

# A Cup of Rice

Rice is the most consumed food item in the world. Some of the reasons for this is that it is a cheap product which is easy to transport and has lots of nutritional benefits.

One cup of rice, when cooked, will provide a good portion to accompany a dinner for about four people. Some people rely on the nutrition provided in a small bowl of rice to keep them fed for a whole day and sometimes longer.



A bike in front of a rice paddy.



A bowl of cooked rice.

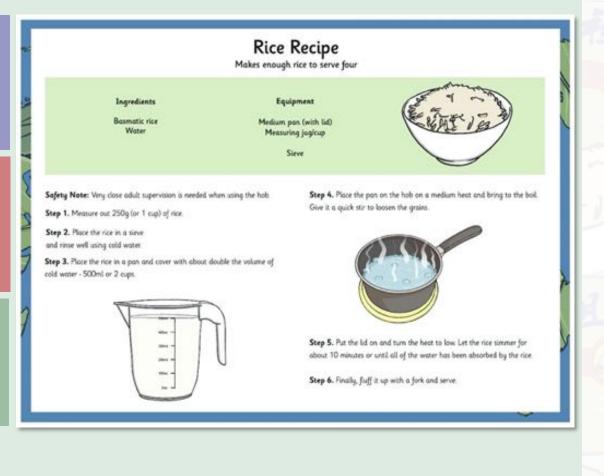
Photo courtesy of Tormod Sandtorvand Charles Haynes(@flickr.com) - granted under creative commons licence - attribution

### How to Cook Rice

How much rice and water would be needed to serve 2 people?

How much rice and water would be needed to serve 8 people?

How much rice and water would be needed to serve 6 people?



ALL VALUE

### **Nutritional Value**

NUTRITION			
TYPICAL VALUES	PER 100 g SERVING (1/10 OF THE PACK)		
Energy Value (Calories	1480kj <b>250 kcal)</b>		
Protein	9kg MEDIUM		
<b>Carbohydrate</b> (of which Sugars	<b>76kg HIGH</b> 0.4g) LOW		
Fat (of which Saturates	1g LOW .0.3g) LOW		
Fibre	1g LOW		
Sodium	Trace g LOW		
CUIDELINE			

#### DAILY AMOUNTS

Each 100g serving provides 350 Calories, 1 gram of Fat and no Salt. Use the following table as a daily guideline:

Each Day	Women	Men
Calories	2000	2500
Fat	70g	95g
Salt	5g	7g

If you eat fewer or more Calories, adjust the Fat and Salt accordingly.

In the UK, there are special rules to follow if you manufacture, distribute or sell food.

Food products need to contain a food label that explains the food's nutritional values.

Look at the food label taken from basmati rice and use it to help you answer the questions on your activity sheet.

## Heating and Storing

There are a few precautions you should take when storing and reheating cooked rice. This is because the spores of some food poisoning bugs can survive cooking. If cooked rice is left standing at room temperature, the spores can germinate. The bacteria multiply and produce toxins that can cause vomiting and diarrhoea. Reheating food won't get rid of the toxins.

It's best to serve rice and grains when they've just been cooked.

If this isn't possible, cool them within an hour after cooking and keep them refrigerated until reheating or using in a cold dish.

It's important to throw away any rice and grains that have been left at room temperature overnight.

If you aren't going to eat rice immediately, refrigerate it within one hour and eat it within 24 hours.



## Heating and Storing

When rice is reheated it should be reheated thoroughly, reaching a core temperature of 70°C for two minutes (or equivalent) so that it is steaming hot throughout.

Rice should not be reheated more than once; it should be discarded.

Don't reheat rice unless it has been cooled down safely and kept in the fridge until you reheat it.

