

# Rice is great for the **ENVIRONMENT** and the **ECONOMY!**

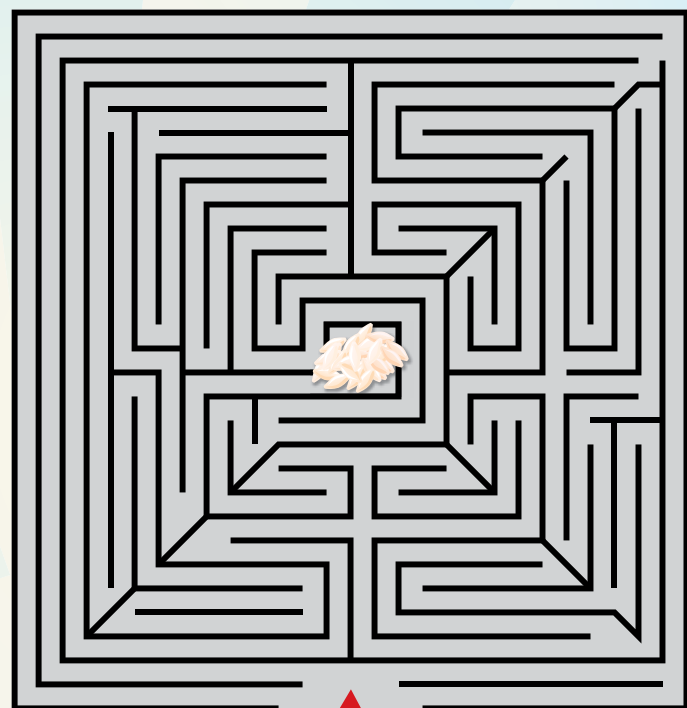
## ENVIRONMENT:

Rice growing is eco-friendly and has a positive impact on the environment. Rice fields create a wetland habitat for many species of birds, mammals and reptiles. Without rice farming, wetland environments created by flooded rice fields would be vastly reduced.

## ECONOMY:

Rice production, milling and marketing in the United States creates a chain of activities across the economy that provides thousands of jobs, which are critical to the economic health of rural communities. Although the United States produces less than 2% of the world's rice, it is a major exporter, accounting for about 9% of rice traded around the world.

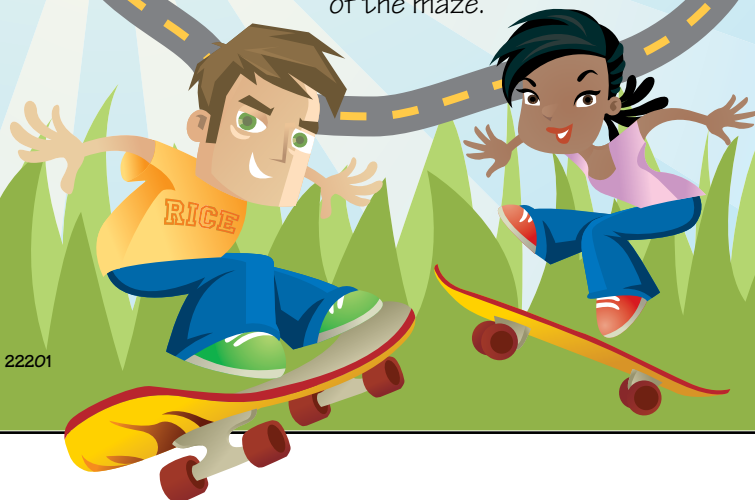
Rice production helps both the United States environment and economy!



START HERE!

## The Road to Rice

Help the kids reach the delicious, nutritious rice at the center of the maze.



Your family can join the  
USA Rice Recipe Club, just visit:  
[www.usarice.com/consumer](http://www.usarice.com/consumer)

**USA Rice**  
FEDERATION 2101 Wilson Boulevard, Suite 610 • Arlington, VA 22201  
(800) 888-RICE (7423) • [www.usarice.com](http://www.usarice.com)



IT'S THE  
PERFECT  
TIME TO  
LEARN  
ALL ABOUT  
U.S.-GROWN  
RICE!

# U.S.-GROWN RICE

FUN FACTS!

GAMES!

RECIPES!

# IN THE CLASSROOM



Come with me  
and I'll show you  
how U.S. farmers  
grow rice!



**GROWN IN THE USA**  
**RICE**

# THE HISTORY OF RICE

## Where did rice originate?



The first documented evidence of rice was found in China around 2,800 B.C. From China, rice migrated to Greece, eventually finding its way to the Western Hemisphere.

In America, colonists began growing rice around 1685. By 1700, rice was established as a major food source for the colonists. The rice industry has continued to flourish ever since.

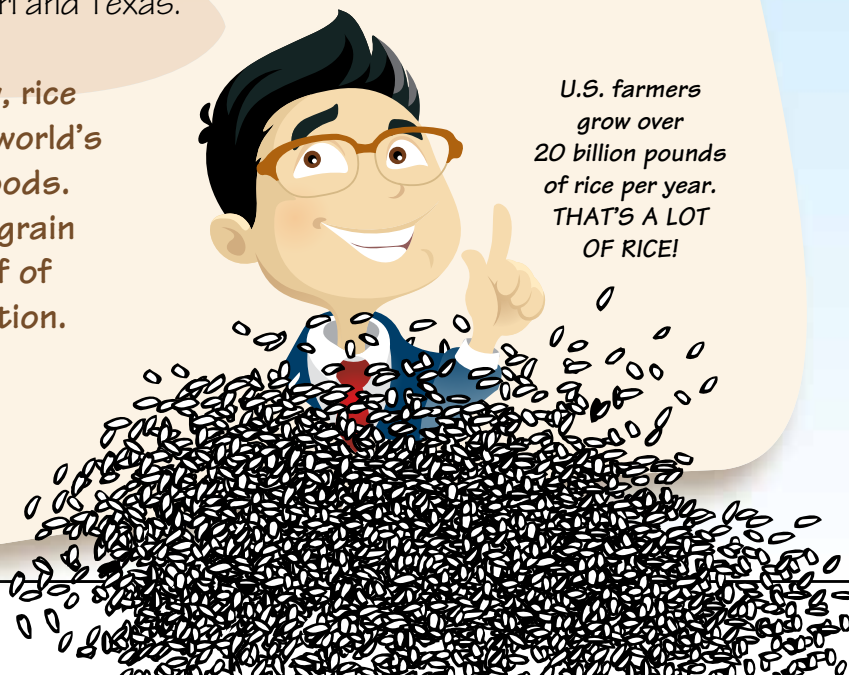
Today, the vast majority of the rice consumed in the United States is U.S.-grown. Major rice-growing states include Arkansas, California, Louisiana, Mississippi, Missouri and Texas.

Throughout history, rice has been one of the world's most important foods. Today, this unique grain helps sustain half of the world's population.



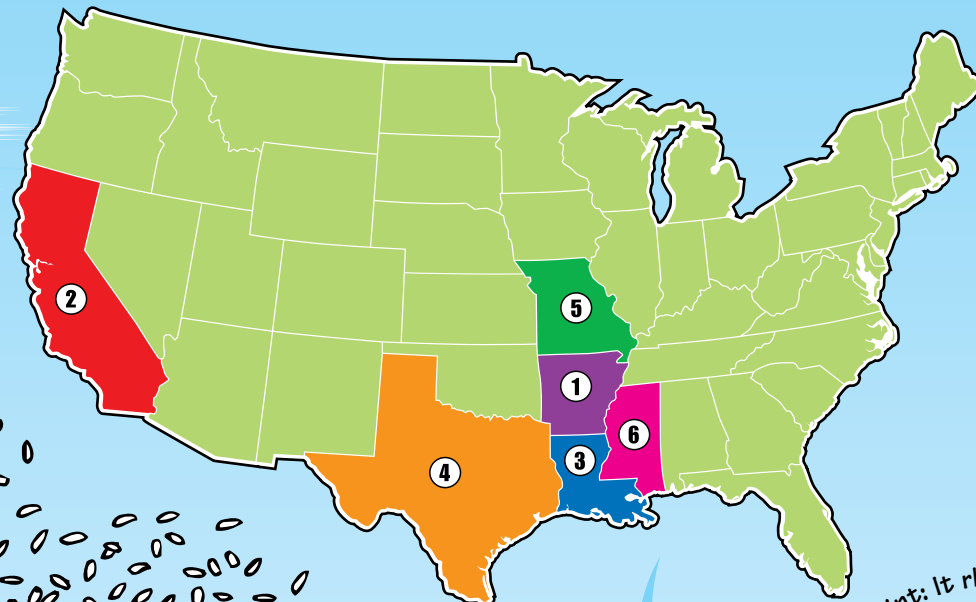
September is **National Rice Month** – celebrating the harvest of a new rice crop.

U.S. farmers grow over 20 billion pounds of rice per year. THAT'S A LOT OF RICE!



## Where does rice grow?

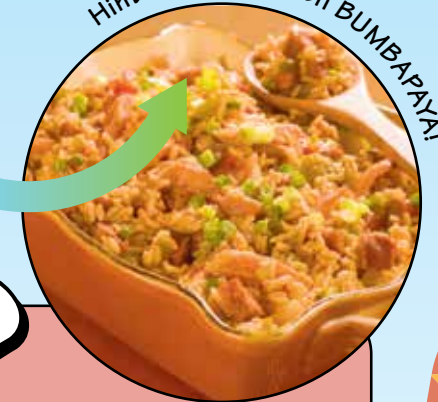
Using the map below, write the two-letter abbreviation for each state that produces rice in the appropriate place on chart to the right. Then, write each state's capital in the space next to the state's name. Hint: The names of the states are somewhere on these two pages.



STATE	CAPITAL CITY
1.	
2.	
3.	
4.	
5.	
6.	



Can you name this traditional Louisiana rice dish?



Hint: It rhymes with BUMBAYA!

## DID U KNOW?

Since rice is a staple food of the United State's population, it is no surprise that different legends, fables and beliefs about rice have been passed on from generation to generation. Rice legends and folklore live on today.

Many people honor the tradition of throwing a handful of rice at newlyweds as they leave the church. This ancient rice-throwing ritual originally symbolized the blessing of many children. Today, it symbolizes prosperity and abundance.

The Japanese word for cooked rice is the same as the word for meal. In China, instead of saying, "How are you?" the typical Chinese greeting is "Have you had your rice today?" In India, it is said that grains of rice should be like two brothers: close, but not stuck together.



In Thailand...  
"Eat rice!"  
means  
"Come to dinner!"



# THE SCIENCE OF RICE



## What exactly is rice?

The rice grain is protected by a hull or rough outside layer when it is harvested. The hull is removed, leaving the bran layers. This is known as whole grain brown rice. Under the bran layers is the starchy grain, which is known as white rice. Both brown and white rice are the grains that you see and eat.

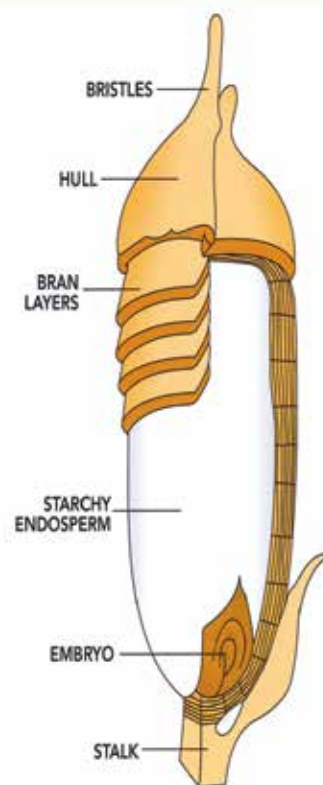
## Types of Rice

Many different varieties of rice are grown in the United States. The primary difference between these types of rice is their cooking characteristics and in some cases, a subtle flavor difference.

**LONG GRAIN:** Long grain rice has a long, slender kernel and is separate and fluffy when cooked; it is often used in entrées, soups and pilafs.

**MEDIUM GRAIN:** Medium grain rice has a shorter, wider kernel and is often used in sushi, risotto and paella.

**SHORT GRAIN:** Short grain rice has a short, plump, almost round kernel and is soft and sticky and used in puddings and other desserts.



## Forms of Rice

Rice undergoes various degrees of processing before it ever reaches your table. Here is a sample of the different varieties of rice available:

**BROWN RICE:** Brown rice has the outer hull removed but still retains the bran layers, giving it a tan color. Brown rice is 100% whole grain. Colored rice such as red and black rice are also 100% whole grain!

**REGULAR-MILLED WHITE RICE:** Often referred to as "white" rice, it is the most common form of rice. The majority of white rice is enriched with thiamin, niacin, iron and fortified with folic acid to restore nutrients lost during milling.



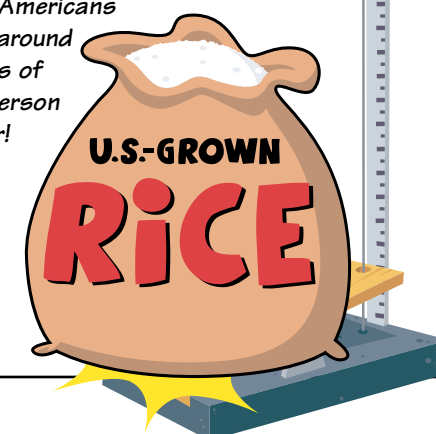
Rice is an ingredient in all types of delicious products such as candy bars, noodles, milk, cereal, pudding and more!

Apart from food products, rice is also used for making straw and rope, cosmetics, packing material and even toothpaste!



## DID YOU KNOW?

Consumption of rice in the U.S. continues to climb. Americans consume around 27 pounds of rice per person every year!



**PARBOILED RICE:** The rice is soaked in warm water under pressure, steamed and dried before the hull is removed. Parboiled rice is not precooked rice as the name might infer and is desirable in certain types of cooking.

**PRECOOKED RICE:** Rice is milled, completely cooked, then dried to create a quicker cooking time when it is prepared to eat.

**CRISPED OR PUFFED RICE:** Rice is processed in a variety of ways like puffed rice (Rice Krispies® and in candy bars) or in flakes for cereals.

## Scrambled Rice Words

Unscramble the words below to form rice words found on these two pages.

1. TDSESESR \_\_\_\_\_
2. EELKNR \_\_\_\_\_
3. TSEITUNRN \_\_\_\_\_
4. BEOPRDLI CEIR \_\_\_\_\_
5. OOERPKCDE IREC \_\_\_\_\_
6. FUPEFD ERCI \_\_\_\_\_
7. IRTOTSO \_\_\_\_\_
8. YCATHRS \_\_\_\_\_
9. HSSIU \_\_\_\_\_
10. EWHLO NRAGI \_\_\_\_\_

1. DESERTS 2. KERNEL 3. NUTRIENTS 4. PARBOILED RICE 5. PRECOOKED RICE 6. PUFFED RICE 7. RISOTTO 8. STARCHY 9. SUSHI 10. WHOLE GRAIN



1

In early spring, acres of seeds are planted to an exact depth by grain drills, or cast over dry or flooded fields by airplane.

2

Rice matures 100 to 180 days after planting. At first the rice is green, but as it ripens it becomes golden in color.



3

When rice is mature, water is drained off the field. Fields are dried and the rice is cut from the plants by machines called combines, which also separate the grain from the stalk.



4

Trucks transport rough rice to rice dryers.



5

Dryers force warm, dry air through the rice, gradually removing moisture from the grain to a level suitable for storage.

U.S. Rice is exported to **more than 150 countries!** We help feed the world with our rice.

6

After drying, rice is transported to a mill where millers clean and pass rough rice through "sheller" machines that remove the hull. What remains is brown rice, which can be packaged or milled into white rice. Milling machines rub the grains together under pressure. This removes the bran layer, revealing white rice.

**Did U Know?**

The first gasoline-powered tractor was invented in Iowa in 1892.



7

Rice is packaged and transported to supermarkets, restaurants and food processors to use in their products or it is exported to other countries.



DELICIOUS!  
NUTRITIOUS!



# USA Rice FARM TO TABLE

Did you ever wonder how rice makes its way to your kitchen table?

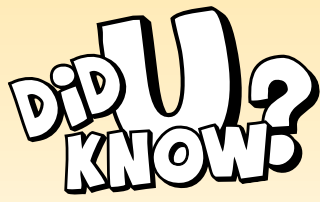


# Rice is Really GOOD FOR YOU!

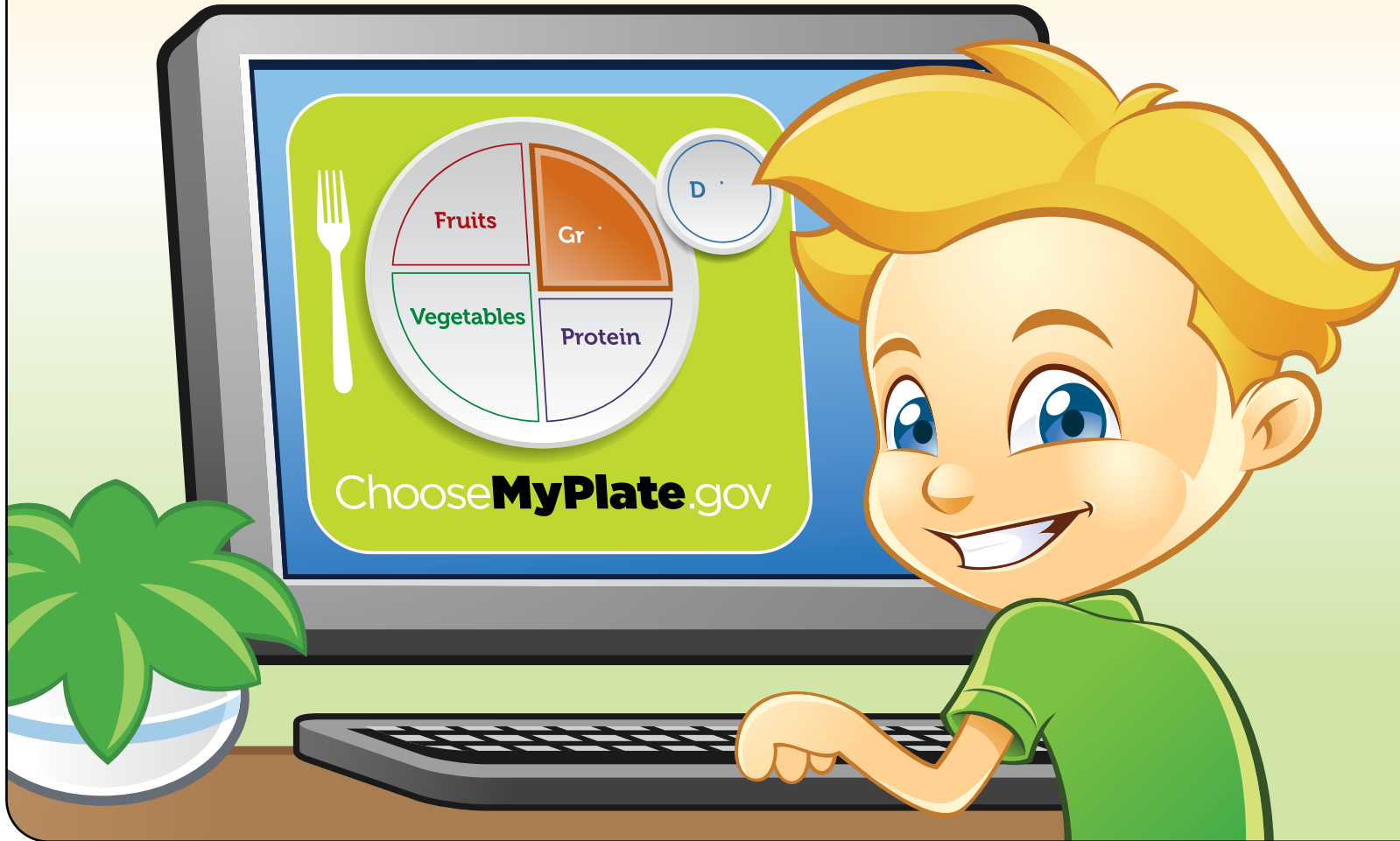
Rice is not only delicious, but also very nutritious! Rice contains many of the nutrients your body needs to become strong and healthy.



MyPlate recommends several one-ounce grain servings per day, with half of those servings coming from whole grains (like brown rice). One half-cup cooked rice equals a one-ounce serving of grains. Portions vary based on age and gender, so be sure to visit [choosemyplate.gov](http://choosemyplate.gov) to find out what's right for you.



- *Brown rice is 100% whole grain. One 1/2 cup of whole grain brown rice provides one full whole grain serving with 15 essential nutrients, phytonutrients, fiber and important vitamins.*
- *Rice is sodium-, cholesterol- and gluten-free, has only a trace of fat and no trans fat or saturated fat.*
- *The U.S. Food and Drug Administration says that diets rich in whole grain foods such as brown rice and other plant foods, and low in total fat, saturated fat and cholesterol may help reduce the risk of heart disease and certain cancers.*



## Exercise Your Rice Knowledge.

Search the word-find below to uncover the many healthy nutrients and qualities of rice. Words can be found up, down, backwards, forwards and diagonal.

n w o f g r p u o n s m l v



- ~~BRAN~~
- CALCIUM
- CARBOHYDRATE
- ENERGY
- ENRICHMENT
- FIBER
- GRAIN
- HEALTHY
- IRON
- MINERALS
- PROTEIN
- SODIUM
- VITAMINS
- WHOLE GRAIN

## Along with including rice in your diet, here are some healthy eating tips for you:

- Eat lots of different kinds of foods each day; balance your food choices
- Eat more whole grains, fruits and vegetables
- Start your day with breakfast
- Exercise and keep moving to stay in shape
- Snack smart
- Set healthy eating goals
- Make healthy eating fun!



Rice is a high-energy food, supplying complex carbohydrates that the body and brain need to function.



# Kids in the KITCHEN!

Rice is fantastic for breakfast, lunch, dinner and more!  
Try making these delicious recipes at home with your family.

Remember to ask your parents for help when using the stove.

## Cinna-Yummy Rice Cereal

### INGREDIENTS

- 1 cup cooked brown or white rice
- $\frac{2}{3}$  cup milk
- 1 tablespoon brown sugar
- $\frac{1}{4}$  teaspoon ground cinnamon
- fresh blueberries, raspberries or strawberries (optional)

Makes 1 serving. Each serving provides:

331 calories, 1g dietary fiber, 10g protein, 62g carbohydrate, 14mg cholesterol, 4g fat, 97mg sodium

### DIRECTIONS

1. Combine rice, milk, brown sugar and cinnamon in small saucepan.
2. Turn burner to medium heat.
3. Place saucepan on burner, cook and stir until thick and creamy, about 10 minutes.
4. Turn burner off.
5. Spoon rice cereal into small bowl; cool 3 minutes.
6. Top with fresh berries.

Rice cookers make cooking rice easy!

## Southwest Salsa Rice Bites

### INGREDIENTS

- 3 cups cooked brown rice, cooled
- 1 cup shredded pepper jack cheese
- 4 eggs
- 1 16-oz. jar medium (or hot) thick and chunky-style salsa
- $\frac{1}{2}$  cup sour cream
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon pepper
- $\frac{3}{4}$  cup crushed corn or tortilla chips

Additional salsa and sour cream for garnish (optional)

### DIRECTIONS

1. Preheat oven to 350 degrees.
2. Combine rice and cheese in large bowl; set aside.
3. In medium bowl, beat eggs until well blended. Stir in salsa, sour cream, salt and pepper. Add salsa mixture to rice and cheese; mix well.
4. Spray miniature muffin pans with vegetable cooking spray. Spoon approximately  $\frac{1}{2}$  tablespoons rice mixture into each cup, filling to just below the rim. Sprinkle crushed chips over filling, pressing slightly with back of spoon.
5. Bake 15 to 20 minutes, or until lightly browned. Serve warm with additional salsa and sour cream, if desired.

Makes 48 appetizers (8 servings). Each serving provides:

287 calories, 2g dietary fiber, 10g protein, 31g carbohydrate, 123mg cholesterol, 14g fat, 784mg sodium



Rice bowls are fun and easy to make!

Rice bowls are easy to prepare: just start with rice and layer with vegetables, protein and sauce.

The possibilities are endless! Create your own customized recipes or mix and match your favorite ingredients.



### Pizza Rice Bowl:

White rice topped with mushrooms, onions, peppers, garlic, chopped tomatoes, pepperoni or sausage crumbles, shredded mozzarella cheese, tomato sauce, oregano, basil and parmesan cheese.

### Taco Rice Bowl:

White or brown rice topped with onions, green and red pepper strips, taco-flavored chicken strips, beans, chili or mole sauce, sour cream, taco chips and cheddar cheese.

## Vegetarian Sloppy Joes

### INGREDIENTS

- 1 tablespoon vegetable oil
- 1 medium onion, chopped
- 1 green pepper, chopped
- 3 cups cooked brown rice
- 2 16-ounce cans Mexican style pinto beans
- $\frac{3}{4}$  cup hickory smoke barbecue sauce
- 4-6 whole grain buns

### DIRECTIONS

1. Heat oil in a large skillet over medium-high heat.
2. Add onion and green pepper; cook 2-3 minutes.
3. Add rice, beans and barbecue sauce.
4. Simmer 10-15 minutes, until heated through.
5. Serve on buns.

Makes 1 serving. Each serving provides:

672 calories, 12g dietary fiber, 24g protein, 125g carbohydrate, 17mg cholesterol, 10g fat, 1245mg sodium



Follow package directions for cooking rice.

## Kellogg's® Rice Krispies® Treats

This recipe has been tested and endorsed by Kellogg's® Rice Krispies®

### INGREDIENTS

- 3 tablespoons margarine or butter
- 1 10-oz. package regular marshmallows
- OR
- 4 cups mini marshmallows
- 6 cups Kellogg's® Rice Krispies®

### DIRECTIONS

1. Melt margarine in large saucepan over low heat. Add marshmallows and stir until completely melted. Remove from heat.
2. Add Kellogg's® Rice Krispies® cereal. Stir until well coated.
3. Using buttered spatula or waxed paper, press mixture evenly into 13x9x2-inch pan coated with cooking spray. Cut into 2-inch squares when cool. Best if served the same day.

Makes 24 servings. Each serving provides:

260 calories, 0g dietary fiber, 2g protein, 54g carbohydrate, 0mg cholesterol, 6g fat, 300mg sodium

- Good cooks of all ages always wash their hands before cooking.
- Read recipe directions first, then gather all ingredients.
- Clean up as you go.
- Be sure to turn off all appliances when you are done cooking.
- Enjoy your culinary creations!



IMPORTANT COOKING TIPS