

# The Whole Grain

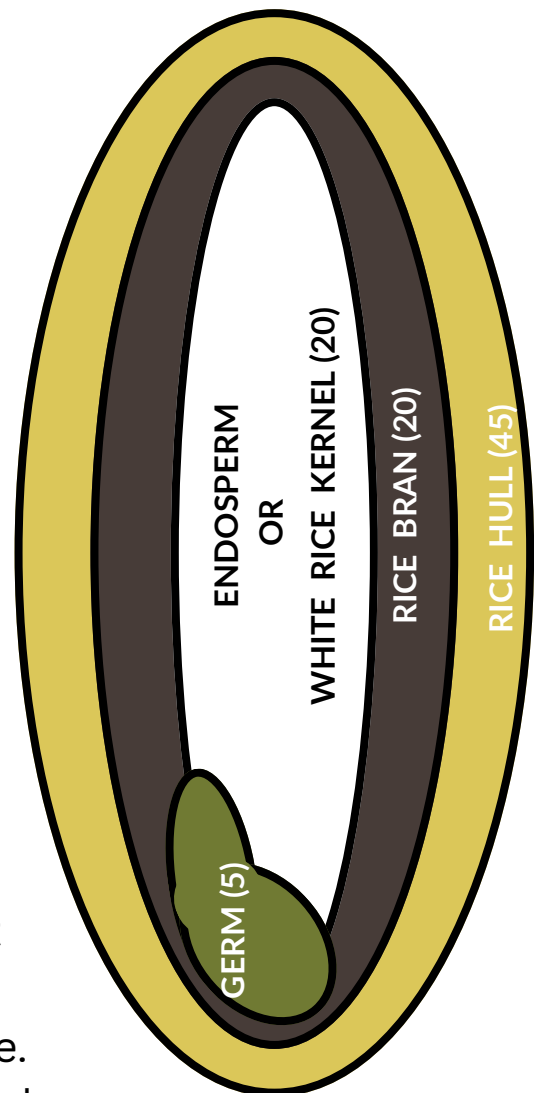
When harvested, rice is hard and pokey due to its outer shell; definitely not ready to be cooked and enjoyed for a meal! This activities highlights each layer of the whole rice grain, the outer shell, the bran, the white rice kernel and the germ that is needed for growing the next crop of rice. For more information and talking points on the different layers of a rice grain, refer to the “Rice, From the Field to the Fork” activity on the Rice Discovery Program webpage.

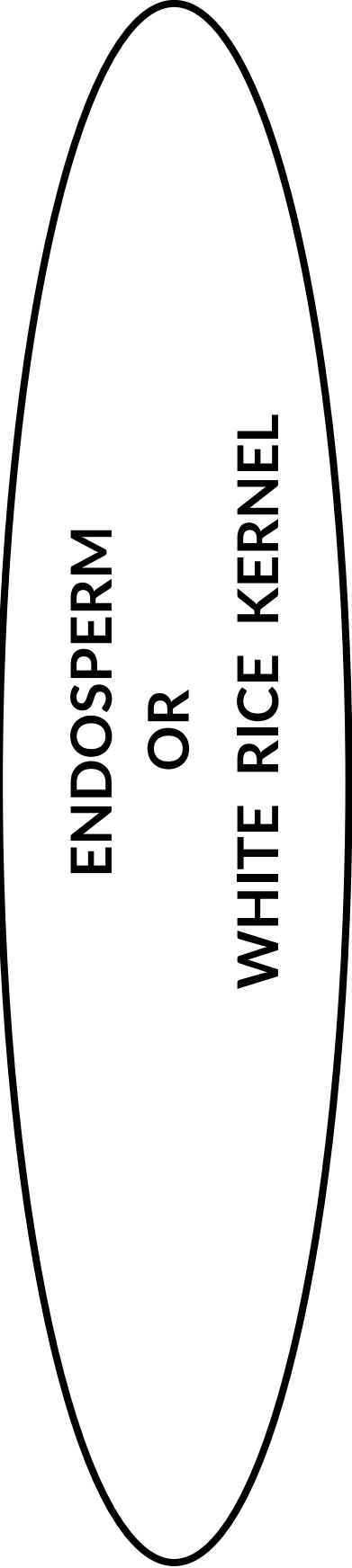
## Materials per students

- 1 rice hull cut out (best if printed on yellow paper)
- 1 rice bran cut out (best if printed on brown or tan paper)
- 1 germ (best if printed on green paper)
- 1 endosperm or white rice kernel cut out (best if printed on white paper)
- scissors
- 1 staple

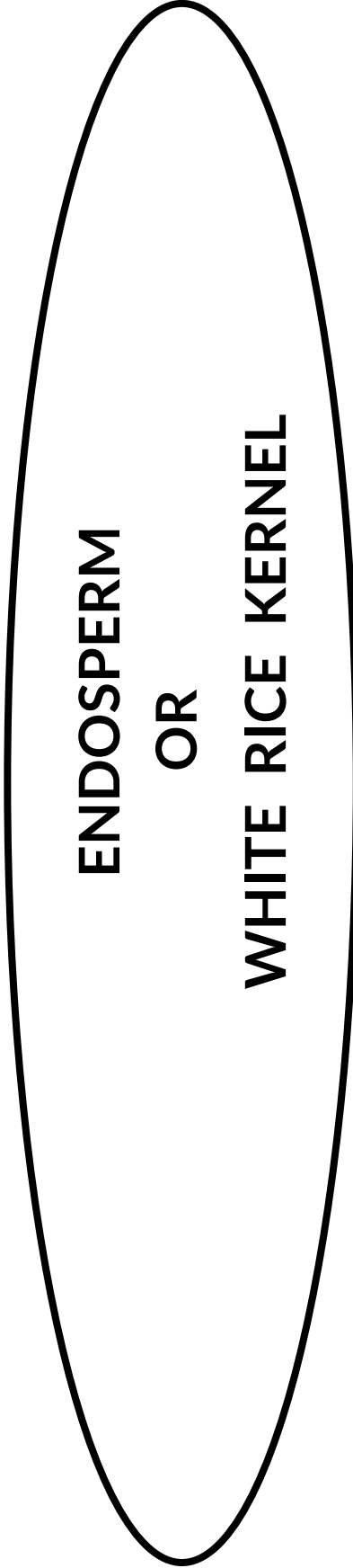
## Instructions

As you discuss rice starting as rough rice then being processed to brown rice and further processed to white rice, let the students cut out each layer. at the end stack the layers on top of eachother and put a staple at the bottom middle. when folded it looks like a whole rough rice kernel.



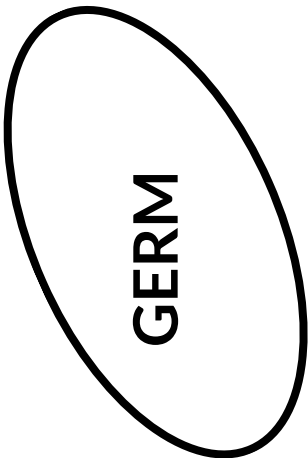
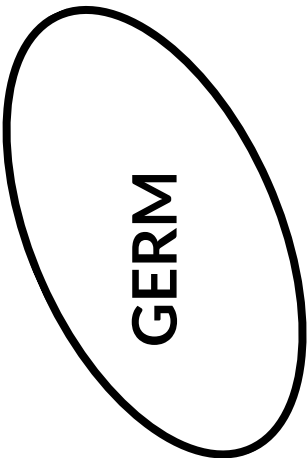
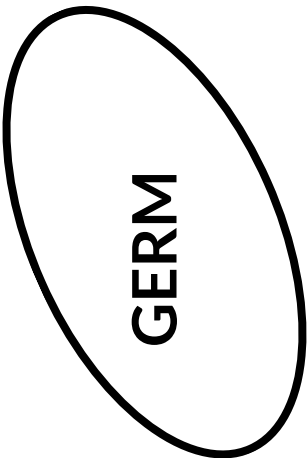
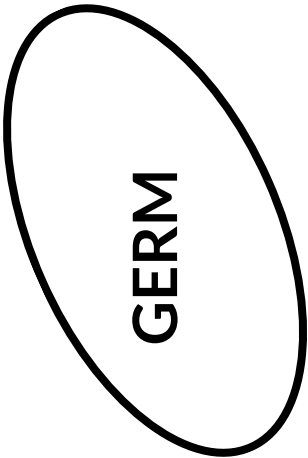
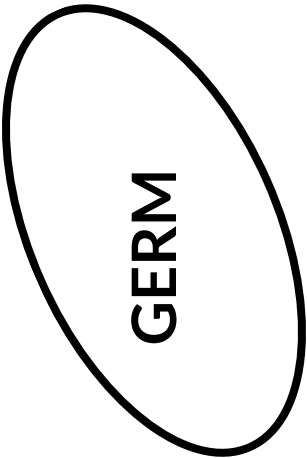
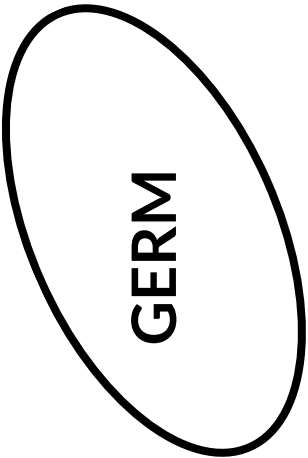
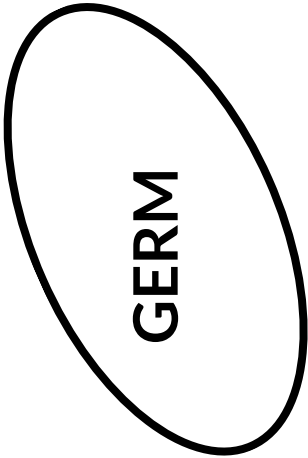
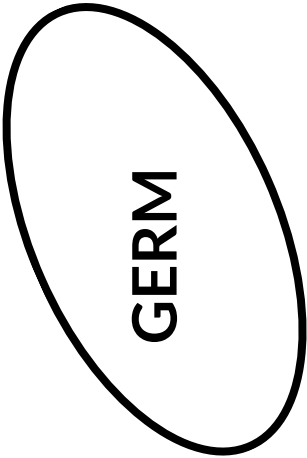
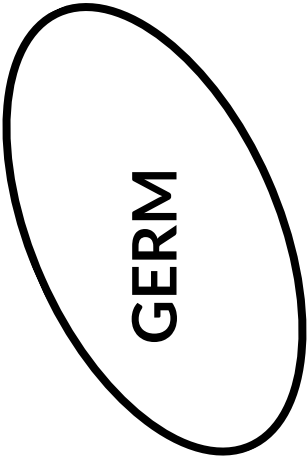


**ENDOSPERM  
OR  
WHITE RICE KERNEL**



**ENDOSPERM  
OR  
WHITE RICE KERNEL**

Printed on green paper (optional)





**RICE BRAN**



**RICE BRAN**

Printed on yellow or  
orange paper (optional)

**RICE HULL**