

SWEET RICE AND MILK RECIPE FROM LATIN AMERICA

This traditional dessert is enjoyed in countries throughout Latin American. Like many family recipes, it differs slightly from family to family and place to place. Children will enjoy helping make this simple, tasty treat.



SUGGESTED USE

This recipe involves stovetop cooking with boiling water, so children should not do it unsupervised. One option is to ask for one or more parent volunteers who'd be willing to make the recipe with their child, perhaps with video and commentary along the way. Or the teacher could simply do it. Either way, make enough so that everyone in the class can get at least a taste.

The activity could be supplemented with a discussion of some of the students' favorite desserts and other foods. Ask if any of their parents or grandparents brought any special food traditions from another country.

Prayer

Father, every place on Earth has special crops that sustain their people. Some places have an abundance of corn. Others have wheat. In many countries, rice is the most common food. Thank you for feeding the people of our planet with these wonderful plants, and help us to take care of the land so that we may continue to enjoy them. We ask this in Jesus' name. Amen.