



Food Education Standard 2: Foods have sources and origins.

Growing and Eating Food Around the World: The Story of Rice

Grade Levels & Subjects: Early Childhood and Grades K - 2
English Language Arts



Learning + Food Objectives:

Students will learn about food sources and origins by investigating how rice is grown around the world and eaten in different ways in various locations and cultures and identifying a rice dish that they have eaten before and where they ate it.

Common Core Standards:

Common Core English Language Arts

Informational Text - Making connections between information/events/ideas and self.

[CCSS.ELA-LITERACY.RI.K-3.3](https://www.illustrativemathematics.org/HS-ELA-Literacy-RI-K-3-3)

With prompting and support, describe the connection between two individuals, events, ideas, or pieces of information in a text.



MATERIALS NEEDED

- "Arroz con Leche" with Chef Christopher Del Cid: <https://vimeo.com/417668558>
- Worksheet below - could be recreated in Jamboards, Pear Deck, or other online learning platform

CLASSROOM PROCEDURE

INTRODUCTION (5 minutes)

1. Activate students' background knowledge about rice, asking "Has anyone ever had rice? How did you eat it? Was it fried rice, rice and beans, chicken and rice, in the school cafeteria? If students may have difficulty thinking of specific dishes, teacher could show photos of common rice dishes on a slide/on the computer.

2. Teacher can list the different dishes (or show photos) and ask students where they have eaten these different types of rice dishes. This could be “at home, at a Mexican restaurant, with sushi, in the cafeteria...” No answer is wrong. If students are able to identify where a dish may have originated or is often eaten, that is great. Teacher could also prepare a few examples and where the dish originated. For example:
 - a. Rice and beans from West Africa, Brazil, and many other countries
 - b. Fried rice from China
 - c. Arroz con Leche (Rice Pudding) from Spain and Latin American cultures
3. Using the list created in step 2, go one by one through each item and ask the students to put a thumbs up if they have had that type of rice dish, thumbs down if they haven’t, or “sideways” thumb if they are not sure.
4. Tell students that we will learn more about rice and how this one common ingredient is eaten in all sorts of ways around the world, and how this is an ingredient that we can share - it brings us together!

INSTRUCTION (30 minutes)

1. Tell students how today they will learn more about rice and the different ways it can be eaten, starting with how rice is grown. Videos below are examples about growing rice.
 - a. “Remarkable Ride: How Does Rice Grow?” (in the United Kingdom) by Tesco Eat Happy Project <https://www.youtube.com/watch?v=kxAEiHCErSA>
 - b. “How Rice is Made” video by Deutz-Fahr <https://www.youtube.com/watch?v=2JqEse7JffE>
2. Now that students understand a bit more about how rice is grown, think about how this one common ingredient is eaten in all sorts of ways around the world. Rice is a common ingredient in cooking in many countries and many cultures. It is a food that connects us!
3. Tell students that they are now going to watch a video about one way to prepare rice that is popular in Spanish and Latin American cooking: “Arroz con Leche” with Chef Christopher Del Cid: <https://vimeo.com/417668558>
4. Tell students that you’d like for them to think about what their favorite rice dish is or a rice dish they want to try.
 - a. What did the dish look and taste like? Was it spicy? Sweet? Sour? Savory? Salty?
 - b. Where did you eat the rice dish? Or, where do you want to eat the rice dish? (your home, a family member’s home, friend’s home, a restaurant, school cafeteria, etc.)
5. Using the worksheet below or another sheet of paper or tool online, students will draw a picture and could write or dictate a few sentences if they are able to. Sentence starters could include: “A rice dish I have eaten is [type of rice dish] at [location]”

CLOSING (teacher discretion)

1. Students can share their drawings/writing with their classmates. If students make a rice dish with their family in the future, encourage them to take a photo and share with the class afterwards.

ADDITIONAL RESOURCES

- *Everybody Cooks Rice* By Norah Dooley
- Informational texts on rice:
 - <https://kids.britannica.com/kids/article/rice/353717>
 - <https://easyscienceforkids.com/rice/>

RECIPE FROM VIDEO

Video: "Arroz con Leche" with Chef Christopher Del Cid: <https://vimeo.com/417668558>

Below is the recipe from the video in this lesson. Pilot Light Anywhere lessons are designed to be able to be delivered from a remote setting; however, this recipe can be demoed by the teacher virtually/in person, sent home to families, or used for reference.

Arroz con Leche

Serves 5

Ingredients:

- 1 ½ cups of white rice (most white rice will do the trick!)
- 2 cups of water
- 1 ½ cups of milk (your choice of skim-whole)
- ¾ cup of evaporated milk
- ½ cup of condensed milk
- 1 Cinnamon stick
- 1 tsp of Vanilla extract
- Optional ingredients: ½ cup raisins, ½ tsp ground clove (or 2-3 whole), 1 star anise, and/or granulated sugar for sweetness
- Topping suggestions: feel free to get creative and make this your own, and serve in small bowls!
 - Banana slices, blueberries, strawberries, and peach slices
 - Dash of cinnamon and/or cocoa powder

Materials:

- Heat source
- Medium pot with lid
- 1 cup and ½ cup measuring cups
- 1 tsp measuring spoon
- Stirring spoon

Preparation:

1. First, make sure you clear your working area and that you've gathered all necessary ingredients.
2. Grab a medium pot and add the two cups of water, the rice, and the cinnamon stick.
3. Place a lid on the pot, set the heat on high, and wait until you bring the water to a boil.
4. When the water is boiling, bring the heat down to medium low and keep the lid closed.
5. Let the rice simmer for 10 minutes or until most of the water has evaporated.
6. Add 1 ½ cups of milk + the ¾ cups of evaporated milk + ½ cups of condensed milk + 1 tsp of vanilla extract.
 - If desired, this would be the time to add the ½ cup of raisins, the ½ tsp of ground clove (or whole clove), star anise, and/or sugar!
7. Using the stirring spoon, mix ingredients together gently as you're adding them, then continue to stir slowly, allowing the mixture to thicken. Allow about 8 minutes. Adjust the heat accordingly.
8. After those 8 minutes have passed, turn off the heat and allow the rice to sit and cool down, keeping the lid closed during this time. Wait about 10 minutes.
9. Serve and enjoy!

The student worksheet below can be printed or copied onto
any online learning platform.



I Eat Rice

Draw a picture of a rice dish you have eaten and where you ate it.

A rice dish I have eaten is _____ at _____.
