

What You Will Need

An important need for this recipe is time – the rice takes 25 to 30 minutes to cook. Our suggestion is for the rice and recipe to be prepared ahead of class time, and to be brought in warm and ready to serve in a slow cooker. While you might be tempted to make this recipe with instant rice, it would not give the child the flavor or texture of the regular white or brown rice.

Equipment:

slow cooker
spoons
small cups or bowls
containers with toppings
napkins

Ingredients:

Makes 6 servings, 1/2 cup each

3 cups cooked rice, white or brown
(1 cup uncooked rice yields 3 cups cooked)
3 cups low fat milk
1/3 cup sugar
1 1/2 teaspoons cinnamon
1 teaspoon vanilla

Optional, for variety toppings:

1/2 cup raisins
chopped fresh or canned fruit
ground nutmeg

Physical Activities:

Sushi hopscotch: This is hopscotch rolled up, like sushi! Using chalk on a sidewalk, or tape on the floor, mark out a snail-shaped hopscotch pattern and encourage students to hop on!

Chopstick relay: Line children in two teams. At the front of the game, have two small bowls of marshmallows (same amount in each bowl) and an empty bowl in the middle. You'll need a pair of chopsticks by each bowl of marshmallows. The object of the game is for each child to run, hop, skip or jump (you call it!) to the front and move a marshmallow from the team bowl to the middle empty bowl using the chopsticks. Chopsticks must remain by marshmallows—no running with “sticks!” Keep going until one team empties their bowl – they are the winners!



Food Activities:

Fill small jars with varieties of rice, and share some rice facts with the children. For fun, you might want to include a jar of crisp rice cereal, or puffed rice, and tell the class how it is processed.

Other Activities:

Greet your classmates in a foreign language: Ask if any children speak a language besides English. If they do, ask them how they would say hello in that language.

Here are some greetings you can teach the class:

French: Salut (SA-loo)

Spanish: Hola (OH-la)

Hindi: Nameste (NAM-es-day)

Thai: Sawasdee (saw-wah-dee)

Swahili: Habari (hah-bar-ee)

German: Guten tag (GOO-ten-tag)

Chinese: Ni hao (knee-how)

Japanese: Konnichi (cone-NEE-chee)

Kids a Cookin' has a similar recipe (#69) called Rice Pudding, where the pudding is baked in the oven. Check the website at www.kidsacookin.ksu.edu for more information.

Yoko's Rice Pudding

6 servings, 1/2 cup each



- 3 cups cooked enriched white rice or brown rice (not instant)
- 3 cups low fat milk
- 1/3 cup sugar
- 1 1/2 teaspoons cinnamon
- 1 teaspoon vanilla

1. Put cooked rice, milk, sugar and cinnamon in a saucepan.
2. Place saucepan over medium heat and bring to a simmer. Lower heat, simmer uncovered until thickened (about 25-30 minutes), stirring often.
3. Remove saucepan from heat. Stir in vanilla.
4. Pour pudding into serving dish. Serve hot or cold.

For variety, try:

- adding 1/2 cup raisins before cooking pudding
- serving with fresh or drained canned fruit
- sprinkling a bit of ground nutmeg on each serving

Nutrition Facts

Serving Size 1/2 cup (218g)

Servings Per Container 6

Amount Per Serving

Calories 180 **Calories from Fat** 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 75mg 3%

Total Carbohydrate 36g 12%

Dietary Fiber less than 1 gram 3%

Sugars 18g

Protein 7g

Vitamin A 6% Vitamin C 2%

Calcium 20% Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.

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