



From Field to Plate: How Is Rice Transformed?

OBJECTIVE

Understand the **stages of rice transformation**, from the harvested grain to the different forms that reach your table, and understand how these transformations influence the nutritional value.

YOUR MISSION

Choose a **type of rice** that you usually consume and follow its journey from the field to the plate.

Step 1 – Identify the rice

- Type of rice: ☐ White ☐ Integral ☐ Vaporized ☐ Other
- Product you usually consume: _____

Step 2 – From paddy rice to the rice you eat

Sort or mark the stages of the transformation:

- ☐ Paddy rice harvest
- ☐ Cleaning and drying
- ☐ Peel
- ☐ Polishing
- ☐ Vaporization (if applicable)
- ☐ Packaging

WHICH OF THESE STEPS DO YOU THINK ALTER THE ORIGINAL RICE THE MOST? WHY?

Step 3 – What changes with the transformation?



Compare the types of rice:

Type of rice	Keeps the bran?	More or less fibre?
White		
Integral		
Vaporized		

Step 4 — Impact on your choice

Reflect and answer:

- What type of rice gives you **the longest lasting energy**?
- In which meals would it make more sense to use brown or steamed rice?

REFLECTION:

FINAL REFLECTION

If you could change **one habit** in rice consumption, what would it be?

FOODWISELAB TIP

Brown and steamed rice retain more nutrients than white rice, due to less aggressive or different processing processes.
