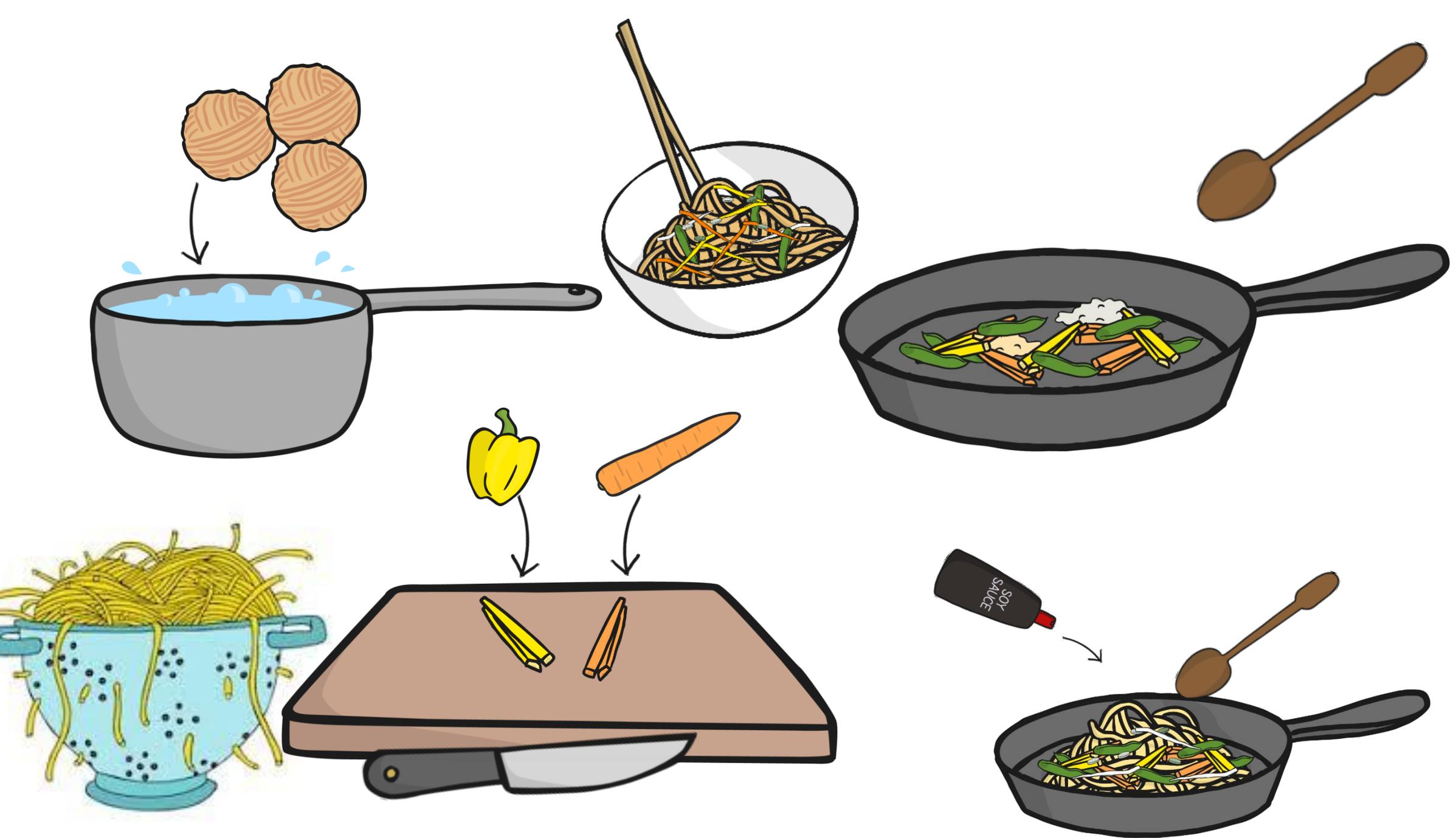


Stir Fried Noodles





Stir Fried Noodles

You will need...

Ingredients

a pack of noodles

1 tablespoon of oil

1 large Carrot

1 small pepper

2 tablespoons of soy sauce



Equipment

Hob

Small bowl

Chopping board

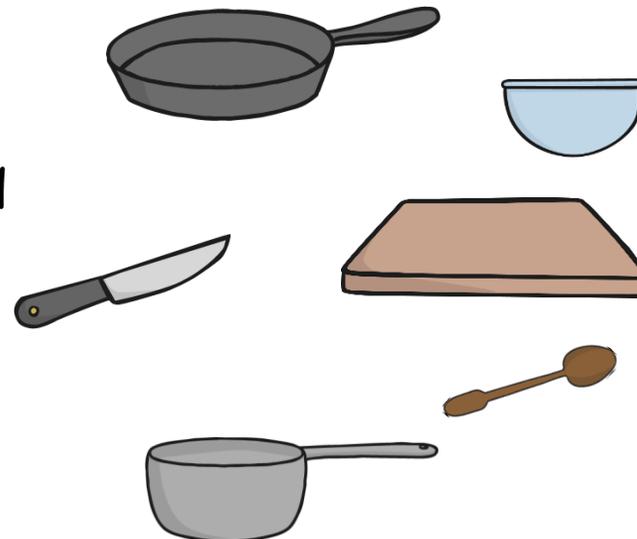
Sharp knife

Saucepan

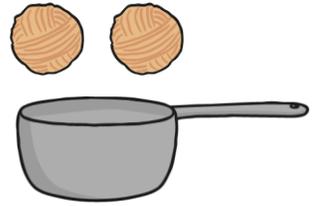
wok

Colander

Chop sticks



YEAR 1 EXPECTATION FOR WRITING- Do not copy but use as a teaching tool.



1. First gently place the noodles in the boiling hot water in the pan to cook for 5 minutes.

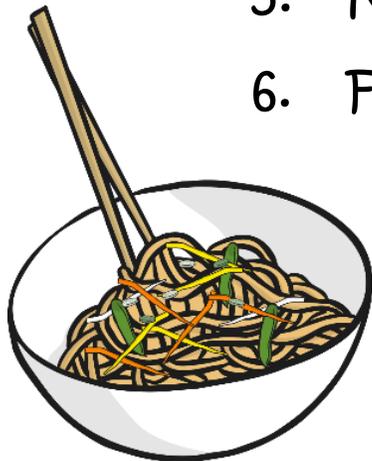
2. Then use the colander to drain the soft noodles over the sink.

3. Next use the sharp knife to chop the vegetables into little strips

4. Carefully heat the oil in the wok and add the vegetables. Stir until cooked.

5. Next add the cooked noodles and the stir fry sauce.

6. Finally serve in small bowls and eat with chopsticks.



YEAR 2 EXPECTATION FOR WRITING- Do not copy but use as a teaching tool.

1. First gently place the noodles in the boiling hot water in the pan to cook for 5 minutes. They are ready when they are soft.
2. Then use the colander to drain the soft noodles over the sink. Try to get all the drained water in the sink.
3. Next use the sharp knife to chop the vegetables into little strips. Be careful not to cut yourself.
4. Carefully heat the oil in the wok and add the vegetables. Stir the vegetables round the wok for 2 minutes until cooked.
5. Next add the cooked noodles and the stir fry sauce. Quickly mix everything together until it is all hot and covered with sauce.
6. Finally serve in small bowls and eat with chopsticks.



Top Tip

The wok and pan can get very hot so it is helpful if you have an adult close by to do this bit.

Try adding different vegetables. Mushrooms and sweetcorn would be very tasty.

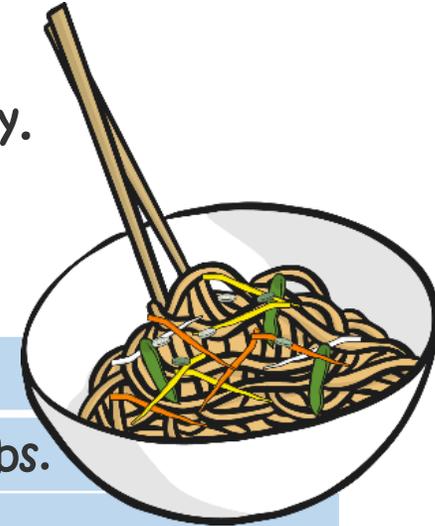
LO write instructions

We have been learning all about China. We have made and tasted our own Chinese stir fry.

Task: Write instructions on how to make a vegetable stir fry.

Success Criteria

Bronze	Write a list of things you will need.
Silver	Write numbered instructions including bossy verbs.
Gold	Include time connectives.
Challenge	Add extra detail.



Extension: Stick in this photo from stir fry making



I really liked eating my stir fry. The noodles were soft and tasty. It was really tricky using chop sticks so I had to change for a fork as I couldn't pick up any food with the chop sticks. I would like to make this again at home with my family.

Time connectives

First

Next

Then

After that

Finally



Sentence starters

Be careful

Make sure

Try to

Useful words

stir

vegetables

Carrots

peppers

wok pan

knife

colander

sauce

noodles

Useful words

gently

Carefully

quickly

little

minutes

yourself

together

adult