



# #10657 15 MINUTE NOODLE: LOVE THAT PASTA! EXPLORING THE VERSATILITY OF PASTA

LEARNING ZONE EXPRESS, 2000

GRADE LEVEL: 6-13+

20 MINUTES

1 INSTRUCTIONAL GRAPHIC INCLUDED

## DESCRIPTION

Demonstrates the basics of cooking pasta, and shows how to quickly create five different dishes. Includes nutritional tips, pasta storage,

recipe ingredients, and other cooking hints.

## ACADEMIC STANDARDS

### Subject Area: Health

- Standard: Understands essential concepts about nutrition and diet.
  - ◆ Benchmark: Understands how eating properly can help to reduce health risks (in terms of anemia, dental health, osteoporosis, heart disease, cancer, malnutrition).
  - ◆ Benchmark: Understands how nutrient and energy needs vary in relation to gender, activity level, and stage of life cycle.
  - ◆ Benchmark: Understands the reliability and validity of various sources of food and nutrition information (e.g., dietary supplements, diet aids, fad diets, food labels).
  - ◆ Benchmark: Knows local, state, federal, and private agencies that protect and/or inform the consumer (e.g., FDA, EPA, OSHA, local prosecutor's office).

### Subject Area: Life Work

- Standard: Manages money effectively.
  - ◆ Benchmark: Uses sound buying principles (e.g., comparing costs and benefits, making informed choices) for purchasing goods and services.

# C a p t i o n e d M e d i a P r o g r a m

## **INSTRUCTIONAL GOALS**

1. To know that comparing costs and benefits of different types of food products is a sound buying principle.
2. To be aware of all the nutritional information found on noodle/pasta labels as well as any allergens.
3. To be familiar with the basic dietary needs of the human body.
4. To know where and how to write a letter to the company found on the label.
5. To be able to identify different types of pastas.
6. To comprehend the Food Guide Pyramid.

## **VOCABULARY**

- |                  |              |
|------------------|--------------|
| 1. colander      | 4. saucepan  |
| 2. penne         | 5. shell     |
| 3. Ramen noodles | 6. stock pot |

## **BEFORE SHOWING**

Check for food allergies in your classroom before attempting any recipe.

## **AFTER SHOWING**

### **Discussion Items and Questions**

1. Where does pasta fit into the Food Guide Pyramid?
2. What are the names of six different pastas?
3. How are some Asian pastas different from Italian pastas?
4. How long can you store fresh pasta?
5. How long can you store dried pasta?
6. What kind of pan should be used for cooking pasta?
7. What is the texture of properly cooked pasta? How do you know it is done?

### **Applications and Activities**

1. Hand out recipes seen in the media. (See INSTRUCTIONAL GRAPHICS.)
2. Have students bring in labels from noodle/pasta products.
  - a. Read thoroughly all information given on packaging.
  - b. Write down complete ingredients and grams of protein, carbohydrates, and fat per serving.
3. Using books, brochures, and charts, review the six basic dietary requirements for maintaining a healthy body (i.e., carbohydrates, protein, fat, vitamins, minerals, and water) and look for these on the label.
4. Write a business letter to the company found on the label requesting more nutrition information.
5. Study the Food Guide Pyramid. Notice the daily allowance of whole grains suggested.

## INSTRUCTIONAL GRAPHIC

- RECIPES

## CMP RELATED RESOURCES

- [\*Baking Basics: Cookies #10656\*](#)
- [\*Video Cooking Library: Mouthwatering Meatless Meals #7889\*](#)
- [\*Video Cooking Library: Pasta, Pasta, Pasta #7891\*](#)

## World Wide Web



The following Web sites complement the contents of this guide; they were selected by professionals who have experience in teaching deaf and hard of hearing students. Every effort was made to select accurate, educationally relevant, and “kid safe” sites. However, teachers should preview them before use. The U.S. Department of Education, the National Association of the Deaf, and the Captioned Media Program do not endorse the sites and are not responsible for their content.

- MY PYRAMID

<http://www.mypyramid.gov/>  
From the USDA Web site;  
gives an estimate of what and  
how much you need to eat;  
enter your age, gender, and  
activity level.



- COOKS.COM

<http://www.cooks.com/rec/search?q=noodles+%26+pasta>

Links to noodle and pasta recipes.

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- **IN MAMA'S KITCHEN: THE HISTORY OF PASTA**

[http://www.inmamaskitchen.com/FOOD\\_IS\\_ART/pasta/historypasta.html](http://www.inmamaskitchen.com/FOOD_IS_ART/pasta/historypasta.html)

Includes anecdotes regarding the history of pasta.



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- **GLOSSARIST**

<http://www.glossarist.com/glossaries/lifestyle/cooking.asp>

Provides a list of specialty-food glossary links.



- **NUTRITIONAL VALUE OF A PASTA DISH**

[http://www.professionalpasta.it/dir\\_1/pasta\\_dish\\_01.htm](http://www.professionalpasta.it/dir_1/pasta_dish_01.htm)

Overviews the nutritional value of pasta, its metabolic effects, and its benefit for those involved in aerobic sports.

## **SPAGHETTI WITH TOMATO-BASIL SAUCE**

MAKES 4 SERVINGS

**INGREDIENTS:**

1 (29-ounce) can chunky tomato sauce  
¼ cup minced fresh basil  
½ teaspoon sugar  
½ teaspoon pepper, or to taste  
⅛ teaspoon red pepper flakes, or to taste  
Salt to taste  
Garnish (freshly ground black pepper, freshly grated Parmesan cheese)  
12 ounces spaghetti

Bring a large pot of water to a boil over high heat; add salt, then the spaghetti. When the water returns to a boil, stir occasionally to separate the spaghetti. Reduce the heat to medium high and cook for about 8 to 10 minutes, or according to package instructions, until spaghetti is *al dente*.

While the spaghetti is cooking, combine the sauce ingredients in a medium nonstick saucepan over medium-heat. Heat, stirring occasionally, until hot and bubbly. Remove from the heat; cover and set aside. Adjust the seasonings to taste.

When the spaghetti is done, drain well. Transfer it to pasta bowls; top each serving with the sauce.

## **NOODLES WITH BREAD CRUMBS**

MAKES 4 SERVINGS

**INGREDIENTS:**

8 ounces spinach ribbon noodles (about 4 cups)  
¼ cup butter  
½ cup dried bread crumbs (may be seasoned)  
½ teaspoon pepper, or to taste  
Salt to taste  
3 plum tomatoes, sliced  
Garnish (sprigs of fresh flat-leaf parsley)

Bring a large pot of water to a boil over high heat; add salt, then the noodles. When the water returns to a boil, stir occasionally to separate the noodles. Reduce the heat to medium-high and cook for about 5 to 7 minutes, or according to package instructions, until spaghetti is *al dente*. Drain well; set aside and cover to keep warm.

Melt the butter in the pot over medium-high heat. Add the noodles and stir gently for about 3 minutes or until evenly coated. Toss in the bread crumbs, pepper, and salt. Adjust the seasoning to taste.

Top each serving with tomato slices.

## **PENNE, TOMATO, AND MOZZARELLA TOSS**

MAKES 6 SERVINGS

**INGREDIENTS:**

16 ounces penne  
1 large tomato, cut into ½-inch cubes  
¼ pound mozzarella cheese, cut into ½-inch cubes  
¼ cup coarsely chopped fresh basil  
¼ cup extra-virgin olive oil  
2 teaspoons minced garlic  
½ teaspoon pepper, or to taste  
¼ teaspoon salt, or to taste  
Pinch of red pepper flakes, or to taste  
Garnish (freshly ground pepper, freshly grated Parmesan cheese)

Bring a large pot of water to a boil over high heat; add salt, then the penne. When the water returns to a boil, stir occasionally to separate the penne. Reduce the heat to medium-high and cook for about 12 to 14 minutes, or according to package instructions, until spaghetti is *al dente*.

While the penne is cooking, mix the remaining ingredients (except the garnish) in a medium bowl.

When the penne is done, drain well. Return the penne to the pot. Add the tomato mixture and toss. Adjust the seasoning to taste.

## **TORTELLINI SOUP**

MAKES 4 SERVINGS

**INGREDIENTS:**

2 tablespoons olive oil  
½ cup finely chopped onion  
2 teaspoons minced garlic  
2 cups sliced mushrooms  
2 (14 ½-ounce) can fat-free, low-sodium chicken broth  
1 (15-ounce) can diced tomatoes, with juice  
1 teaspoon Worcestershire sauce  
½ teaspoon dried basil  
¼ teaspoon pepper, or to taste  
8 ounces tortellini (filled with cheese, mushrooms, or meat)  
1 tablespoon minced fresh flat-leaf parsley  
Garnish (freshly grated Parmesan cheese)

Heat the oil in a Dutch oven or soup pot over medium-high heat. Add the onion and garlic; cook, stirring occasionally, until fragrant and almost tender, about 2 minutes. Add the mushrooms; cook, stirring constantly, until tender, about 3 more minutes. Stir in the chicken broth, tomatoes with juice, Worcestershire sauce, basil, and pepper. Cover and increase the heat to high.

When the liquid comes to a boil, stir in the tortellini. Reduce the heat to medium-high; cover and cook, stirring occasionally, just until the tortellini is tender, about 5 to 6 minutes, or according to package instructions. Stir in the parsley. Adjust the seasoning to taste.

**Captioned Media Program**