



List of Supplies Needed

Lesson 7: Noodle Soup

General

- Lesson plan
- Activity worksheet
- Recipe

Find detailed lesson plans, printable recipes & more at:

foodliteracycenter.org/lesson7

Cooking

- Aprons
- Measuring spoons
- Chef knife for adults
- Plastic kid knife or butter knife
- Cutting mat or cutting board
- Mixing bowl & mixing spoon
- Spoon & fork
- Stockpot
- Ladle
- Slotted spoon
- Small pot, for boiling water
- Kitchen towels
- Tongs to serve noodles
- Nylon mesh food strainer bag (if you're buying the spices separately)

Food & Produce

- Pho spices or spice packet
- Dried ramen or rice noodle package
- Lemongrass
- Onion
- Carrot
- Ginger
- Cilantro
- Dried mushrooms
- Bean sprouts
- Soy sauce
- Basil
- Green onion
- Lime

