Let's find out...

Know Your Rice!

Did you know that 40,000 different types of rice are grown around the world? At least 500 of these are grown in India alone. Of these 90 types are grown in one state of Maharashtra. Have you ever observed if there are different types of rice at your home? Do your neighbours also eat a kind of rice different than what is used in your house? Are all types of rice white in colour? What nutrients does rice contain? Does the rice grain obtained from the rice plant look like the rice grains in your house?

Task A: Observing types of rice available at home or in the neighbourhood

- Go in your home/hostel kitchen and look for different types of rice. (Take permission of your parents or kitchen in-charge).
- Take some grains from each type and place on a dark surface (wood table top, black or brown
- paper or any dark colour background).
- Observe the colour and size of the rice grains and record your observations in the table below.
- Ask your parents/kitchen in-charge about the names for these different types of rice and their uses.
- If you do not find different types of rice in your house then compare with the neighbours.
- Also ask your parents if they are aware of polished/unpolished and par-boiled rice?

Sample Number	Name (if known)	Colour (white, white, pale slightly brown, black, red)	yellow, brown,	_	Short	Uses
1						
2						
3						
4						
5						
6						

Task B: Visiting the local grocery shop

Have you ever visited a local grocery shop and observed how many types of rice are sold in the shop?

Now the next task:

- Go to the nearest grocery shop to your house. You may go along with your parents or friends.
- Ask the shop owner about what all different types of rice are there in the shop.
- Politely request for taking a few grains as a sample.
- Record the names, price per kg of different types of rice, and the state in which the rice is grown (if
- the shop owner knows it).
- Also ask if the rice is polished/unpolished or par-boiled.

Interview Sheet.

Others:

is different and why it is different?

Name: _____

Gender:

Q.1: Where did you live when you were of my age?

Q.2: What were the different types of food you ate?

Can you name some foods you ate when you were a child?

Grains: ______

Meat/Fish:

Vegetables:

Name of the Grocery store:_____

Location:____

Age: _____

Relation:

Sample Number	Name (if known)	Colour	polished/ unpolished/ par- boiled/ Steamed	Appearance (Long /Short Grain) (Thick/Thin)	Region/ State of origin	price/Kg
1						
2						
3						
4						
5						
6						
Have you Did they e	eat same type your grandpa	at type of for	y Person ood your grandpa ou may be eatin elderly person	g today?	-	

• Interview them in your native language and record their responses in the attached

Interview Sheet

Q.3: Is the food you eat now any different from what you ate as a child? If yes, then how it

vigyan Prationa Learning Unit	Know Your Rice!
Q4: How many different types/varieties of rice do you know of?	
Q.5: Have you used different types of rice for different preparations/	recipes? Why? Give a
few examples.	
Q.6: Do you know about polished, unpolished and par boiled rice? If y know and whether each rice form is used for different purpose.	yes, then what all you
Polished:	
Unpolished:	
Par-boiled:	
Q.7: Share the list of types of rice collected from the grocer with the ask them if they know about these varieties.	ne elderly person and
Q.8: Were these varieties available when you were young?	

the market? Do you know why that happened?
Q.10: Were you ever involved in farming food crops, particularly rice?
Q.11: How was the rice stored in your house for long term usage? Which form of rice did you store (white rice, brown rice or par-boiled rice)?
Part D: Summary of the Interview and comparison of the collected data. (To be
done in the class) Compare and discuss the findings from your visit to the grocery shop and the interview with your classmates and write a summary of your findings below. Show your collected rice samples to your friends. Count how many varieties of rice your class has now leaned about. List some important differences among these varieties. Could you find which of these types of rice are considered as more nutritious or better for health? Are these nutritious varieties always the most expensive rice? Are there any benefits of having more varieties of rice in our diets or for farmers?

Q.9: Are there any types of rice which were consumed earlier and now are not available in