

Struggle Meals: 3 Ways to Ramen

Directions: Answer the questions as you view the episode.

- 1) What is the cost goal for each of the 3 dishes? \$_____
- 2) Why do you think ramen is considered a struggle meal?
- 3) Frankie has a “packet drawer”. What do you think is the point?
- 4) In the Shrimp Ramen, Frankie does not use the seasoning, what does he use instead?
- 5) How is the Shrimp Noodle Packet Surprise cooked?
- 6) Frankie says that chopping your own ingredients is a huge way to save money, why do you think that is?
- 7) Where does the chicken come from in the chicken noodle salad?

- 8) What are the 3 types of fat used in the bacon carbonara?
- 9) If the noodles aren’t submerged in the cream they can’t _____.
- 10) Of the 3 dishes (Ramen Surprise, Ramen Salad, Ramen Pasta), which would you NOT try? Why not?

