

## How to...

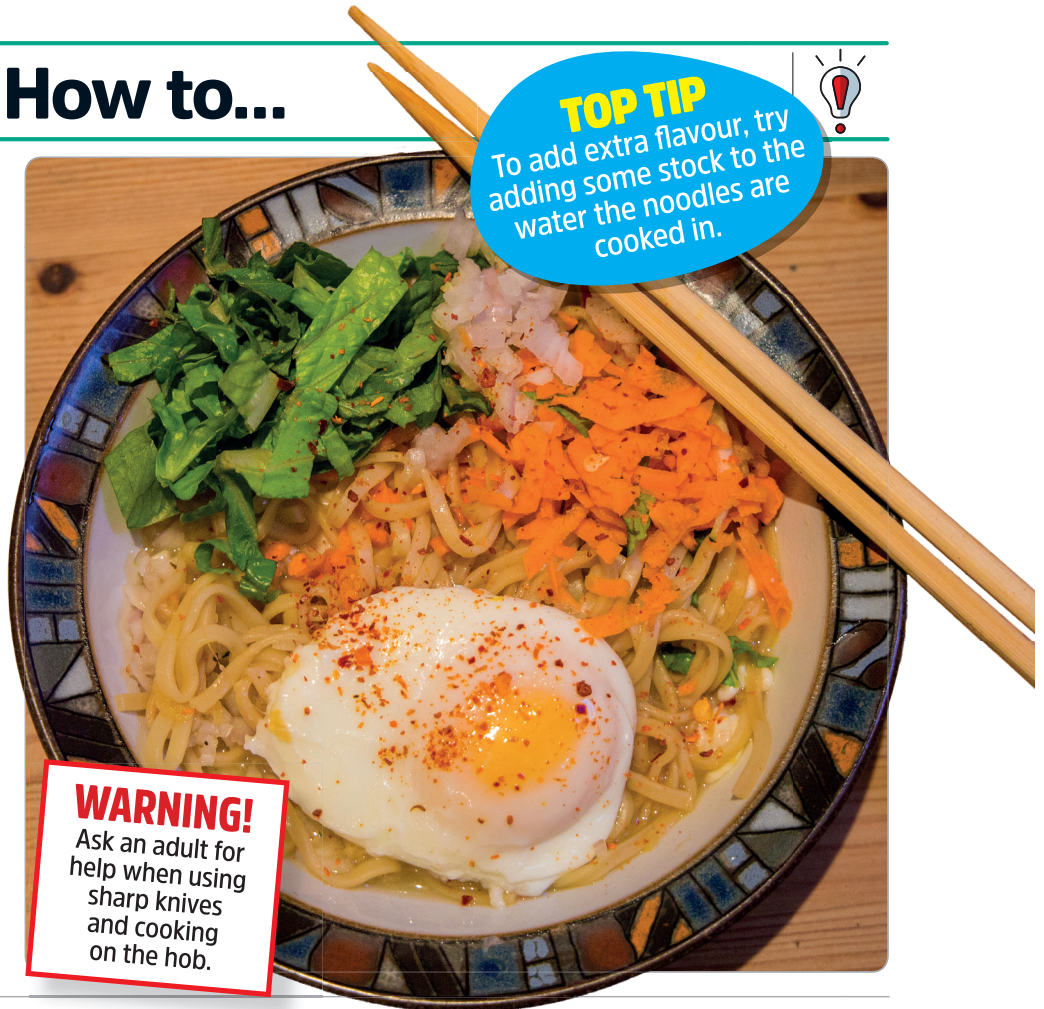
# Cook a tasty noodle dish

### What you need

- Small piece of ginger
- 1 carrot
- 2 lettuce leaves
- 1 spring onion
- One portion of dried noodles
- 1 tsp soy sauce
- 1 egg
- Chilli flakes (optional)
- Peeler
- Grater
- Knife
- Saucepan and lid
- Kettle
- Wooden spoon
- Bowl

### Instructions

Peel the ginger and grate it. Do the same with the carrot. Then slice the lettuce leaves and spring onion. Put the noodles in a saucepan, boil the kettle and pour just enough water over the noodles to cover them. Cook the noodles according to the instructions on the packet. Once the noodles are cooked, add the grated ginger and the soy sauce to the saucepan and stir. Next, carefully crack the egg into the saucepan so that it rests on top of the noodles, trying not to break the yolk. Put the lid on the pan. Cooking an egg this way is known as poaching. Once the egg is cooked (after around three minutes) carefully transfer the noodles, egg and liquid to a bowl. Add carrot, lettuce, spring onions and – if you want to make it spicy – some chilli flakes.



# Avoid winter bugs

### Instructions

As winter sets in and the temperature begins to drop, you might catch a sniffle or a bug. However, there are a few things you can do to help prepare for winter and avoid getting sick. The NHS recommends that people regularly eat fruit, vegetables, yoghurt and milk because they help boost the immune system (how the body protects itself against infection). The NHS also advises taking regular exercise and tucking into a healthy breakfast. Other ways to help keep germs at bay is to drink plenty of water, wash your hands with soap and warm water several times a day, and get a good night's sleep.

# Make a caterpillar puppet

### What you need

- Fine thread
- Sewing needle
- Small pom poms
- One larger pom pom
- Lolly stick
- Googly eyes

### Instructions

Start by cutting a piece of thread about 40 centimetres long, and thread it through the needle. Tie a knot at one end. Next, thread the small pom poms by carefully pushing the needle through the middle of each one until you have a long string of pom poms. Add the larger one – the caterpillar's head – last. Leave about 15 or 20 centimetres of thread from the top of the head and tie the remaining thread around one end of the lolly stick. Now cut another 25 centimetres of thread and tie the end of it around the middle of the caterpillar's body. Attach this thread to the other end of the lolly stick. Stick the eyes onto the head, and your puppet is ready.



**Got an idea?** Made something cool? Share it with us at [hello@theweekjunior.co.uk](mailto:hello@theweekjunior.co.uk)