/easy-asian-chicken-noodle-soup-a-k-a-homemade-ramen/>

Nutrition Facts Label for Soup Makeover based on recipe ingredients and amounts:

<b>Nutrition Facts</b>	
Serving Size 361 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 224	Calories from Fat 83
% Daily Value*	
<b>Total Fat</b> 9.3g	<b>14%</b>
Saturated Fat 2.0g	<b>10%</b>
<i>Trans</i> Fat 0.0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 282mg	<b>12%</b>
<b>Potassium</b> 324mg	<b>9%</b>
<b>Total Carbohydrates</b> 13.5g	<b>5%</b>
Dietary Fiber 1.5g	<b>6%</b>
<b>Protein</b> 20.4g	
Vitamin A 27%	• Vitamin C 33%
Calcium 5%	• Iron 11%
<b>Nutrition Grade B+</b>	
* Based on a 2000 calorie diet	

Label was generated at this website: [https://www.caloriecount.com/cc/recipe\\_analysis.php](https://www.caloriecount.com/cc/recipe_analysis.php)