

Kids In The Kitchen

Knowledge Of Rice Is Growing In The Classroom

(NAPSA)—The traditional greeting in China may be “Have you had your rice today?” but did you know that same greeting could very well be heard here in the United States? Surprising to many Americans is that nearly 85 percent of the rice consumed in the U.S. is grown here. U.S. rice farmers in Arkansas, California, Louisiana, Texas, Missouri and Mississippi produce some 19 billion pounds of rice each year.

So that kids know more about home-grown rice, the USA Rice Federation developed a new educational brochure, “U.S.-Grown Rice in the Classroom,” designed to teach 4th-6th graders about U.S.-grown rice in an engaging way. The colorful 12-page pamphlet features rice types and forms, the history of rice, where rice is grown in the U.S., nutrition information, recipes and more. It shows that rice production benefits the environment by creating wetland habitats for birds, mammals and reptiles.

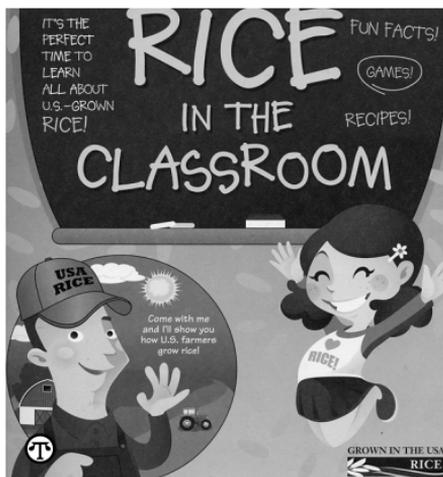
Rice Recipes

The Kids in the Kitchen section shows that rice is good for breakfast, lunch and dinner. And there are a number of delicious rice recipes, including this one:

CINNA-YUMMY RICE CEREAL

Ingredients:

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



Many different varieties of rice are grown in the United States, including long, medium and short grain, as well as aromatic rices.

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.

Makes 1 serving. Each serving includes 331 calories, 1g dietary fiber, 10g protein, 62g carbohydrate, 14mg cholesterol, 4g fat, 97g sodium.

Teachers are now incorporating this fun, educational pamphlet into their lesson plan.

To download the “U.S.-Grown Rice in the Classroom” pamphlet, visit www.usarice.com/consumer.