

No. 10. GOOD THINGS WITH RICE

Handouts: FNS 35 Enriched Rice (Same as lesson 9)

MP

MP 252

MSB '71

Purposes	Facts, Concepts, Key Points	Learning Experiences	Equipment and Materials Needed	Evidence of Success
<p>1. Be able to make rice pudding for a dessert.</p> <p>Also prune pudding.</p>	<p>1. Rice has a very mild flavor, therefore it can be used as a beginning for many kinds of foods.</p> <p>2. Today we'll use rice to make puddings for dessert. In one we'll use prunes.</p> <p>In the other one we'll use raisins</p>	<p>Make rice pudding. Recipe on FNS 35</p> <p>Make another pudding just like the first except use cooked chopped prunes and add them with the milk and sugar to the cooked rice.</p>	<p>Rice Salt Raisins Margarine or butter Dry milk Sugar Vanilla Prunes</p> <p>2 pans with lids</p> <p>Measuring equipment</p>	<p>Did they taste all the foods including that for the baby?</p> <p>Did they like the puddings?</p>
<p>2. Be able to prepare rice for a baby.</p>	<p>3. If there are women who have infants 6 months to 18 months of age, do the following: Rice can be forced through a fine wire strainer to feed the baby.</p> <p>4. Babies do not need salt. The food will taste good to them without it.</p> <p>Babies do not need sugar in rice.</p>	<p>Cook 1/4 cup of rice in 3/4 cup of water for 30 minutes. Let stand with lid on for 10 more minutes. Force through a fine wire sieve.</p> <p>This makes a good cereal for baby.</p> <p>Everyone taste all the foods.</p>	<p>Fine wire strainer</p>	<p>Did they think the strained rice was a good idea for baby?</p> <p>Can they do all three things?</p>

