

feature in Aomori rice

- **Seliten no hekireki**
 - resistant to cold
 - have good stickiness and taste.
 - suit any side dishes
 - expensive
- **Tugaru roman**
 - Cold and disease resistant
 - Good balance of taste, stickiness, fragrance and softness
 - compatible with Japanese food
- **Masshigura**
 - It is characterized by its white gloss and good appearance such as granularity
 - compatible with curry and soup

Summary

- This time we looked into rice and we were surprised that we didn't know about it.
- We found it to be good for our health and wanted many people to eat it.
- We were able to understand the difference between the famous rice in Aomori and white and unpolished rice.



Rice's Informatid



12HR Group 6

12.11 Sakuragi Takayuki
12.12 Sugi Ken
12.13 Sato Hiro
12.14 Tani Ken

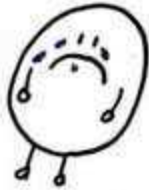
Hirosaki Minami
High School

State of Japanese rice

Q Which do you eat bread or rice?

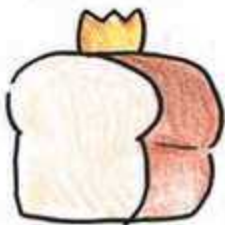


Cause



• To cook rice has a lot of troubles.

• We can have many kinds of foods.



Nutrition

180g

- Carbohydrate → 55.7g
- Protein → 3.8g
- Vitamin B₁ → 0.03mg
- Vitamin B₂ → 0.02mg
- Magnesium → 11mg
- Calcium → 5mg
- Iron (Fe) → 0.2mg
- dietary fiber → 0.5g

→ Food fibers, nutrients such as vitamins and minerals, and vegetable compounds increase the degree of fullness to prevent overeating, and prevent obesity.

→ Starch turns into glucose and becomes brain energy, improving brain activity.

Difference between

Brown rice and polished rice

① Polished rice

1. cooking rice takes time costs 30min ~ 60min.
2. It is elastic.
3. Nutrition of it is less than brown rice.
4. 356 kcal / 100g

② Brown rice

1. cooking rice takes time costs 90min ~ 120min.
2. It is hard.
3. It has a lot of nutrition.
4. 350 kcal / 100g