



Paddy Fields



Oryza sativa



Grain ready for harvesting



Rice sheaves-tied after the rice is harvested.



Drying rice on the side of the road in Vietnam



Polished white rice



Making rice paper—a food wrapper

5. What does the word **staple** mean? \_\_\_\_\_

Name a food that could be called a staple for your family. \_\_\_\_\_

6. What nutrient in rice gives us **energy**? \_\_\_\_\_

Where is most of this nutrient found in the rice grain? \_\_\_\_\_

Why is energy so important for the human body? \_\_\_\_\_

7. In the table below, list the 5 main **nutrients** in brown rice and give the function of each.

Nutrient	Main function in the body

### Rice has many uses .....

Write the Rice Product from the box below with the Use for this product

Use for the Rice Product	Name of the Product
The outer layer of the grain, used in cereals	
The lipid taken from the bran and germ	
Can be white or brown and is gluten-free	
From the endosperm and is used as a thickener	
Used by beer manufacturers	
Used mainly in soups and stir-frying	
Used to wrap spring rolls and other Asian foods	
Used a lot in Chinese cooking— white, red, and black forms	
For lactose intolerant people	
A Western breakfast cereal	
A snack used with dips and nibbles	
Examples- Japanese miso, saki	

### Rice Products

Rice milk	Fermented rice products	Rice bran	Rice flour
Puffed rice	Edible rice paper	Rice vinegar	Rice starch
Brewers rice	Rice bran oil	Rice crackers	Rice noodles