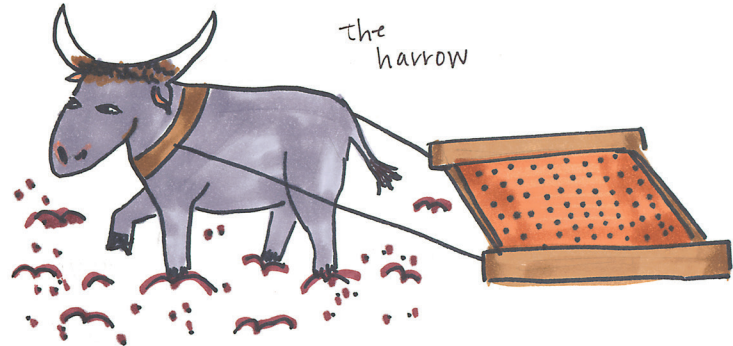
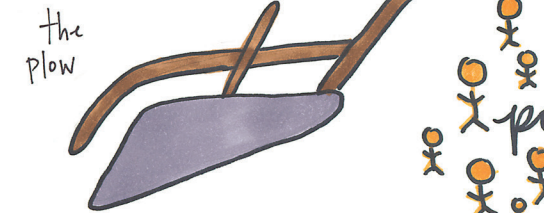
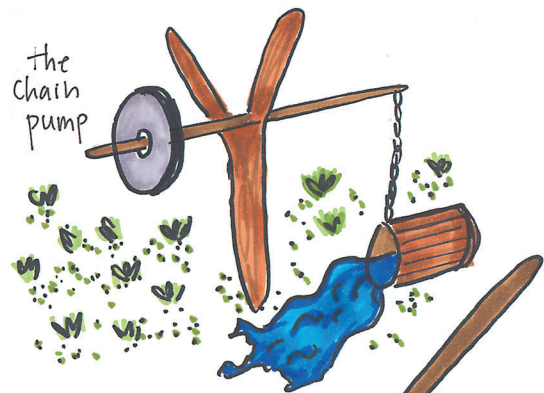


# CHINA and RICE

How do ADVANCES in AGRICULTURE shape CULTURE?

NEW TOOLS + a new VARIETY of QUICK GROWING RICE

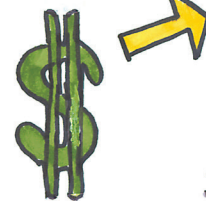


improved AGRICULTURE

RICE SURPLUS:  
an EXCESS of production



TRADE and COMMERCE



CULTURE



URBANIZATION



# CHINA and RICE

An Edible Schoolyard Lesson

## VEGETABLE FRIED RICE

### Ingredients

2 tablespoons olive oil  
4 garlic cloves, peeled and minced  
1 tablespoon fresh ginger, peeled and minced  
5 cups assorted vegetables (bok choy, tatsoi, carrots, chard, scallions, celery, peas, squash), washed and chopped  
5 cups cold cooked long grain brown rice  
2 teaspoons toasted sesame oil  
5 eggs lightly beaten  
¼ cup soy sauce  
Salt and pepper

### Directions

In a large, heavy bottomed frying pan or wok, heat the olive oil over medium heat.

Add the garlic and ginger and cook for 30 seconds. Add the crunchy vegetables (carrots, celery, etc.) and sauté for about five minutes until cooked through but still a little crisp.

Add the leafy vegetables (bok choy, scallions, etc.) and cook for a few more minutes.

Add the rice and sesame oil, stirring to combine. When the rice is hot, add the eggs and soy sauce, cooking until the eggs are dry.

Season with salt and pepper.



Serves 10 students as a tasting portion.

Vegetable Fried Rice takes students to Song Dynasty China, where innovations in agriculture produced a rice surplus, creating cultural, technological, and scientific developments that profoundly shaped that period of human history.

## WHAT ARE STUDENTS LEARNING?

### Communication

With a focus on seasoning and flavors, students advocate for their own preferences and account for others' to arrive at a solution that works for everyone at the table.

### Sustainability

Students study the advantages of biodiversity and selecting for traits in crop varieties that respond well to particular growing conditions and methods, while ensuring sustainable production.

### Cooking Skills

Students learn to cut vegetables into small, uniform pieces, that cutting on the bias increases surface area to speed cooking time, and to not overcrowd the wok, because high heat is essential to the flavor of the dish.

### Nourishment

Students study how consistent and ample access to food in Song Dynasty China enabled major scientific and cultural development, and how a delicious, quick-to-cook organic vegetarian meal with readily available leftovers can support their own health and well-being.

### Academics

Students study agricultural developments in Song Dynasty China.

*This fulfills: History & Social Science content standards; Common Core State Standards for collaborative discussion, integrating information in different formats, speaking and listening, and language; and Health & Wellness standards for choosing healthy foods; safe food handling; and preparing nutritious foods.*



To download printable copies of this placemat and full lesson plan, visit [edibleschoolyard.org/friedrice](http://edibleschoolyard.org/friedrice)