#### Rice Paper Roll Recipe

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





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

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.



## 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.



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

Outcome 2:



Poem Songs Puppet



Vietnamese Traditional Dress (The Ao Dai)



Take-home Tool Kit

# The Children are connected with and contribute to their world Outcome 3:

covers

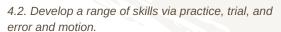
**Outcomes** 

**EYLF** 

Children have a strong sense of well-being

Outcome 4: Children are confident and involved learners 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.





**4.3**. Develop an ability to mirror and repeat the actions from others.







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

## 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.