

A Cup of Rice



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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.

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?

Rice Recipe

Makes enough rice to serve four

Ingredients	Equipment
Basmati rice Water	Medium pan (with lid) Measuring jug/cup Sieve




Safety Note: Very close adult supervision is needed when using the hob.


Step 1. Measure out 250g (or 1 cup) of rice.

Step 2. Place the rice in a sieve and rinse well using cold water.

Step 3. Place the rice in a pan and cover with about double the volume of cold water - 500ml or 2 cups.



Step 4. Place the pan on the hob on a medium heat and bring to the boil. Give it a quick stir to loosen the grains.



Step 5. Put the lid on and turn the heat to low. Let the rice simmer for about 10 minutes or until all of the water has been absorbed by the rice.

Step 6. Finally, fluff it up with a fork and serve.

Nutritional Value

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

