

Rice Paper Roll Recipe



Rolling Fun
Fresh. Easy. Yummy

All ingredients are available in Coles, Woolworths or IGA.



Rainbow Vegetable and Fruit Rice Paper Roll for Kids

Ingredients:

01 Red capsicum, 01 Yellow capsicum, 01 Pink Lady apple,
01 Continental cucumber, 01 Iceberg lettuce,
01 Purple lettuce, 03 Carrot, 01 Blueberry box.
01 Rice paper wrapper bag (250g),
01 Rice noodles vermicelli bag (250g) (Optional)
All vegetables and fruits are cut (julienne) into short and thin strips.

Kids sing a song to make rice paper roll

1- The paper in the bowl goes
round and round, round and round,
round and round,
The paper in the bowl goes round
and round, land on the tray



3- The end of the paper goes up
and down, left moves in, right
moves in.
The finger on the tray goes
round and round, till to the end.

2- The food on the plate goes up and
down, up and down, up and down.
The food on the plate goes up and
down, on to the tray



HAPPY FAMILY MEAL THAT'S WORTH TO HAVE A TRY

Rice Paper Roll meal is very suitable for family gathering and family time. It not only offers a healthy-food meal with lots of vegetables, but also brings fun and happy time to all members in your family. Everyone makes their own flavored rolls by selecting their ingredients from shared plates. And while you are picking up ingredients and rolling, the warm and cared conversation among your beloveds is starting...

More recipes and tools are available at www.RicePaperRoll.com.au



Rolling Fun is all about inspiring kids to enjoy cultural healthy eating.



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Children not only learn how to make healthy and yummy rice paper rolls but also engage in the art form of poetry, songs, cultural costume and puppetry. Rolling Fun proudly presents the whole workshop in poem and songs. The program offers kids funny, playful and educational activities.

We give out the tool kit to each kid as an award to the young learner. With the hands-on experience achieved in the workshop, we hope that kids can continue practising at home. With this tool, kids carry on the self-learning and self-creating food journey with help from the parents. Kids often happily eat what they make.



Healthy Food -
Artisanal Education



Poem
Songs
Puppet



Vietnamese
Traditional Dress
(The Ao Dai)



Take-home
Tool Kit

The workshop covers EYLF Outcomes

Outcome 2:
Children are connected with and contribute to their world

- 2.1. Develop a sense of belonging to communities and broaden their understanding of the world in which they live.
- 2.2. Explore the diversity of culture, background and tradition.



Outcome 3:
Children have a strong sense of well-being

- 3.2. Learn about healthy lifestyles, including nutrition, personal hygiene; provide opportunities for children to experience a range of healthy foods and to learn about food choices.



Outcome 4:
Children are confident and involved learners

- 4.2. Develop a range of skills via practice, trial, and error and motion.
- 4.3. Develop an ability to mirror and repeat the actions from others.



The workshop covers F-2 curriculum

Design and technologies -Food Specialisations:
"Explore how food is selected and prepared for healthy eating" (VCDSTC016).

Exploring the tools, equipment and techniques used to prepare food safely and hygienically for healthy eating.

Exploring how people from different cultures including those of Asia design and produce different cuisines based on the plants and animals in their region and available tools and equipment.

Intercultural Capability -Cultural Practices
(VCICCB001)

Identify what is familiar and what is different in the ways culturally diverse individuals and families live.



For more information about Rolling Fun, please visit the website www.RollingFun.com.au