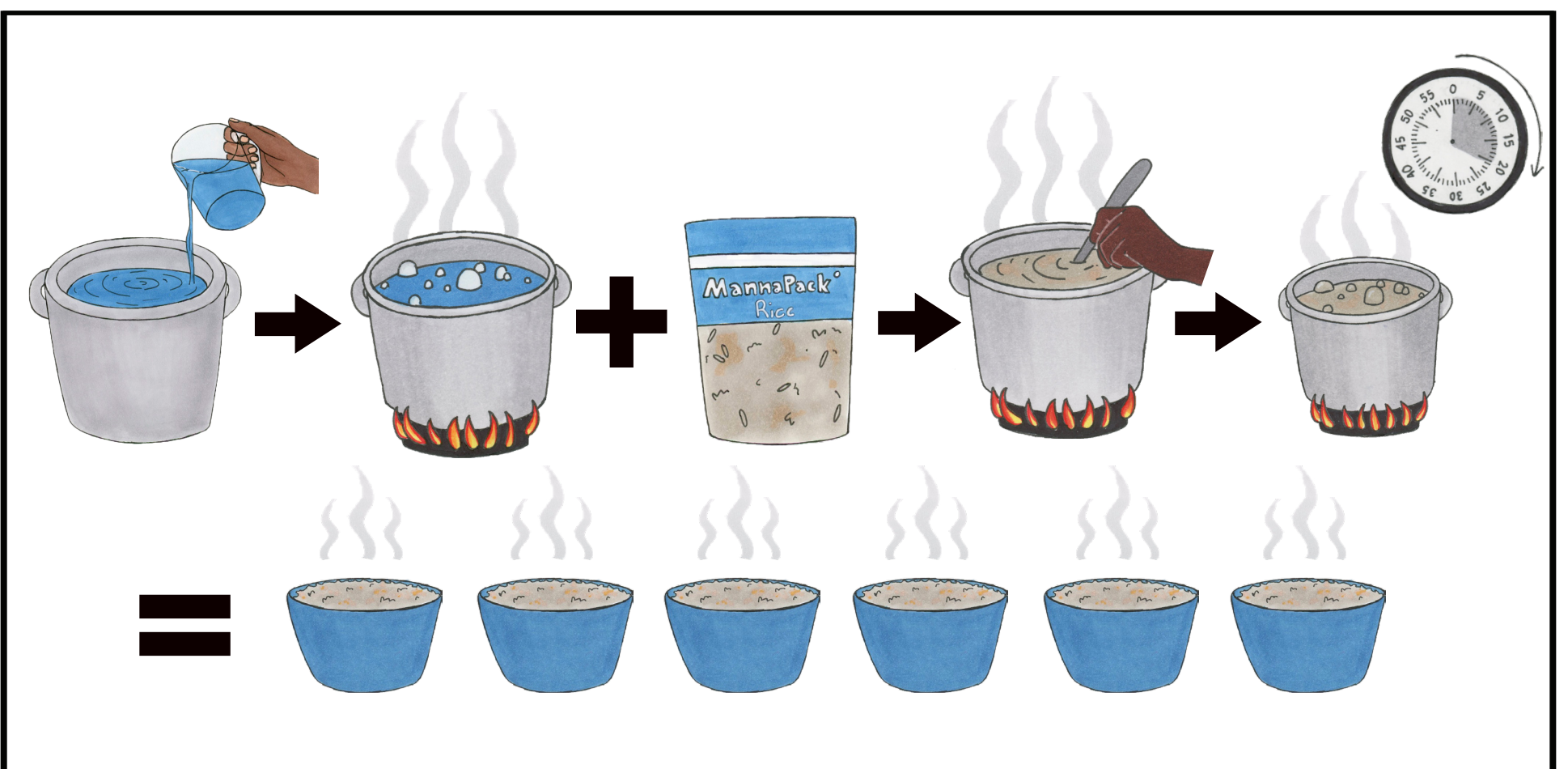
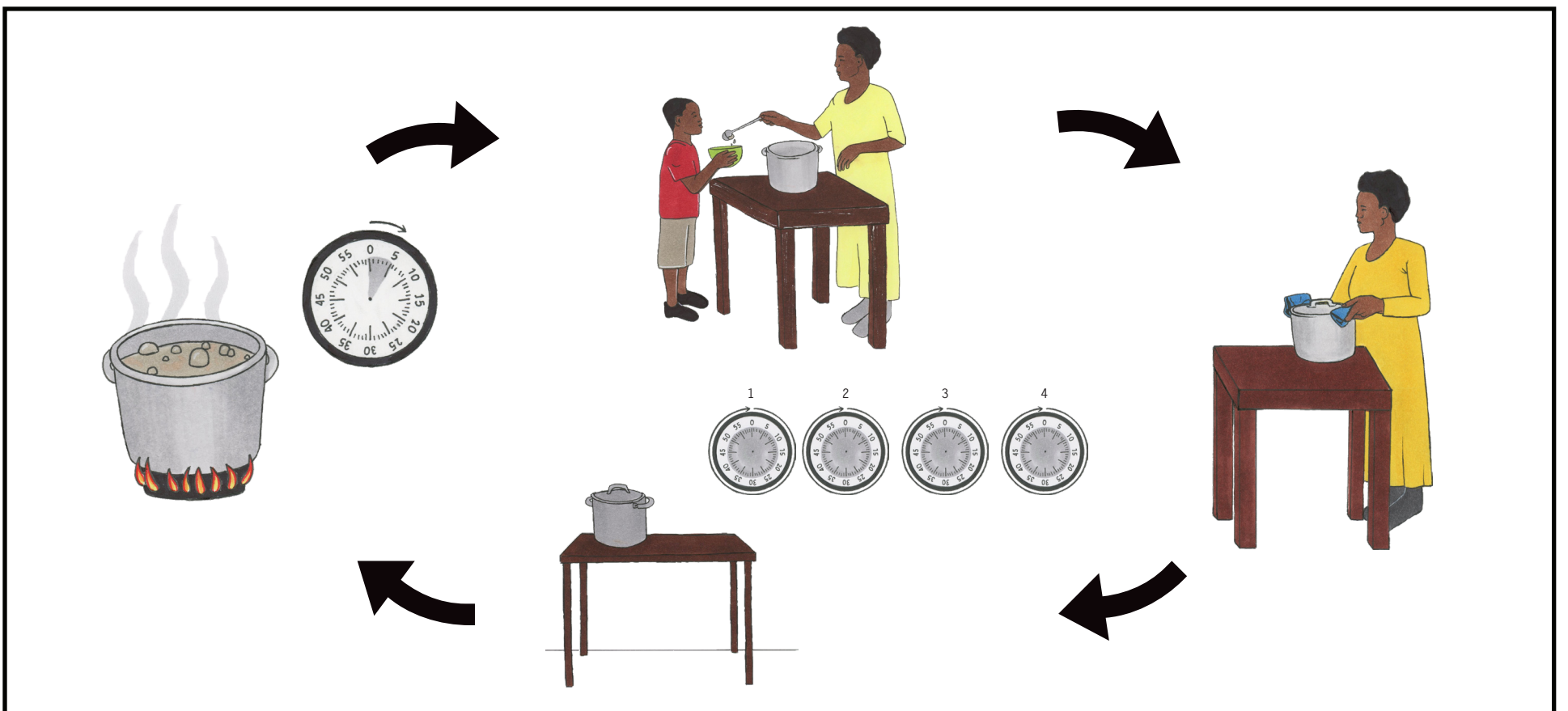
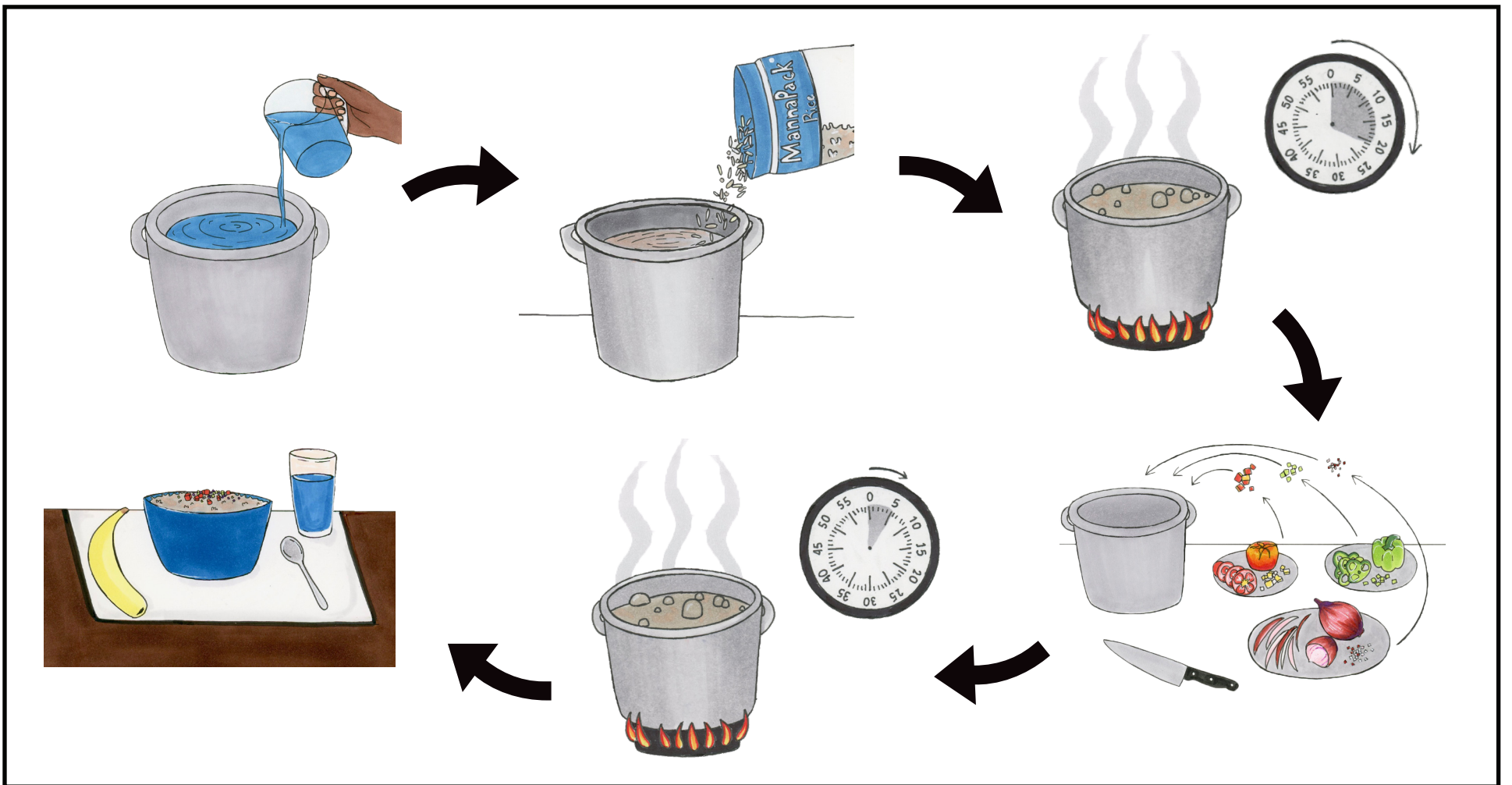


Nutrition Information



Version 4/2022



MannaPack® Rice



Nutrition Information



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Keeping and Adding Nutrition to MannaPack® Rice

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.

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.

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.