The Children's Museum of Houston

Dragons & Fairies

Exploring Viet Nam Through Folktales

Make Rice Bags

Rice is a very important part of the diet of all Vietnamese people. Viet Nam is also the second largest producer of rice in the world. Rice is a truly remarkable grain. Rice is cholesterol, fat and sodium free. It is also full of complex carbohydrates.

What you need

- Scissors
- Felt
- Glitter glue
- Rice
- Glue gun and glue

What you do

1. Cut two matching rectangles out of the felt.
2. Glue around three edges of one of the rectangles, leaving the top edge unglued for an opening.
3. Press the matching rectangle onto the glued rectangle.
4. Spoon the rice into the opening of the glued rectangles.
5. Fill half full.
6. Glue the opening closed.
7. Decorate the outside of the rice bag with the glitter glue.
8. Your rice bag can be used as a pincushion, a paperweight or a toy (rice bag toss).

Do you eat rice at your house? What do you like to put on it?
Do you eat rice for breakfast?

Rice is a food that two-thirds of the world's population eats every day. It is one of the most widely grown crops in the world. Rice is also one of our oldest foods. It has been grown and eaten for thousands of years. There are more than 7,000 different kinds of rice. Rice comes in different shapes, sizes and colors. Different kinds of rice smell and taste differently.

Exploring Further:

Read 'The Story of Banh Chung and Banh Day,' *Children of Dragons, Grandchildren of Fairies* by Quy Linh Do, 2004, and find out how Rice Cakes became the national treat of Viet Nam.