Ramen Script -

I. Our group researched the history behind Ramen noodles, surveyed 100 college students on their preference of Ramen Noodles, found ways to incorporate Ramen Noodles into healthy recipes, and created a video to show how to cook Ramen noodles.

II. There are two parts to the history of ramen, there is the ramen noodle dish that is a staple in Asian cuisine as well as the instant ramen that most people eat today. The Asian dish comes from Chinese trade men coming to Japan in the nineteenth century. It became popular for blue-collar workers, because it was cheap and filling. Due to China being conquered by Japan, the origins of Ramen are often confused, and it is mistakenly referred to as being a Japanese food item when it is, in fact, Chinese. The instant ramen that we know of today was created by Maruchan in the late fifties. It quickly became popular all over the world. The picture shows when instant Ramen noodles spread across the world.

III. Why do students consume Ramen Noodles?
   A. Simple to make with our busy schedules especially when we are up late at night
   B. cheap
   C. Easy to find at a variety of grocery stores, even at CVS
   D. Instant gratification from the saltiness

IV. Using the website Survey Monkey, we created a poll for 100 college students to answer in order to analyze how often, how much, what flavor, additional toppings, and at what time of day, students consumed Ramen Noodles. --- Click on graphs when presenting to zoom in
   A. The first question asked whether a student eats Ramen Noodles and out of 100 people, 54 said yes, 46 said no
   B. The second question asked how much ramen is eaten in one sitting with the serving size being half of a package.
      1. 2 people said 2 packages
      2. 47 people said a whole package (2 servings)
      3. 5 people said half of package
   C. The third question asked what is the students’ favorite flavor of ramen: beef, shrimp or chicken?
      1. 2 people said beef
      2. 1 person said shrimp
      3. Majority of 51 students said chicken
   D. The fourth question asked the weekly consumption of the student.
      1. One person said 3 or more times a week
      2. 5 people responded with 2 times a week
      3. 32 people, the majority, said only once a week
4. 16 people said less than once a month
E. Question 5 asked what time of day Ramen noodles are consumed by the student.
   1. 15 people said Lunch
   2. 7 people said as a snack
   3. 16 people said dinner
   4. 15 people said late at night
F. The sixth question asked if the student uses the flavoring on the ramen?
   1. 37 people skipped the question
   2. 52 people said yes
   3. 11 people said no
G. Following up on the sixth question, the last question asked if you do not use the flavoring, what additional toppings to you add?
   1. 5 people said soy sauce
   2. 3 people said eggs or vegetables
   3. 3 people said hot sauce

V. How to Cook Ramen Noodles - This video is showing a specific way you can make a healthy meal out of Ramen. It is a tutorial on how to make a Summer Picnic Salad, containing only four ingredients!

VI. We have included three recipes that incorporate Ramen Noodles in a more nutritious and healthy way than it is typically consumed
   A. Breakfast- Sausage Egg Burrito
      1. 1 Package Pork Ramen, 1 Egg, 1 Turkey Sausage, Hot Sauce (desired amount)
      2. Boil 2 cups of water, cook ramen for 3 minutes. While ramen is cooking, scramble eggs with hot sauce and turkey sausage. Drain the ramen. Put the drained noodles on a flour tortilla, top with egg, turkey sausage, and hot sauce. And you can also add cheese. Wrap it, and return to microwave for 30 seconds to melt cheese. Done!!
   B. Lunch- Lo Mein Ramen
      1. 1 package chicken ramen noodles
      2. 2 cups water
      3. 1 pound chicken breast strips
      4. 1/2 cup onions, sliced
      5. 1/2 cup green peppers, chopped
      6. 1/4 cup carrots, chopped
      7. 1 tablespoon oil
      8. 1 tablespoon soy sauce
      9. In a skillet mix oil, soy sauce and 1/2 seasoning packet. Add chicken and brown. Cook noodles according to package directions and drain. Add
veggies to chicken and cook until tender. Add noodles and cook on medium for five minutes, stirring constantly.

C. Dinner- 3 Bean Salad
   1. 1 package any flavor ramen noodles
   2. 1/2 cup green beans
   3. 1/2 cup kidney beans
   4. 1/2 cup lima beans
   5. 1/4 cup Italian dressing
   6. Cook noodles according to package directions and drain. Add beans and sprinkle on dressing.

VII. The nutrition facts for Chicken Flavor Ramen Noodles are
   A. serving size = ½ block of noodles
   B. calories: 190
   C. fat calories: 60
   D. total fat: 7g (11%)
   E. saturated fat: 3.5g (18%)
   F. Cholesterol: 0 mg
   G. Sodium: 910 mg (38%)
   H. carbohydrates: 26g (9%)
   I. Sugar: less than 1g
   J. Protein: 5g
   K. Iron: 10%
   L. No sources of Vitamin A, Vitamin C or Calcium

VIII. Thank you for listening!

Learning Objectives -
1. At the end of this presentation, the students and teachers in N220 will be able to use ramen in healthier ways with access to recipe books and with the three recipes included in the presentation.
2. At the end of this presentation, the students and teachers in N220 should learn to limit their consumption of Ramen Noodles to at most once a month.
3. At the end of this presentation, the students and teachers in N220 will be able to understand the history of ramen by listening to the presentation and can learn more with access to the internet.

References:
Audrey-

Molly-  http://www.surveymonkey.com

Yunzhen-
https://www.youtube.com/watch?v=Lx28Oy-sJNA
https://www.youtube.com/watch?v=6kvvQN60Pm8
http://allramenrecipes.com/all-ramen

Scout-
http://www.newyorker.com/culture/culture-desk/the-history-of-the-ramen-noodle
http://firstwefeast.com/eat/george-solt-on-the-messy-history-of-ramen/
http://www.maruchan.com/ramen-history

Olivia -

Division of Labor-
- Molly - made and sent out survey monkey, analyzed data by creating graphs in the prezi, wrote the script, and helped write the learning objectives
- Audrey- prepared, designed, and set up the outline of the prezi for our presentation, and did the slide about why college students consume ramen.
- Shyanne- provided book with ramen recipes, recorded nutritional information for a package of chicken flavored ramen and added it to the prezi, helped edit the script and learning objectives
- Scout- researched the history of ramen noodles, and organized it on the prezi document and wrote down for the script.
- Yunzhen- search the videos about how to cook ramen noodles creatively and how to make ramen noodles healthier, and look up three nutritious and delicious ramen noodles recipes.
- Olivia - made the tutorial video and added it to Prezi, bought all of the ingredients for the recipe shown in the tutorial video, and helped edit the learning objectives