

The Creative Kitchen

Presents:

Rice Rainmakers

Makes 1

Ingredients:

- Paper towel tube
- Construction paper, wrapping paper, plain paper, or magazine paper
- Clear tape
- Assorted markers
- Assorted stickers
- Other craft supplies, such as ribbon and sequin, as desired
- 1 piece small wax paper, cut in half to form squares
- 2 rubber bands
- 1 cup rice, uncooked

Directions:

1. Tape paper of choice around paper towel tube.
2. Set out markers, stickers, and other desired craft supplies and have children decorate their covered canister. Encourage children to think of patterns or designs they could use to cover the entire tube.
3. Help the children cover one end of the roll with a wax square and hold it in place with a rubber band.
4. Have children pour a handful of uncooked rice into the open end of the tube.
5. Cover the open end of the tube with the second piece of wax paper and use the second rubber band to hold it in place.
6. Show the children how slowly tilting their newly made rain stick upside down and right side up repeatedly makes the sound of rain. Shake it fast to make it sound like a maraca!

Best Served With:

Vegetable sushi; Rainbow Rice; Polka Dot Pudding

Kitchen Conversation:

Questions for kids:

- What kind of food is rice? How do we eat it?
- What is rain? Can you think of other types of weather?
- What is a pattern? What are some elements we could use to create one? (color, shape, number, etc.)

Teaching points:

- Rice is the second highest consumed grain in the world, after maize (corn.) It is a good source of protein, though lacks in some essential amino acids and requires other proteins, such as beans, as an accompaniment to make it a complete protein.
- Rain is an essential element for all life on Earth; Rain is a type of precipitation, or weather pattern, with some other examples being hail, snow, and sleet.
- Precipitation is part of the water cycle, which is how we continuously have a supply of water. The parts are: evaporation (water rising as vapor to the sky;) condensation (vapor condensing to form clouds;) precipitation (water returning to Earth.)

Recipe Adaptations:

Add extra flair to your rain sticks by decorating with ribbon and sequin! Allow glue fully dry before using!

Story Book Suggestions:

"One Grain of Rice"
by Demi

Sing Along Songs:

- "The Water Cycle"
- "Rain, Rain, Go away!"