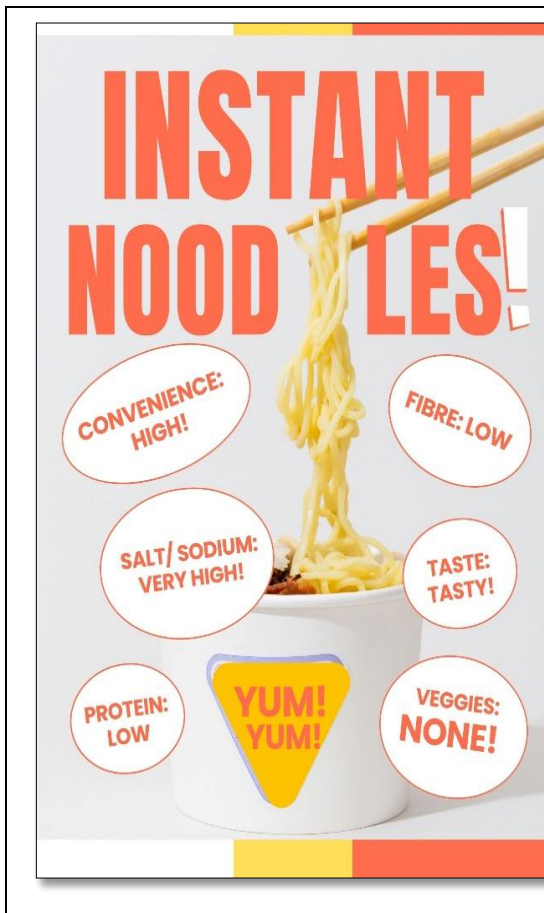


## Noodle Doctors

*An activity of "Easy, yummy, instant mee".*

Read "Easy, yummy, instant mee" (page 16, *What's Up* March 2026). This article explains how instant noodles became popular everywhere and why, although they are convenient and tasty, they are healthier when other ingredients are added. Work in pairs on this exercise.

1. Imagine you are "noodle doctors". Your "patient" is this bowl of instant noodles. Make your diagnosis of what is wrong with it



1a) Diagnose this "patient".  
*The clues are on its packet.*

Problem A: It has too much \_\_\_\_\_.

Problem B: It does not have enough \_\_\_\_\_ and \_\_\_\_\_.

Problem C: It has no \_\_\_\_\_.

Strengths: It is convenient and tasty!

1b) The *What's Up* article says

- Instant noodles are high in \_\_\_\_\_
- Fibre is important for \_\_\_\_\_
- Protein is important for \_\_\_\_\_
- People can improve instant noodles by adding \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_

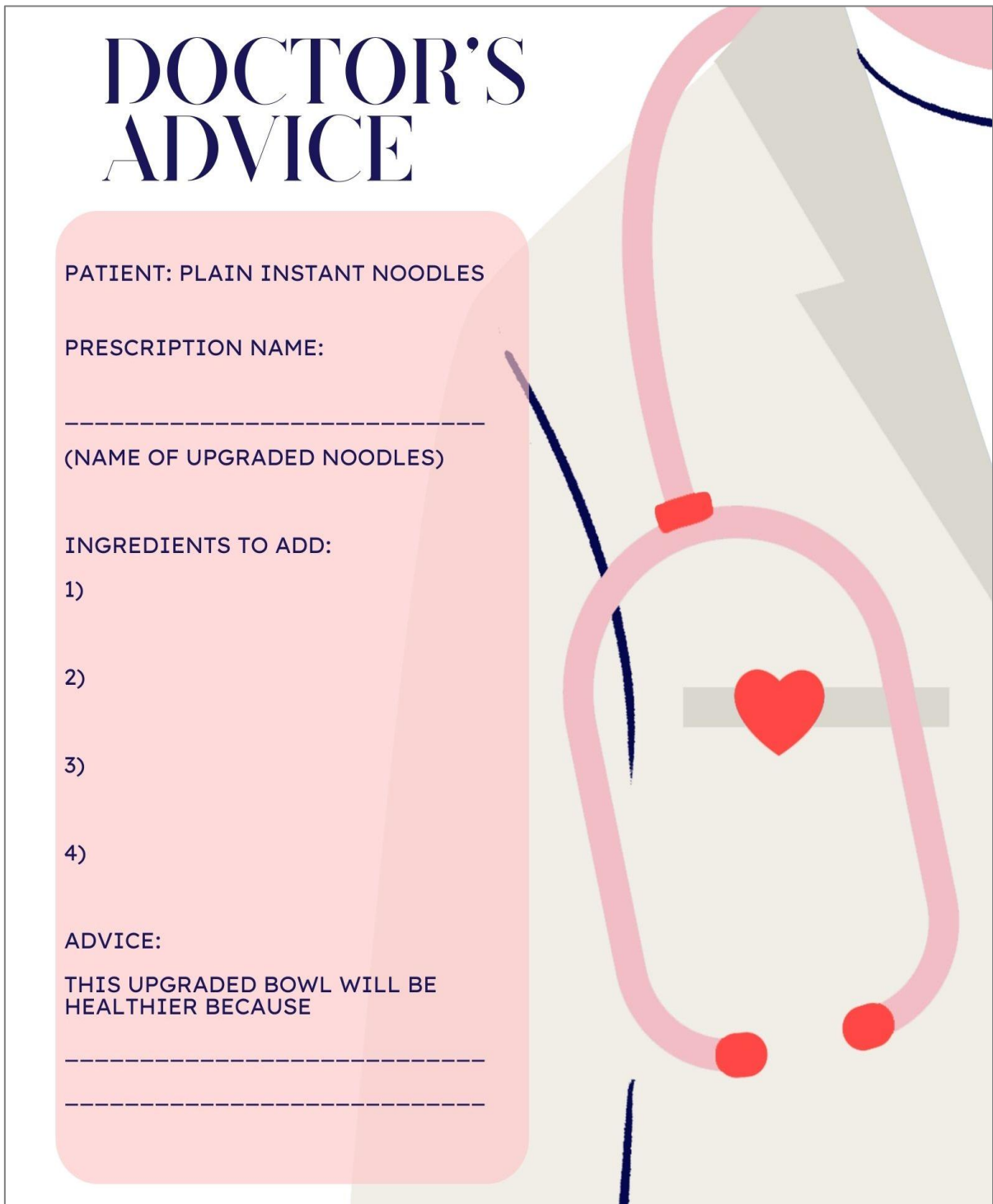
2. Prescribe a treatment plan for your patient, the bowl of noodles. Choose your prescription by ticking () the add-ons that you find suitable.

**One protein:**  egg  tofu  chicken  fish  beans  prawns  other: \_\_\_\_\_

**Two vegetables:**  spinach  carrots  mushrooms  corn  peas  other: \_\_\_\_\_

**One flavour booster:**  garlic  leeks  chilli  pepper  lemon  other: \_\_\_\_\_

**For reducing salt:**  reduce seasoning  increase water  don't drink all the soup.



# DOCTOR'S ADVICE

PATIENT: PLAIN INSTANT NOODLES

PRESCRIPTION NAME:

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(NAME OF UPGRADED NOODLES)

INGREDIENTS TO ADD:

1)

2)

3)

4)

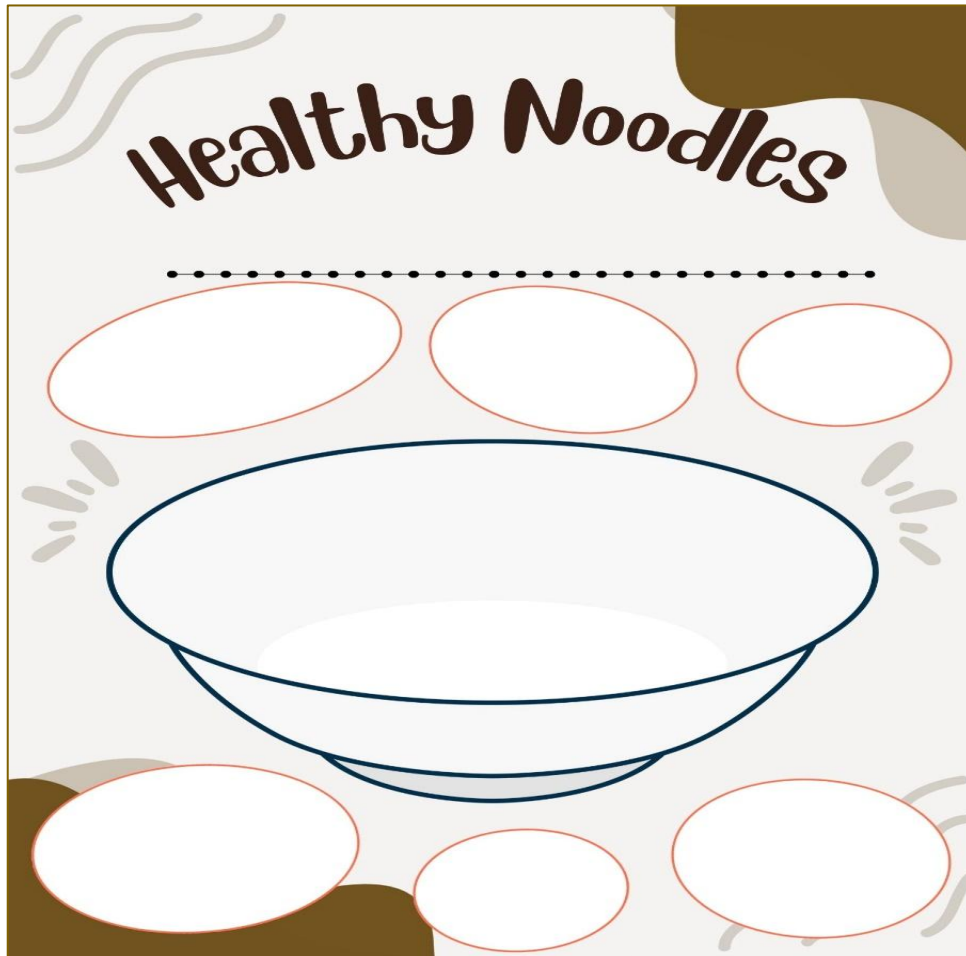
ADVICE:

THIS UPGRADED BOWL WILL BE HEALTHIER BECAUSE

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3. Draw your upgraded noodle bowl and label all the ingredients:



	Before	After
<b>Salt Level</b>	High	
<b>Fibre</b>	Low	
<b>Protein</b>	Low	
<b>Vegetables</b>	None	
<b>Balanced Meal?</b>	No	

4. As Noodle Doctors, write brief comments to explain your prescription.

My upgraded bowl is better because \_\_\_\_\_.

It includes protein from \_\_\_\_\_ and fibre from \_\_\_\_\_.

I reduced salt by \_\_\_\_\_. I would like to add that \_\_\_\_\_.

\_\_\_\_\_.