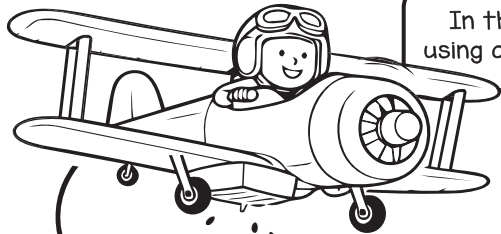
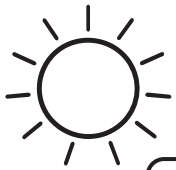


# U.S.-Grown RICE

- From Field To Table -



In the spring, rice is planted using a tractor, drill, or airplane.



Rice grows all summer long!



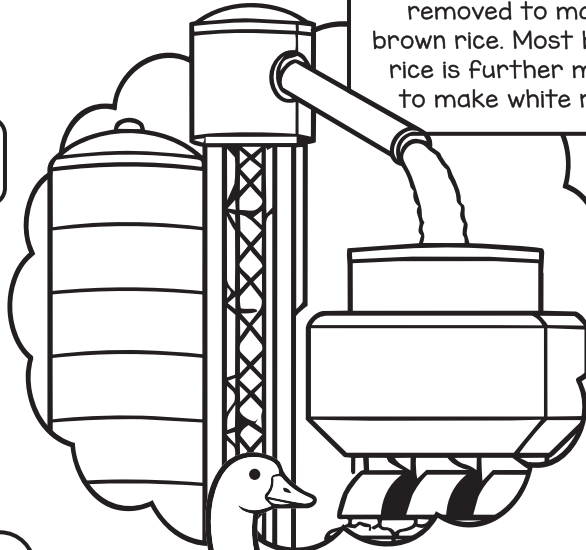
## Did You Know?

Growing rice helps the environment through careful use of water, land, and energy by farmers and by giving wildlife such as toads, fish, ducks, and geese a place to live.

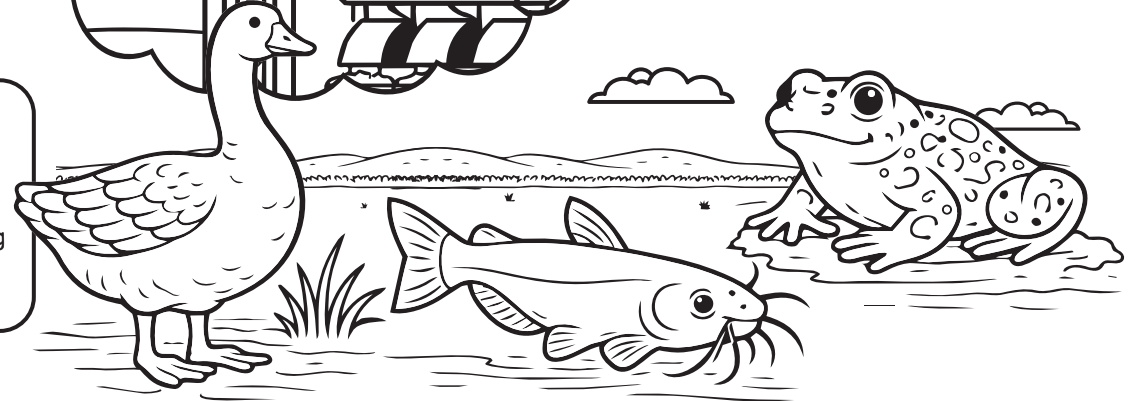


In the fall, when the rice has grown to at least three feet, it's time to be harvested.

Rice is brought to the mill where the rice is cleaned and the outer shell - or husk - is removed to make brown rice. Most brown rice is further milled to make white rice.



The milled brown and white rice is then packaged and sent to grocery stores, schools, and restaurants in the U.S. and around the world!



# U.S.-Grown RICE

- Is Good For You! -



Here are just a few of the many different types of rice!

Rice contains many of the nutrients your body needs to be strong and healthy. All types of rice contain healthy carbohydrates and vitamins and minerals such as thiamin, niacin, iron, and folic acid. This helps your body grow and stay strong and healthy!






## Where does rice grow?

Most of the rice you eat is grown on family farms in the U.S.!

Color in the states and draw a line to match the state name to where it's shown on the map.

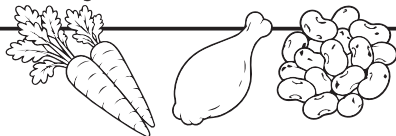


## Word Scramble

- ihssu uses short grain rice. Most of this rice is grown in California! 
- eirc The U.S. grows the healthiest rice in the world. 
- mesumr Rice grows during this season: 
- aigrn Brown rice is a whole grain. 
- marrfes are very careful with water, land, and energy when growing rice! 

1. sushi 2. Rice, 3. Summer, 4. grain 5. farmers

Rice is an important part of a healthy diet! Rice is almost always served with other healthy foods like vegetables, meat, and beans.



## Brown Rice

After being harvested from the field, the outer shell - or husk - of rice is removed to make whole grain brown rice. Brown rice is nutritious and heart healthy! Other whole grain rice options are red rice, black rice, purple rice, and wild rice.



## White Rice

This is the most common form of rice! Brown rice becomes white rice after the bran and germ layers are removed. White rice provides us important nutrients like iron and folic acid.



## Jasmine Rice

This long grain rice is soft, moist, and clings together. It is best known for its popcorn aroma and irresistible taste and texture and pairs well with any food!



## Calrose Rice

This soft, medium-grain rice is only grown in California! It's slightly sticky, absorbs flavors well, and is used in lots of dishes such as sushi and rice bowls.



## Wild Rice

Known for its dark color and chewy texture, this nutritious whole grain is delicious by itself but is often found in stuffing and soups. Fun fact - it's technically not a rice, but a grass!

