WHAT IS CLAIMED IS:

1. A food pack comprising:

a body which includes a hole, wherein the hole is a through hole; and

a frozen soup which includes a hole as the body,

wherein the frozen soup is put on the body in a manner so as to receive a steam heater with the steam heater being inserted into the hole of the body and the hole of the frozen soup to heat the body and the frozen soup.

2. The food pack as claimed in claim 1, wherein the body is noodles.

3. The food pack as claimed in claim 1 or 2, wherein the body includes multiple dumplings and raviolis, the dumplings and the raviolis are arranged as a ring.

4. The food pack as claimed in any one of claims 1 to 3, wherein the frozen soup includes vegetables, meat or sea food, spices and water.

5. The food pack as claimed in any one of claims 1 to 4, wherein the body is a combination of vegetables, meat or sea food, spices and water, the water is frozen to maintain the vegetables, meat or sea food and spices therein.

6. The food pack as claimed in any one of claims 1 to 5 further comprising a bag in which the body is received.