

# LESSON 4: SPEAK UP FOR RICE!

## TOPICS IN THIS LESSON:

- Be an Advocate
- Think Rice

## HAND-OUTS:

- Think Rice Fill in the Blank
- Lesson 4 Quiz
- Additional Rice Recipes



# LESSON 4: SPEAK UP FOR RICE!

## BE AN ADVOCATE

There are many ways we can continue to support the rice farmers of our state throughout the year!

## ENGAGE IN SOCIAL MEDIA

Be a part of the conversation on social media and help us educate Arkansans about rice by liking, retweeting, following and sharing our Arkansas Rice Month graphics and facts!

Find us at Facebook.com/ArkansasRice, Twitter @RiceArkansas or Instagram @ArkansasRice.

## BUY LOCAL

Encourage your parents to buy Arkansas produced rice products when grocery shopping! Examples of local brands are: Riceland Foods, Riviana, Par Excellence, and many more!



## TELL OTHERS ABOUT THE BENEFITS OF RICE

Share the fun facts you've learned about rice with friends and family!

**GLUTEN FREE! BUDGET FRIENDLY! LOCAL!**  
**NUTRITIOUS! HEART HEALTHY! SUSTAINABLE!**

**ACTIVITY: ASK CLASS TO DISCUSS THE BENEFITS OF RICE AS AN EXERCISE TO HELP THEM REMEMBER WHAT THEY'VE LEARNED!**

## VOLUNTEER

Arkansas has an incredible resource to help fight hunger and food insecurity in the state: the Arkansas Food Bank: United to Fight Hunger (formerly the Arkansas Rice Depot and Arkansas Food Bank).

United by a common goal to fight hunger in Arkansas, the Arkansas Foodbank and Arkansas Rice Depot have joined together as one organization to better fulfill their shared mission of providing hungry Arkansans with more healthy and nutritious food.

Last year, the Arkansas Foodbank and Arkansas Rice Depot distributed about 25 million pounds of food to agencies that help feed the hungry. **The Arkansas rice industry donated over 120,000 pounds of rice to combat food insecurity in the state.** The new organization will continue existing programs such as Food For Kids, Food For Families and Food For Seniors that reach school-aged children, college students, families and seniors.

**Volunteers of all ages can lend a hand at the Arkansas Rice Depot location to help package food, including rice, to prepare for hungry Arkansans around the state.**

*Visit [RiceDepot.org](http://RiceDepot.org) or [ArkansasFoodbank.org](http://ArkansasFoodbank.org) for more information.*

## CHOOSE GIFTS THAT GIVE BACK

Holidays, birthdays, and any other gift-giving opportunity is the perfect time to give gifts that give back. Various types of Arkansas-grown rice and rice mixes are sold by the Arkansas Rice Depot and the proceeds support their mission! Products can be purchased on the Rice Depot website, on-location, and through the Arkansas Rice website, [www.ArkansasRice.org](http://www.ArkansasRice.org).

Here are some examples of products that give back.



GIFTS FROM THE  
HEART

PROCEEDS FROM SALES DIRECTLY BENEFIT PROGRAMS TO  
**END HUNGER IN ARKANSAS.**

CLASS ACTIVITY: FILL-IN DIAGRAM  
(BLACK & WHITE PRINTABLE INCLUDED)

# THINK RICE

U.S.-GROWN



GLUTEN-FREE

WHOLE GRAIN

COMPLEX  
CARBOHYDRATES

15+ VITAMINS  
& MINERALS

HEART HEALTHY

100 CALORIES

*The smart way to eat!*

[thinkrice.com](http://thinkrice.com)

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# LESSON 4: SPEAK UP FOR RICE!

- How can you support Arkansas rice farmers?  
a) Grow Your Own Rice    b) Buy Local Rice    c) Not Eat Rice
- Producer's Rice Mill is headquartered in \_\_\_\_\_, Arkansas.  
a) Little Rock    b) Fayetteville    c) Stuttgart
- Name three facts you've learned about rice that you can share with others:
- Where can you volunteer to support rice and help food insecure Arkansans?
- Approximately how many calories are in a half-cup serving of rice?  
a) 100    b) 250    c) 85
- Name three rice brands you can buy in Arkansas grocery stores:
- Who can enjoy the benefits of rice?  
a) Children    b) Adults    c) Senior Citizens    d) All of the Above
- How much rice did the Arkansas rice industry donate (in 2014)?  
a) 200 pounds    b) 1-million pounds    c) 120,000 pounds
- Rice is heart healthy.  
TRUE                      FALSE
- What is YOUR favorite thing about Arkansas rice?

## LESSON 4: SPEAK UP FOR RICE!

1. How can you support Arkansas rice farmers?  
a) Grow Your Own Rice    b) Buy Local Rice    c) Not Eat Rice
2. Producer's Rice Mill is headquartered in \_\_\_\_\_, Arkansas.  
a) Little Rock    b) Fayetteville    c) Stuttgart
3. Name three facts you've learned about rice that you can share with others:  
Gluten free, heart healthy, budget friendly, locally grown, sustainable, nutritious
4. Where can you volunteer to support rice and help food insecure Arkansans?  
Arkansas Rice Depot/Food Bank
5. Approximately how many calories are in a half-cup serving of rice?  
a) 100    b) 250    c) 85
6. Name three rice brands you can buy in Arkansas grocery stores:  
Riceland Foods, Riviana, Della Rice, Par Excellence, and more
7. Who can enjoy the benefits of rice?  
a) Children    b) Adults    c) Senior Citizens    d) All of the Above
8. How much rice did the Arkansas rice industry donate (in 2014)?  
a) 200 pounds    b) 1-million pounds    c) 120,000 pounds
9. Rice is heart healthy.  
TRUE    FALSE
10. What is YOUR favorite thing about Arkansas rice?



# VEGETABLE FRIED BROWN RICE BOWL

**Yield: 50/100 servings**

**Serving Size:  
1 cup**

**Hungry for more recipes?  
Visit [www.menurice.com](http://www.menurice.com)**



**APPROXIMATE NUTRIENTS PER SERVING:** Calories 259, Protein 12 g, Carbohydrate 34 g, Total Fat 9 g, Saturated Fat 2 g, Cholesterol 187 mg, Vitamin A 4493 IU, Vitamin C 10 mg, Iron 2 mg, Calcium 62 mg, Sodium 387 mg, Dietary Fiber 5 g

## VEGETABLE FRIED BROWN RICE BOWL

Prep Time: 20-25 minutes  
Cook Time: 20-30 minutes



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	WEIGHT	MEASURE	WEIGHT	MEASURE	
<b>Ginger-Soy Sauce**</b>					1. In a bowl, whisk together all ingredients. Cover and hold until ready to use as directed. Critical Control Point: Refrigerate below 41°F at least 2 hours before using as directed.
Lower-sodium soy sauce		1 ¾ cups		3 ½ cups	
Ginger, minced		⅓ cup		⅔ cup	
Garlic, minced		2 tbsp		¼ cup	
Honey		2 tbsp		¼ cup	
Red pepper, ground		¼ tsp		½ tsp	2. In a tilting skillet, heat 3 tbsp oil over medium-high heat (1/3 cup for 100 servings); add egg product and sauté 3-4 minutes or until firm. Critical Control Point: Cook to an internal temperature of 155°F or higher for 15 seconds. Remove from skillet and chop. Reserve. Critical Control Point: Hot hold at 135°F or higher. 3. In the same skillet, heat remaining oil; sauté carrots for 2-3 minutes. Add peas and scallions and continue to sauté for 2 minutes. 4. Mix in rice and cook, stirring constantly, until heated through. Stir in cilantro and mix well. Mix in reserved eggs and Ginger-Soy Sauce**. Critical Control Point: Cook to an internal temperature of 165°F or higher. Critical Control Point: Hold hot at 135°F or higher for service. 5. To Serve: Scoop 1 cup (two No. 8 scoops) fried rice into a bowl and serve.
Vegetable oil, divided		½ cup		1 cup	
Pasteurized egg product	5 lb 10 oz	2 qt 2 ½ cups	11 lb 4 oz	1 gal 1 ¼ qt	
Carrots, fresh, shredded	2 lb 9 oz	3 qt ½ cup	5 lb 2 oz	1 ½ gal 1 cup	
Peas, frozen	5 lb 4 oz	3 qt ½ cup	10 lb 8 oz	1 ½ gal 1 cup	
Brown rice, cooked, chilled*	10 lb 12 oz	1 ½ gal 1 cup	21 lb 8 oz	3 gal 2 cups	
Scallions, sliced	4 oz	2 cups	8 oz	4 cups	
Cilantro, fresh, minced, optional	1 oz	1 cup	2 oz	2 cups	
Ginger-Soy Sauce**		2 ½ cups		1 ¼ qt	

**ONE SERVING PROVIDES:** 1 oz eq G, 2 oz eq M/MA, ⅓ cup red/orange V, ¼ cup starchy V  
**COOLING:** Critical Control Point: Cool from 135°F to 70°F or lower within 2 hours and from 70°F to 41°F within 4 more hours. Place in shallow pans with a product depth of 2 inches or less and refrigerate or place shallow pans of product into ice bath, immerse pans in ice up to product level and stir frequently. Cover and label product.  
**REHEATING:** Critical Control Point: Reheat to 165°F or higher for 15 seconds, within 2 hours.

\*Follow package cooking instructions or visit MenuRice.com for suggested rice preparation methods. When cooking and chilling rice for use in recipes, follow proper Critical Control Points for chilling procedures and hold cold at 41°F or lower until ready to use as directed.



# Rice Recipes Students Will LOVE



Serving Size and  
Nutrients Per Serving

## SERVING SIZE:

K-8: ½ cup  
9-12: ½ cup

## ONE SERVING PROVIDES:

K-8: 1 G + ⅓ red/orange V  
9-12: 1 G + ⅓ red/orange V

## NUTRIENTS PER SERVING:

Calories 287, Protein 7 g, Carbohydrate 59 g,  
Total Fat 3 g, Saturated Fat 0 g,  
Cholesterol 0, Vitamin A 107 RE,  
Vitamin C 4 mg, Iron 2 mg, Calcium 4 mg,  
Sodium 182 mg, Dietary Fiber 4 g

*Recipe developed for USA Rice Federation  
by Chef Cyndie Story, PhD, RD, CC*

# Spanish Brown Rice

INGREDIENTS	50 SERVINGS		100 SERVINGS	
	WEIGHT	MEASURE	WEIGHT	MEASURE
Onions, fresh, diced	10 oz	2 cups	1 lb 4 oz	4 cups
Vegetable oil	-	2 tsp	-	4 tsp
Tomato sauce	-	2 qt	-	1 gal
Water	-	1 gal	-	2 gal
Brown rice, parboiled, uncooked	3 lb 12 oz	-	7 lb 8 oz	-
Garlic powder	-	2 tbsp	-	4 tbsp
Cumin	-	2 tbsp	-	4 tbsp
Paprika	-	2 tbsp	-	4 tbsp
Salt	-	2 tsp	-	1 tbsp 1 tsp
Hot sauce, prepared	-	¼ cup	-	½ cup
Green chilies, canned, drained	-	½ cup	-	1 cup

## DIRECTIONS

1. Lightly coat full size 2-inch steam table pan with food release spray. For 50 servings, use 2 pans. For 100 servings use 4 pans.
2. Sauté onions in vegetable oil until softened.
3. Pour 1 qt tomato sauce and 2 qt water into each pan. Whisk together.
4. Add 1 lb 14 oz of uncooked brown rice to each pan.
5. Combine garlic powder, cumin, paprika, and salt. Add 1 tbsp and 1 tsp of spice mixture to each pan.
6. Add 2 tbsp of hot sauce, 1 cup of cooked onions, and ¼ cup green chilies to each pan. Whisk together to combine.
7. Steam for approximately 25 minutes, or until the rice is al dente. Critical Control Point: Heat to 165°F or higher for at least 15 seconds.
8. Fluff with utensil and cover with plastic wrap.
9. Serve ½ cup using a No. 8 scoop. Critical Control Point: Hold for service at 135°F or higher.

Hungry for more recipes?  
[www.menurice.com/k-12](http://www.menurice.com/k-12)



# GET SOCIAL

**Everyone can be an advocate for Arkansas rice by engaging on social media.**

Give students a few minutes to Follow, Like, Retweet or Share each day to spread the word about the benefits of agriculture in our state.

Don't forget...social media involvement can make teachers eligible for rice prizes and gear, too!

**@ARKANSASRICE**

 **@RICEARKANSAS**

 **@ARKANSASRICE**