



# Lesson 4: Rice Rolls



**Purpose** To increase children’s whole grain intake.

- Goals** By the end of this lesson, students will be able to:
1. List the characteristics of and benefits of eating brown rice.
  2. Make a whole grain snack.
  3. Students will be able to state the catchphrase of the day to share with family and friends.

***This lesson will be evaluated by student responses to “Brown rice has magnesium which magnifies our bone strength!”***

- Ingredients** 6.25 cups cooked short grain brown rice  
(For 20 students=4 groups of 5 students & one Demo) 2.5 cups diced vegetables (bell peppers, cucumbers, carrots)  
3/4 cup Italian style salad dressing  
2.5 cups shredded cheddar cheese  
salt and pepper to taste

- Materials** **For Chef Prep**
- 1 cutting board
  - 1 chef’s knife
  - 1 portion scoop (=1/4 cup)
  - 2-3 bus tubs for dirty dishes
  - foodservice gloves
  - marker
  - tablespoon measure

- For Kids’ Cooking Demo**
- 25 plastic sandwich bags (1 per student plus demo)
  - 5 spatulas (1 per group of 5, plus demo)
  - 5 mixing bowls (1 per group of 5, plus demo)
  - 5 1/4-cup measures (1 per group of 5, plus demo)
  - 25 prep bowls with lids (4 per group of 5, plus demo)
  - 25 plastic spoons (1 per student plus demo)
  - napkins or paper towels and sanitary wipes
  - student handouts and crayons

**Assembly** **Ahead of time: Chef Prep**

Set aside 1 cup of uncooked rice to show students the raw form. Season cooked brown rice. Dice the vegetables and mix in a large bowl. Using the 1/4 cup portion scoop, fill 5 of the prep bowls with 5 scoops of brown rice; 5 of the prep bowls with 3 scoops of vegetables; 5 of the prep bowls with 1/2 scoop Italian dressing; 5 of the prep bowls with 2 scoops of shredded cheese. Cover all of the bowls with lids and label. You can pack these in the bus tubs if needed. Refrigerate or pack in coolers with ice until demonstration time.

**During Kids’ Cooking Demo**

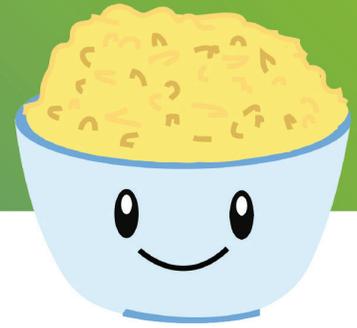
**Set up (before kids arrive):** Each station (1 for you, and 4 groups of 5 students each) needs: 5 plastic sandwich bags, 1 mixing bowl, 1 spatula, 1 1/4-cup measure, 5 spoons, napkins or paper towels and each one of the 4 different prep bowls (1 with rice, 1 with vegetables, 1 with Italian dressing, 1 with shredded cheese). Each student gets a handout. Put crayons in the middle of the table and give each student a napkin or paper towel.

**DEMO:** Put 1/4 cup of cooked rice into the plastic bag. Flatten rice out in the bottom of the bag. In a bowl, toss the vegetables with the Italian dressing. Place 2 heaping spoonfuls of the vegetables down the middle of the rice. Sprinkle 2 spoonfuls of cheese on top of the vegetables. Press the rice, cheese and veggies into the corner of the bag and squeeze to make a rice ball. Eat the Rice Roll right out of the bag!



Nutrition Education: Grains

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**Estimated Time 15 min**

**Lesson** *Facilitators will introduce themselves and introduce the topic.*

**(2 min)** *Set ground rules:*

1. Everyone stays in their groups and in their seats until asked to move.
2. No talking while facilitator is talking.
3. Everyone have fun!

Discuss the following information with the students:

1. Rice is a whole grain. (Show brown rice.)
2. So why eat brown rice?

***It helps our bones stay strong because it has magnesium!***

3. (Say catchphrase)

***"Brown rice has magnesium which magnifies our bone strength!"***

**(7 min)** *Demonstration and Hands on Culinary Activity*

1. Make sure students watch the demo before they do it themselves.
2. Choose a student from the group as the "helper" to assist in the culinary activity.
3. Read the instructions step by step and have the "helper" demonstrate the culinary activity. Assist helper with mixing as needed.
4. Once demo is over, instruct the students to work in their groups to recreate the demonstrated activity. Volunteers should help where needed.

**(4 min)** *Coloring Activity (Do this while students are eating their snack.)*

1. Hold up coloring activity.
2. Ask children to write the catchphrase in the bubble.
3. Read the instructions with the children on the coloring page.
4. Remind students to throw away trash, recycle disposables when possible and put dirty dishes into the bus tubs.

**(2 min)** *Review the following information with the students:*

1. Rice is a whole grain (Show bowls of brown rice and white rice).
2. So why eat brown rice?

***It helps our bones stay strong because it has magnesium!***

3. (Say catchphrase).

***"Brown rice has magnesium which magnifies our bone strength!"***