



Oodles of Noodles

A complete WM program in honor of National Pasta Month (October)
By Major Beth Desplancke, THQ

Decorations/Set-Up: Decorate the room to look like an Italian Restaurant: red and white checkered tablecloths, candles. Use boxes of pasta and jars of sauce as a centerpiece. Or frame pictures of the dogs eating spaghetti from the movie *Lady & the Tramp* as your centerpiece. Perhaps even have the song *Bella Notte* playing in the background as the ladies arrive or even have the movie clip showing.

Service Project Ideas:

1. Have the ladies all bring in packages of pasta, canned pasta sauce and canned vegetables to donate to the corps food bank.
2. "Pasta Dinner in a Bag." In a nice grocery bag place all the items that would be needed to make a pasta dinner: pasta, sauce, salad mix kit, loaf of French or garlic bread. You could also include extra like a disposable table cloth, paper plates, napkins, plasticware, etc. Deliver to single moms in the corps or to shut-ins, or anyone that needs a little encouragement.
3. Prepare a pasta meal. Have the women cook a pasta meal for the corps feeding program, or for a fellowship meal after church. The group could also box up the prepared meal and deliver to the sick, shut-in, elderly, etc.
4. Some of the craft ideas that are included under the education ideas could be made as gifts for the corps people, nursing home residents, social service clients, or sold at a WM Bazar as a fundraiser.

Use Your Noodle (Education Ideas):

1. Name that Pasta! Display various shapes of pasta and have the ladies match the name of the pasta to the shape. There is also a matching pasta game handout included in the program if you prefer.
2. Interesting Facts About Pasta I Bet You Didn't Know. Share the included information full of facts and trivia all about pasta.

3. Cooking Demonstration. Have a special speaker come and demonstrate how to make an Italian pasta dish or perhaps teach the ladies to make homemade noodles. Of course, sampling of the finished product is in order.
4. Make a pasta craft. There are lots of great things you can make with dried pasta. Here are some suggested Christmas decorations that can be made with dried pasta.
<https://www.icreativeideas.com/creative-ideas-diy-pasta-snowflake-ornaments/>
<https://www.craftymorning.com/3d-pasta-noodle-christmas-trees/>
<https://artsycraftsymom.com/10-easy-christmas-ornaments-for-kids-to-make-with-pasta/>
<https://diy-enthusiasts.com/decorating-ideas/christmas/christmas-crafts-kids-ornaments-pasta/>

If you are going to dye the pasta various colors, rather than painting it, here are directions: <https://crystalandcomp.com/pasta-crafts-for-kids-how-to-dye-pasta/>

Fellowship Ideas:

Have a pasta potluck where everyone brings a pasta dish to share. Pasta salad, breakfast pasta as well as dessert pasta. Be sure to bring recipes to share.

As a group go out to lunch or dinner at a local Italian restaurant and enjoy a delicious pasta meal and great conversation around the table.

Devotional:

My grandma used to make homemade noodles when I was a child. I remember once as I was watching her make the noodles, I told her I couldn't wait to try one. My stomach rumbled as I watched her cut the noodles, and I imagined the deliciousness of it. I begged her to let me eat one before it was cooked (kind of like sampling the cake mix or the cookie dough before it is baked). Grandma tried to warn me, but I wouldn't listen. I grabbed an uncooked piece of pasta, gobbled it, expecting to enjoy the delicious homemade noodle.

Yuck! The pasta I was envisioning and what I tasted were two different things. It tasted like paste. Why? It hadn't been cooked yet. For pasta to be edible and enjoyable, it must go through the process of cooking, enduring the heat!

Although we don't like it, there are times when we all experience times of difficulty and struggle – times of "heat." No one escapes this life without heating experiences where we feel like we might be boiled alive and never survive. 1 Peter 4:12 says, ***Dear friends, do not be surprised at the fiery ordeal that has come on to test you, as though something strange were happening to you.*** Trials and troubles come to everyone; no one is exempt.

Although the heat isn't enjoyable, it is necessary. If pasta was cooked, it couldn't be enjoyed for its intended purpose. When we go through times of heat in our life, we need to remember there is a point to the heat. It isn't just to burn us up but to make us more useful for God's intended purpose. God allows things to heat up in our lives to shape us more to be like His

Son. Romans 8:28-29 says, ***And we know that in all things God works for the good of those who love him, who have been called according to his purpose. For those God foreknew he also predestined us to be conformed to the image of his Son, that he might be the firstborn among many brothers and sisters.*** God knows just the right recipe that each one of us needs, the perfect amount of time in the boiling water, to shape us into the image of Jesus.

A common mistake in making pasta is cooking it too long. Our master chef knows exactly what we need and how long we need to stay on the heat, so that we too come out perfectly. James 1:2-4 says, ***Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.***

Is it easy in the heat? No! Can we endure the heat? Yes! You won't stay on the stove forever and you can trust that God has the perfect recipe for your life.



Directions: Match the pasta shape to the correct name.



Pasta Options:

- | | | | | |
|------------|-------------|------------|----------|----------|
| Cannelloni | Cavatappi | Conchiglie | Ditalini | Farfalle |
| Mezzaluna | Orecchiette | Orzo | Penne | Rotini |



Directions: Match the pasta shape to the correct name.

ANSWERS





Italians and their Pasta

Italians never use a spoon and fork when eating spaghetti. This is an American habit. In Italy, you simply twirl a fork against the dish.

Italians eat the most pasta per capita per year of any population in the world: 26 kg per person per year – that’s almost 60 pounds! To put in other terms, if Italians ate the same yearly amount in spaghetti shape, that’d be enough pasta to wrap around the planet 15,000 times. That’s a lot of pasta!

Pasta & Its Meaning

The word “pasta” comes from the Italian word for paste meaning a combination of flour and water. The word pasta actually has its origins in Greek and Latin and literally means “barely porridge” in Greek and “dough pastry cake” in Latin.

Spaghetti means strings. Spaghetti is the plural form of the Italian word *spaghetto*

Vermicelli means worms

Farfalle means butterflies

Fettuccine means ribbons.

Linguine means little tongues

Ravioli means little turnips

In 18th century England, macaroni was a synonym for perfection and excellence. That's why, for example, the feather in Yankee Doodle's cap was called “macaroni.” In fact, the word macaroni means dearest darlings in Italian.

In the 18th century, young English aristocrats returning home from a grand tour of Italy became known as “macaronis” for their foreign affectations. In the mid-eighteenth century, “macaroni” referred to an overblown hairstyle as well as to the dandy wearing it. It is the dandy to whom the songwriter refers when “Yankee Doodle stuck a feather in his cap and called it ‘macaroni.’” Doodle comes from a German word meaning “simpleton,” which was same definition that noodle had at the time. In sum, the song “Yankee Doodle” was used by the British to ridicule the American colonists, who adopted it in self-defense.

Pasta around the World

Contrary to popular belief Marco Polo did not discover pasta. The Chinese are on record as having eaten pasta as early as 5000 BC. Marco Polo did write about eating Chinese pasta at the court of Kubla Khan.

Pasta was originally eaten plain (with no sauce), or sprinkled with sugar, cinnamon and soft cheese and served as a dessert.

For a long time, pasta was considered 'peasant food' because it was so inexpensive. As you'd expect, Italy is the country that eats the greatest amount of pasta worldwide. As you might not expect, however, the number 2 and number 3 countries that eat the most pasta are Venezuela and Tunisia.

According to the International Pasta Organization, there are more than 600 different shapes and 1300 different pasta names throughout the world.

People had been eating pasta for thousands of years before anyone ever thought to add tomato sauce. This is mainly because tomatoes are not native to Europe and weren't introduced to the continent until Spanish explorer Cortez brought tomatoes from Mexico to Europe in 1519.

Pasta in America

Thomas Jefferson, the third president of the United States, is credited with being the first person to introduce pasta to America, back in 1789.

The first American pasta factory was opened in Brooklyn, NY in 1848 by a Frenchman named Antoine Zerega.

One of the most important times in the history of the spaghetti was WWII. It was then that American soldiers came in close contact with European cuisine, bringing home tales about spaghetti and demanding its presence on the American market.

A 2013 Barilla World Pasta Day survey found that America's favorite pasta varieties in order are: spaghetti, penne and rotini.

The average American consumes approximately 20 pounds of pasta annually.

The United States produces 4.4 billion pounds of pasta annually, making it the second largest pasta-producing nation in the world.

Cooking Tidbits

Dried pasta doubles in size when cooked. One cup of cooked pasta is the size of your fist.

Uncooked dry pasta can be kept for up to a year. Cooked pasta can be frozen and re-heated within 3 months.

Not all pastas are meant to be enjoyed with all sauces. Long, flat pasta such as fettucine and linguine are best paired with creamy sauces, which cling better to that particular pasta shape. Thicker, chunkier tomato sauces go better with pasta sporting a short, tubular or spiral shape like rotini and fusilli.

Cooked al dente literally means “to the tooth” which is how to test pasta to see if it is properly cooked. The pasta should be a bit firm, offering some resistance to the tooth, but tender. If Pasta is cooked properly, it should stick to a wall when it is thrown.

Other Tidbits

Eating pasta will make you happier! It’s true – the carbohydrates in pasta increase the body’s production of serotonin, the neurotransmitter that scientists believe trigger feelings of happiness and well-being.

Pasta is believed to be very beneficial for dogs and cats, as it can help their growth, development and provide them with beautiful, healthy and glossy coats.

Pasta holidays worth celebrating:

- National spaghetti day, January 4
- Eat Your Noodle Day, March 11
- National Macaroni Day, July 7
- National Linguine Day, September 15
- National Pasta Month – all of October
- National Pasta Day, October 17
- World Pasta Day, October 25



PASTA IS GOOD FOR YOU AND THE PLANET



Pasta is one of the least environmentally intensive foods to produce.

Try a one-pot pasta to save energy, water and clean up time.

PASTA: PILLAR OF MEDITERRANEAN DIET

Eat pasta for the health benefits of the scientifically proven Mediterranean Diet:



Manage weight and lower risk of heart disease, certain cancers, diabetes and other chronic diseases.

PASTA HELPS KEEP YOU FULL



Pasta is digested slowly, providing steady energy and a prolonged feeling of fullness.

Pasta cooked "al dente" has a low Glycemic Index (GI) with a better impact on blood sugar.

PASTA DOES NOT MAKE YOU FAT



Eat a healthy portion:
1/2 to 2/3 cup of cooked pasta.

Fill out your plate with fiber-filled vegetables, heart healthy olive oil and lean sources of protein like fish or beans.

PASTA IS TASTY AND BRINGS PEOPLE TOGETHER



Pasta is simple, nutritious, accessible and convenient.

Enjoy a delicious pasta meal surrounded by friends and family.



I.P.O.

International Pasta Organisation

www.pastaforall.info