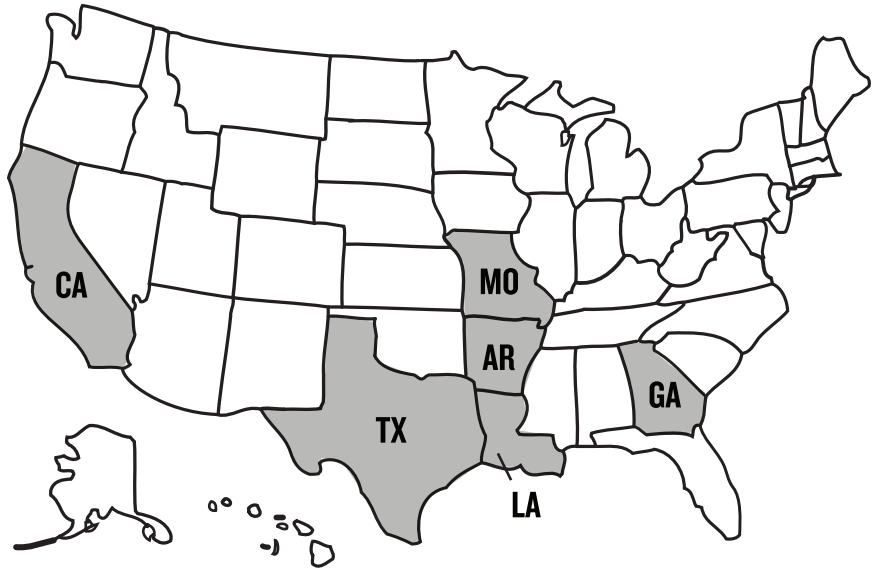




SIMPLY GOOD

CA _____
 TX _____
 AR _____
 MO _____
 LA _____
 GA _____

NAME THAT STATE
 Write down the name of each of the 6 states and the capital city on the lines provided. These states are those that produce rice in the US.



WORD SEARCH
 Find the words that relate to food and energy.

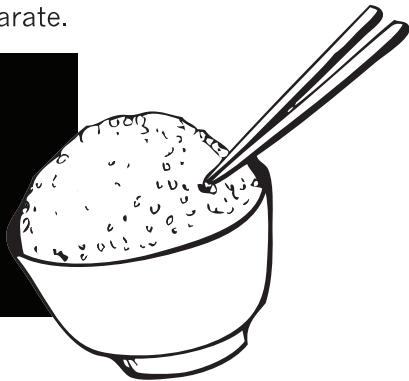
W	H	O	L	E	G	R	A	I	N	S	C
B	C	A	N	N	R	H	O	R	P	E	A
R	A	P	G	R	A	E	N	O	S	L	R
A	L	R	C	I	I	A	E	N	O	R	B
N	C	O	U	C	N	L	Y	G	S	U	O
S	I	T	E	H	F	T	H	D	N	N	H
L	U	E	V	M	W	I	T	M	I	N	Y
K	M	I	N	E	R	A	L	S	M	R	D
T	D	N	A	N	A	N	A	R	A	E	R
A	R	E	D	T	E	A	E	S	T	B	A
N	S	O	D	I	U	M	H	I	I	I	T
N	E	N	E	R	G	Y	T	F	V	F	E

- BRAN
- CALCIUM
- CARBOHYDRATE
- ENERGY
- ENRICHMENT
- FIBER
- GRAIN
- HEALTHY
- IRON
- MINERALS
- PROTEIN
- SODIUM
- VITAMINS
- WHOLE GRAIN

FILL IN THE BLANK:

- Tips on cooking _____ .
- Accurately measure rice and _____ .
 - Set _____ to prevent under or over cooking.
 - Keep lid on pot during cooking to prevent _____ from escaping.
 - Do not _____. Stirring releases starch, resulting in sticky rice.
 - When rice is cooked, _____ with a fork to allow steam to escape and keep the grains separate.

fluff
 steam
 rice
 stir
 timer
 liquid



WEEKLY CHALLENGE:
 Make dinner this week using brown rice in the dish!
 Like vegetarian sloppy joes, or brown rice black bean burritos.