

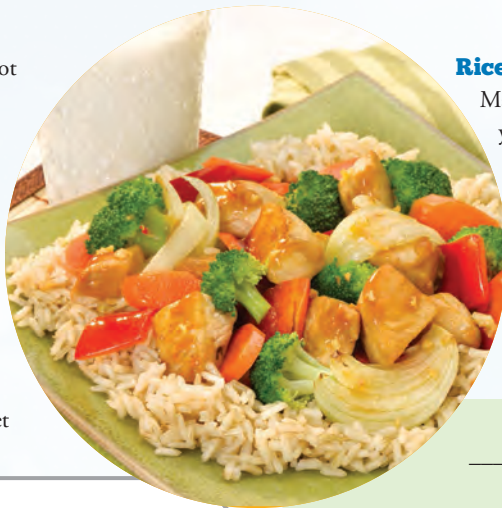
# ACTIVITY 3

Reproducible Master

# THE RICE BOWL

Time to tune in for the Rice Bowl! No, we're not talking about a football game, but a tasty way to combine rice with vegetables, protein, and flavorings to score for good nutrition!

The USDA **MyPlate** nutritional guidelines for healthy eating recommend eating grains at every meal. Rice is an important grain that has many of the nutrients your body needs to become strong and healthy. And, when you make at least half your grains whole grains, like delicious brown or wild rice, you get even greater nutritional power.



## Rice Bowl, My Style!

Make U.S.-grown rice the All-American, All-Star Player on your nutrition team—and not just for lunch or dinner. Breakfast is the first important meal of the day and rice can join that team, too!

Use the space below to create your own recipe. Choose which kind of rice you want to use, then mix and match your favorite foods and flavor combinations for your own special Rice Bowl treat.

(Your recipe title)

## Rice Bowl Recipe

Serve for (circle one): **Breakfast** **Lunch** **Dinner**

**Type of Rice:** \_\_\_\_\_

**Vegetables:** \_\_\_\_\_

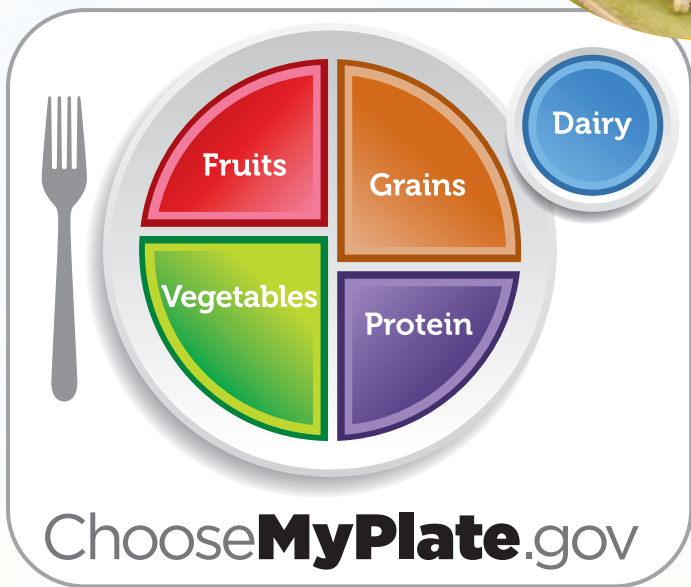
**Protein:** \_\_\_\_\_

**Sauce/Herbs/Seasonings:** \_\_\_\_\_

\* **Dairy:** \_\_\_\_\_

\* **Fruit:** \_\_\_\_\_

\* You may wish to serve dairy and fruit items as sides to pair with your rice bowl instead of making them a part of your recipe, but the choice is yours. Now take this sheet home and try your idea with a parent!

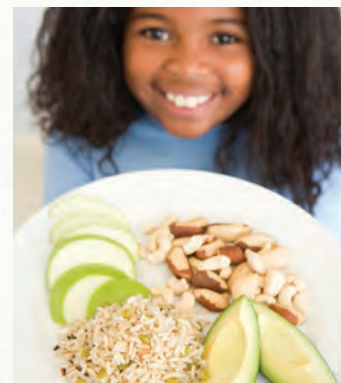


Here's what rice brings to the plate...er, bowl, when it comes to healthy eating:

- Contains over 15 health-boosting, power-packing vitamins and minerals to help your body grow strong
- Gives you great energy for school and play
- Gluten-free and the least allergenic of all grains

Visit [www.usarice.com](http://www.usarice.com) to learn more about the many nutritional benefits of U.S.-grown rice!

**Parents!** Your child has participated in the *Think Rice!* educational program brought to you by the USA Rice Federation. Help your child get cooking with his or her ideas for preparing delicious and healthy rice bowls for the family! U.S.-grown rice is a budget-friendly, nutrition-packed, All-American grain staple that scores big points for your family, your local economy, and the environment! Visit [www.usarice.com](http://www.usarice.com) to find more recipes and reasons to make U.S.-grown rice part of your winning nutrition team!



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