



Version 4/2022

Nutrition Education



MannaPack® Rice



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Keeping Meals Balanced

CONCEPTS:

MannaPack® Rice provides a balanced meal with rice to provide energy, soy nuggets to provide protein, and flavored powder to provide vitamins and minerals. You should prepare and eat all of the MannaPack® Rice for a balanced meal. You can make balanced meals similar to MannaPack® Rice using local favorite foods.

TRAINER GUIDE:

What do you see in these pictures?

Answers may be: categories of foods that we should eat to get the nutrition we need.

What do you think you need from each of these food groups to have a balanced and healthy meal?

Answers may be: we need food for energy, to grow and stay strong, and to be healthy.

What does MannaPack® Rice have to help you to get a balanced meal?

Answers may be:

- *MannaPack® Rice has rice for energy, soy nuggets to grow and stay strong, and powdered vitamins and minerals to stay healthy.*
- *to have a balanced meal, we need to serve all of the ingredients.*

How can we make MannaPack® Rice even better and taste like our food?

Answers may be: add some local foods to make it like our other food and to make the nutrition even better.

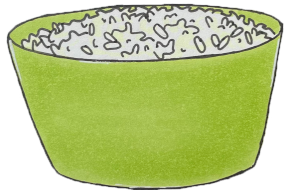
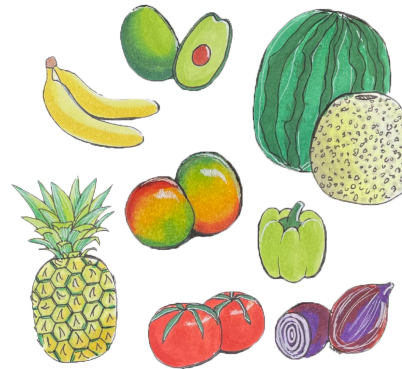
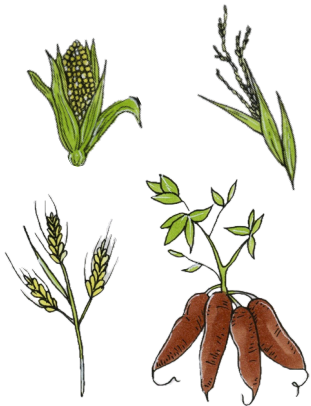
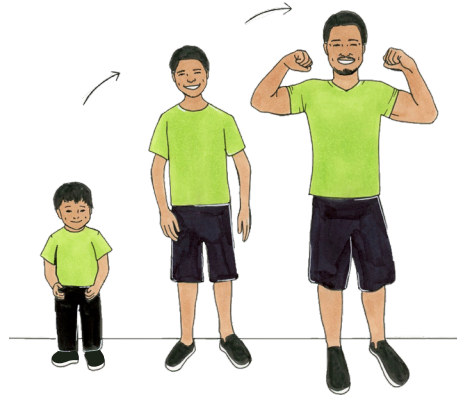
ADDITIONAL DISCUSSION:

How does MannaPack® Rice help you to get a balanced diet?

How can you make a meal like MannaPack® Rice with foods you have at home or foods that you can get?



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Storing MannaPack® Rice Boxes and Packages



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CONCEPTS:

MannaPack® Rice should be stored above the floor, away from walls, in a ventilated room. MannaPack® Rice should be protected from insects and rodents and not stored near toxic chemicals. MannaPack® Rice should be stored in a locked cupboard or room.

TRAINER GUIDE:

What do you see in the pictures in the first row?

Answers may be: people are putting the package and box on a table above the floor that can be kept in a room. The box should not be put on the floor.

What do you think the calendar means?

Answers may be: the product should be stored and used before 1-2 years.

Why do you think you should place the product on a surface above the floor?

Answers may be:

- to keep it safe from infestations (bugs and rodents) and from damage by water or other things that could be on a floor.
- if the product is infested, it should be thrown away.

In your institution, do you store the food in a secure place? Should it be locked up?

Answers may be: for our institution it may need to be locked up to prevent theft. When food is sent to the household, it doesn't need to be locked up.

How do you think product that is opened should be stored?

Answers may be: in a sealed water-proof bag or with the top of the bag tightly closed; folded bag top with a rock or other weight on top to keep it closed.

What should you do if the product turns yellow or darker in color or if the powder clumps?

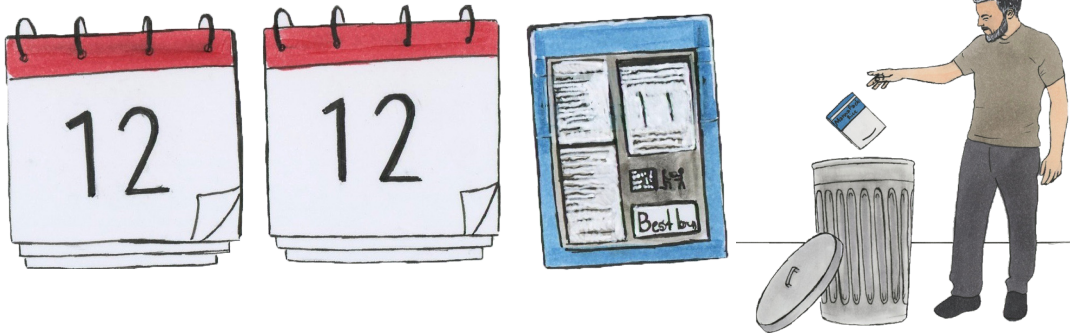
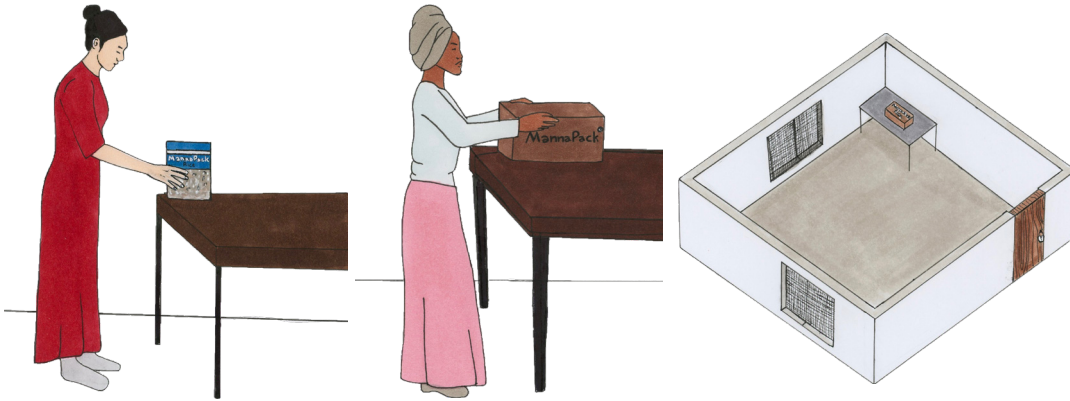
Answers may be: the change in color happens when the product is stored for a long time or stored in high heat. It does not make the product unsafe and it can still be used to make meals.

What should you do if the product has mold or if there are insects or spiders in the mix?

Answers may be: if there is mold or there are insects or spiders, it means that the product may be contaminated and should not be used.



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Safely Preparing MannaPack® Rice

CONCEPTS:

MannaPack® Rice should be safely and hygienically prepared.

TRAINER GUIDE:

What do you see in the food safety pictures?

Answers may be:

- *cleaning surface, pots, spoons, and bowls*
- *handwashing*

What needs to be clean to prepare MannaPack® Rice?

Answers may be: all surfaces, pots, utensils, and hands.

Why is it important to have clean areas, pots and utensils, and hands before preparing food?

Answers may be: to make sure that food is safe and does not make us sick.

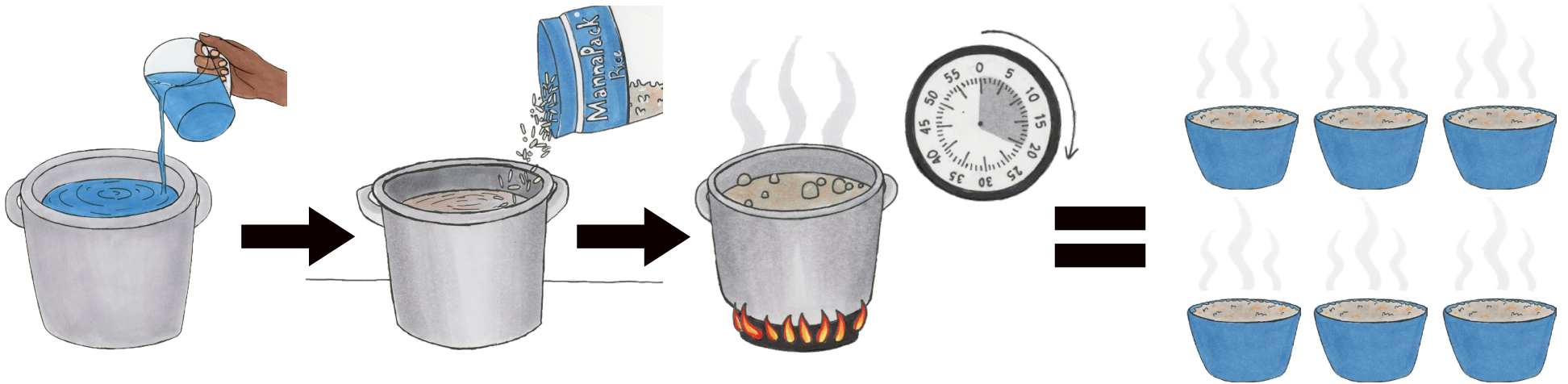
What do you see in preparation pictures?

Answers may be:

- *Some water or other liquid is poured into the pot.*
- *A package of MannaPack® Rice is being added to the water.*
- *The water and MannaPack® Rice should be cooked for 20 minutes.*
- *After the food is cooked, it will make six servings of food.*



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Keeping and Adding Nutrition to MannaPack® Rice



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CONCEPTS:

MannaPack® Rice should be cooked for only 20 minutes. MannaPack® Rice should be eaten soon after preparation. Add nutritious local foods, especially fruits and vegetables, to MannaPack® Rice during the last five minutes of cooking to preserve nutrients.

TRAINER GUIDE:

What do you see in the first three pictures?

Answers may be: preparing the product with water and cooking for 20 minutes.

Do you think you should cook it longer?

Answers may be: it is best to cook it for only 20 minutes to keep the nutrition. If the food is cooked too long, some nutrition can be lost.

What do you see in the second three pictures?

Answers may be: there are vegetables that are chopped and added to the cooked food for 5 minutes. Cooking too long can make vegetables lose their good nutrition.

Why do you think vegetables or other foods could be added to the food?

Answers may be: for variety, for taste, to make the nutrition even better.

Why do you think that the vegetables are added at the end of cooking the food?

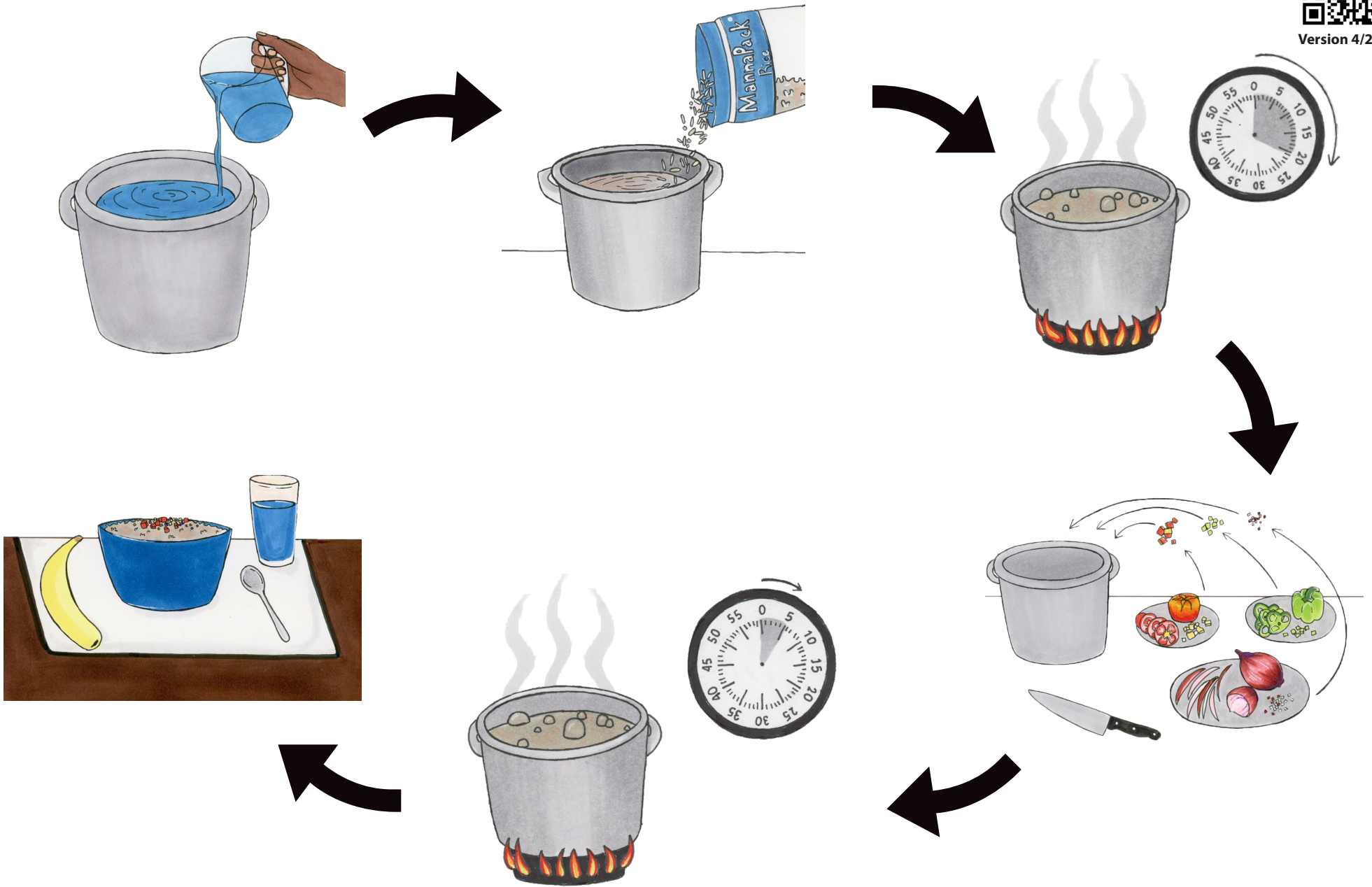
Answers may be: for freshness, to keep the nutrition of the vegetables, for flavor.

What kinds of food do you have at home that you could add to the food?

Answers may be: vegetables, meat, poultry, fish, eggs, milk, fruit, spices, or other foods.



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Storage of Prepared MannaPack[®] Rice

CONCEPTS:

Store prepared food in a covered container in a dry place off of the ground for no more than four hours after cooking. Reheat the product to boiling to serve leftovers.

TRAINER GUIDE:

What do you see in these pictures?

Answers may be: food leftover stored in the covered pot above the ground.

How long do you think you should keep food leftover from the time it was cooked?

Answers may be:

- *after cooking, food can be kept safely for up to four hours.*
- *if there is refrigeration, the food can be kept up to two days at temperatures below 4 degrees centigrade and reheated to boil for at least two minutes.*

What should you do before eating any food leftover?

Answers may be: cook to boil again for at least two minutes to make sure it is safe.

What should you do if the food has been kept too long?

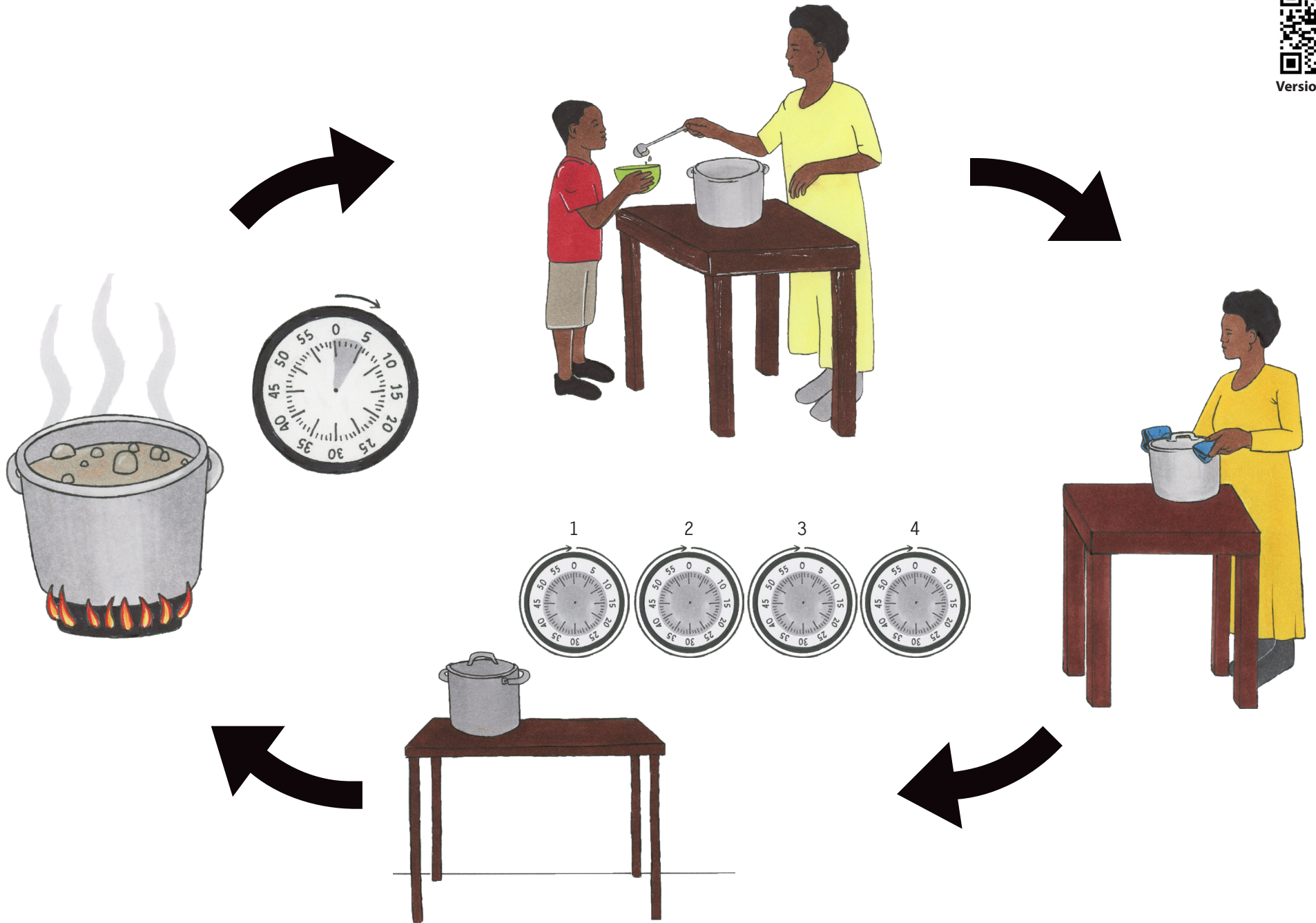
Answers may be: to keep us safe, we will need to throw it away.

How can you keep from throwing away food that you have prepared?

Answers may be: we can prepare enough to eat at one time so that we don't have food leftover.



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MannaPack[®] Rice





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Preparation of MannaPack® Rice

CONCEPTS:

Preparation of the MannaPack® Rice requires the product fully mixed with the instructed amount of water found on the bag and/or box, brought to a boil and cooked thoroughly.

TRAINER GUIDE:

What do you see in the drawings?

Answers may be:

- *shake the package to mix the product.*
- *add water with the product into a pot and bring it to a boil.*
- *then cook and stir until cooked thoroughly.*
- *MannaPack® Rice should be cooked for 20 minutes.*



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