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Rice Around the World

Rice is a food that lots of people eat in all parts of the world. You can find two main kinds: white rice and brown rice. Brown rice has its outer coat, which makes it chewy. White rice has this coat off, which makes it soft. Both kinds are good for you!

In China, people eat rice at most meals. They use small sticks to pick up the rice. Many cook rice in a pot that turns off when the rice is done. Some like it soft, some like it firm.

In India, people cook rice with spices that make it yellow. They eat it with their right hand. Most eat rice two times each day.

In Japan, people roll rice with fish inside. They wrap it in green paper from the sea. They like rice for breakfast too! Some make rice into flat, round snacks called rice cakes. These are crunchy like crackers.

In Spain, they cook rice with red spice and bits of fish. They make it in a big, flat pan till it gets very crisp.

In the United States, people eat rice from all these places around the world. Sometimes, rice is mixed with beans. Americans have also found ways to make rice cakes a fun snack, like putting in flavors like apples or cheese.