

# Grains and Rice Lab

## Summary

To identify the principle grains and the proper cooking technique for rice, grains and pasta.

## Main Core Tie

Food And Nutrition I

[Strand 3 Standard 3](#)

## Time Frame

1 class periods of 90 minutes each

## Group Size

Small Groups

## Materials

Video:

Amazing Grains # 23199, Learning Seed, 20 minutes, \$89.00.

Cooking with Grains - Teacher's Video Company.

Overheads or chart:

Kernel of Wheat

The Whole Grain Story

Handouts:

Grain, Rice and Pasta Study Sheet

Oriental Fried Rice Recipe

Ingredients needed per unit for Oriental Fried Rice Lab:

3/4 cup rice

1/2 tbs. margarine

1/2 tsp. salt

1 1/2 cups water

1 tbs. oil

1 egg

1/4 green pepper

1 stalk celery

1 green onion

1/2 can bean sprouts

1 - 2 tbs. soy sauce

1/2 tbs. chicken bouillon

1/2 tsp. MSG

## Background for Teachers

Know about grains. How to prepare rice and pasta using correct cooking methods.

## Student Prior Knowledge

Knowledge of grains, rice and pasta and how to identify them and prepare them using the basic cooking techniques.

## Intended Learning Outcomes

Identify grains, how to use, select and prepare grains, rice and pasta using correct cooking preparation techniques.

### Instructional Procedures

Optional activity to show Video - Amazing Grains, 20 minutes.

Lecture on Grains, Rice and Pasta, 15 to 20 minutes. Hand out study sheet for students to complete while lecturing using notes attached.

Lab: Oriental Fried Rice. Go over the recipe in class with the students. Allow enough time for the students to prepare, eat and clean-up before leaving.

The students will need to prepare the rice first in their 2 qt. saucepan with a lid. (Do not lift lid on pan while cooking as rice cooks by steam. Be sure the heat is turned to LOW heat). While the rice is cooking, they can prepare and assemble the rest of the ingredients and set aside.

When the rice has 5 minutes left to cook, have them heat their large fry pan on medium heat with oil and continue to prepare the recipe following each step.

Set their tables and eat when completed. Clean up with everything in order before leaving. Check stoves and pans.

### Bibliography

Oriental Fried Rice, original recipe came from Mountain Fuel brochure by Home Economist as demonstrated in the schools.

### Authors

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