

Rice is the main food eaten at most meals. In fact, the Japanese word for breakfast translates to "first rice." When cooked, Japanese rice is slightly sticky which makes it much easier to eat with chopsticks.

As a class, make an easy rice recipe to enhance the children's concept of rice.

**RECIPE:**

**Rice Balls**

1 Cup Japanese (sticky) rice

(Regular rice may be substituted, however, reduce cooking time so that rice will be sticky)

1 Cup Water

Place rice and water in a covered pot on the stove. Steam until rice is soft and sticky. Give each child a small bowl of water, a paper towel and a half handful of cooked rice. Wet hands to keep rice from sticking. Make balls of rice.

To enhance the taste of the rice balls, wrap seaweed or spinach around each ball and place a sour plum or a teaspoon of tuna fish into the center of the rice ball.