



Ooodles of Noodles!

By, Jen Leon

Adapted from [Great Big Story](#): How Noodles Are Made From Around the World

VAKT # Supplies

#1) playdoh #2) ruler #3) paper plate, sewing thread (various colors, sizes), scissors #4) Strips of yarn or paper (preferably yellow and purple), paper plate #5) Markers or colored pencils, coloring sheet (see last page of lesson) or blank paper #6) play-doh and playdoh press (Play-Doh Basic Fun Factory) or colander #7) play-doh, roller, and plastic knife -or- construction paper and scissors #8) play-doh (optional)

NOODLES are loved and eaten all over the world. Noodles are a STAPLE (regular, common) food in many cultures and have been around for a very long time. In the year 2005, ARCHEAOLOGISTS (people who study history by digging things up) discovered the first evidence of noodles when they UNEARTHED a 4000-year-old FOSSILIZED (preserved) bowl of noodles in NORTHWESTERN CHINA. Though some believe that noodles actually ORIGINATED (came from, began) in the MIDDLE EAST, this discovery suggests that China is possibly the birthplace of the noodle.



4000 year old fossilized noodles

Question Type Key

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Spell: NOODLES, FOSSILIZED, CHINA

Where are noodles loved and eaten? All over the ___WORLD

The word that describes a food that is regular or common is: STAPLE

OR

A synonym for “staple” is: REGULAR, COMMON

Who discovered the fossilized noodles? ARCHAEOLOGISTS

In what year were the fossilized noodles discovered? 2005

How many years old were the fossilized noodles? 4000

If the noodles were discovered in 2005 and they were 4000 years old, in what year were they meant to be eaten? 1995 BC

What does it mean to unearth something? TO DIG UP, TO UNCOVER

In what part of China were the fossilized noodles discovered? NORTHWESTERN

Some people believe that noodles actually originated from the ...where? MIDDLE EAST

How would you describe the texture of the fossilized noodles shown in the picture? BRITTLE, CRISPY, FRAGILE

In this lesson, we will learn about six different HANDMADE noodles from six different parts of the world. The first noodle we will learn about ORIGINATED (started, began) in China over 300 years ago and is called SUO. Suo takes about 16 hours to make and the DOUGH is very heavy, weighing about 110 pounds! The dough is rolled into a long rope, about 9 feet long, making the noodles so thin they could fit through the EYE (opening) of a needle, like thread!



Suo noodles of China

Spell: SUO, DOUGH, NEEDLE

How are the noodles that we are going to learn about in this lesson made?

HANDMADE

How many different noodles are we going to learn about in this lesson? 6

The word that means “started” or “began” is: ORIGINATED

OR

The word “originated” means: STARTED or BEGAN

Suo noodles were made in China over how many years ago? 300

Suo takes about 16 ____ to make? HOURS

What kind of shape is Suo dough rolled into? A LONG ROPE

About how many feet long is the rolled out Suo dough? 9

How thin are Suo noodles? THEY COULD FIT THROUGH THE EYE OF A NEEDLE LIKE THREAD

The eye of a needle refers to which part of the needle? OPENING

VAKT 1: Let’s roll the playdoh into as long a rope as we can!

VAKT 2: Here is a ruler that is 1 foot, or 12 inches, long.

a) Let’s use two hands spaced apart to show a distance of 1 foot. Now let’s show 1 inch.

b) Let’s measure the (table, my arm, bookshelf, etc.) to see about how many feet long it is.

c) Rolled Suo noodle dough is 9 feet long. Do we think this wall is at least 9 feet long? Let’s measure it find out!

Question Type Key

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VAKT 3: Let's make a pretend plate of noodles using thread! (Cut thread into different lengths and pile them onto a paper plate. Can use multiple colors/counts of thread for variety.)

The second noodle we will learn about is a noodle made in THAILAND from RICE, called KANOM JEEN and it is typically eaten for breakfast. It takes about two days to make. Traditional kanom jeem is rare. Not many people know how to make it anymore. Kanom jeen can be colorful. BUTTERFLY PEA FLOWERS can be mixed in to turn it purple or a spice called TUMERIC can be crushed and mixed in to turn it yellow.



Kanom Jeen of Thailand

Spell: KANOM JEEN, RARE, COLORFUL

Kanom jeen is from what country? THAILAND

Kanom jeen is made of what grain? RICE

Name something else that is made from rice. CAKES, CEREAL, BREAD, MILK, VINEGAR

During which meal is kanom jeen typically eaten? BREAKFAST

What is something you like to eat for breakfast?

How many days does it take to make kanom jeen? 2

Why is traditional kanom jeem rare? NOT MANY PEOPLE KNOW HOW TO MAKE IT ANYMORE

Of those mentioned, what might be a color of kanom jeen? PURPLE, YELLOW

Butterfly pea flowers can be used to turn Kanom Jeen what color? PURPLE

Name another purple plant or food. VOILET, EGGPLANT, LAVENDAR, GRAPES

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This spice can be crushed and mixed into Kanon Jeen to turn it yellow. TUMERIC

If you could choose a color for a noodle, what would it be? What could you mix with your dough to turn it that color?

VAKT 4: Oh, no! I slipped and spilled my kanom jeen all over the place! Can you help me clean up my noodles? (Pieces of - ideally, yellow and purple - yarn or thin strips of paper should be scattered in various places across the room in advance of the session or in the moment, toss up a handful of “noodles” and collect them back onto a paper plate.)

VAKT 5: Let’s draw (or color in) a colorful bowl of noodles! (Use noodle coloring sheet on last page or draw your own.)

Next, we have a traditional rice noodle from INDIA, called IDIYAPPAM (id-ee-yah-pum). Another name for this noodle is NOOL PUTTU. Nool means “string” or “thread”, and puttu means “made from rice”. The image below shows how Idiyappam dough is pushed through a PRESS and thin noodles come out. Then the noodles are cooked by steaming. These noodles can be eaten with CHUTNEY (Indian sauces), sugar, or stew.



Idiyappam of India

SPELL: IDIYAPPAM, TRADITIONAL, PRESS

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Idiyappam is a traditional rice noodle from which country? INDIA

India is in which continent? ASIA

Another name for idiyappam is: NOOL PUTTU

The word “nool” means: STRING or THREAD

The word “puttu” means: MADE FROM RICE

Idiyappam noodles are cooked by _____? STEAMING

What is another food that can be cooked by steaming?

Indian sauce is called: CHUTNEY

Besides chutney, name one thing mentioned that idiyappam can be eaten with?
SUGAR, STEW

VAKT 6: Let’s practice making pretend noodles using a press. (Use a play-doh press or a colander and push play-doh through a small opening.)

Now let’s head to RUSSIA and learn about LAPSHA. Lapsha can be dried and stored frozen so it is ideal for the long, cold Russian winters. Lapsha is a noodle made with eggs, and is best made with farmer’s eggs to give it just the right taste, color, and AROMA (smell or scent). Lapsha dough is pressed into large, thin sheets and dried. Then the sheets are rolled, cut into thin strips, and cooked. It is often served with melted butter, mushrooms, and herbs.



Lapsha dough sheets rolled up.



Rolled lapsha dough cut into thin slices.



Lapsha noodles unrolled.

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SPELL: RUSSIA, EGGS, MUSHROOMS

This Russian noodle is called: LAPSHA

How can lapsha be stored? FROZEN

Why is it ideal that lapsha can be stored frozen? FOR THE LONG, COLD RUSSIAN WINTERS

Lapsha is a noodle best made with what kind of eggs? FARMER'S

Why is lapsha best made with farmer's eggs? TO GIVE IT JUST THE RIGHT TASTE, COLOR, AND AROMA

A synonym for "aroma" is: SMELL, SCENT

**Lapsha is often served with melted butter, mushrooms, or _____? HERBS
OR**

Name one of foods mentioned that Lapsha is often served with. MELTED BUTTER, MUSHROOMS, HERBS

Name a type of herb. BASIL, THYME, OREGANO, etc.

If you were going to eat lapsha with a vegetable, what would it be?

VAKT 7: Let's make pretend Lapsha noodles with playdoh (or paper)! First, make a flat thin sheet, then roll it, and cut it into thin pieces. Then unroll the pieces to see the noodles!

In GERMANY, there is a famous noodle called SPAETZLE (spaht-zul). Spaetzle dough is made from flour mixed with egg, water, salt, pepper, and NUTMEG. The dough is pushed through a press directly into boiling water. The noodle is done when it rises to the surface of the water. Speatzle is especially tasty when baked with SWABIAN cheese and onions.





Speatzle of Germany

SPELL: SPEATZLE, TASTY, CHEESE

Speatzle noodle is from which country? GERMANY

Germany is in which continent? EUROPE

Name any two of the ingredients of spaetzli dough: FLOUR, EGG, WATER, SALT, PEPPER, NUTMEG

Speatzle dough is pushed through a press directly into what kind of water? BOILING

How do you know when spaetzle noodles are done cooking? THEY RISE TO THE SURFACE OF THE WATER

Speatzle is tasty when baked with what kind of cheese and onions? SWABIAN

Name another type of cheese. SWISS, PROVOLONE, AMERICAN, CHEDDAR, MUENSTER, ...

Speatzle is considered by some to be a comfort food. What foods are comforting to you?

The last noodle in our lesson is from ITALY and it is called SU FLINDEU. Only about 10 people in the world know how to make it. The secret to making su flindeu is in the hands movements, using a TECHNIQUE (method, process) of stretching and folding the dough 8 times resulting in extremely thin threads. Then it is dried either by the sun or inside on a wooden surface. Su flindue has a very delicate taste.



Su flindeu of Italy

SPELL: SU FLINDEU, SECRET, TECHNIQUE

Su flindeu is from which country? ITALY

About how many people in the world know how to make su flindeu? 10

The secret to making su flindeu is in a movement in which part of the body?
HANDS

A synonym for technique is: METHOD, PROCESS

The technique of making su flindeu is doing which hand movements to the dough?
STRETCHING AND FOLDING

How many times must the su flindeu dough be stretched and folded? 8

Describe the size of the su flindeu noodles. EXTREMELY THIN

Name one of the methods for drying su flindeu noodles: SUN or INSIDE ON A WOODEN SURFACE

What word was used to describe the taste of su flindeu. DELICATE

VAKT 8 : Let's practice the motion of stretching and folding the dough (can do with play-doh or just bring hands together and stretch out to sides, then back together). Try repeating 8 times. (to see this motion, watch 7:38 – 7:48 of <https://www.youtube.com/watch?v=AlxN1IRi-wQ>)

(Can do VAKT 3 here as well if skipped earlier)

The noodles we learned about in this lesson had similar INGREDIENTS but different methods of PREPARATION. We have seen that noodles are loved around the world and have been around a very long time. Before we finish the lesson,

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here are a few last fun noodle facts. INSTANT noodles are cheap today, but they used to be considered a LUXURY food. In JAPAN, slurping noodles is not rude, but means that you think the noodles are delicious! Lastly, take note! In AMERICA, national noodle day is OCTOBER 6!

SPELL: CHEAP, DELICIOUS, AMERICA

The noodles we learned about in this lesson had similar _____: INGREDIENTS

The noodles we learned about in this lesson had different methods of _:

PREPARATION

What kind of noodles are cheap today? INSTANT

What is the name of a famous type of instant noodle? RAMEN

Instant noodles used to be considered what type of food. LUXURY

In JAPAN, what does slurping noodles mean? YOU THINK THE NOODLES ARE DELICIOUS

What day is national noodle day in America? OCTOBER 6

How would you celebrate national noodle day?

CREATIVE WRITING

1. Imagine you open a noodle restaurant. What kind of noodles would you serve?

What would you serve them with?

2. If you could make a noodle flavored to taste like anything you want, what would it be? How would you prepare it?

3. If you were to travel anywhere in the world to try a dish, noodles or otherwise, where would you go and what dish would you try?

Sources

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Dr. Jen Leon is a Math Educator and the Owner/Founder of [All Minds Math](#). Based out of Atlanta, Jen says "Who doesn't love noodles?!" She wants you to noodle on the fact that October 6 is National Noodle Day!

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