

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?

Let's find out...

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, pale yellow, slightly brown, black, red)	Appearance (Long/ Short Grain) (Thick/Thin)	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.

Name of the Grocery store: _____ Location: _____

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						

Task C: Interview with an Elderly Person

Have you wondered what type of food your grandparents ate when they were kids? Did they eat same type of rice as you may be eating today?

- Go to your grandparents or any elderly person of age 60-80 years and tell them about your project.
- Interview them in your native language and record their responses in the attached Interview Sheet.

Interview Sheet

Name: _____ Age: _____

Gender: _____ Relation: _____

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: _____

Pulses: _____

Vegetables: _____

Fruits: _____

Meat/Fish: _____

Others: _____

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

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 yes, then what all you know and whether each rice form is used for different purpose.

Polished: _____

Unpolished: _____

Par-boiled: _____

Q.7: Share the list of types of rice collected from the grocer with the elderly person and ask them if they know about these varieties.

Q.8: Were these varieties available when you were young?
