

# KUNG PAO

## Chicken with Rice



### Do You Know?

The chemical that makes peppers spicy is called *capsaicin* (cap-SAY-uh-sin). Some medicines contain capsaicin for pain relief.

## Make Mine Spicy!

A chef cooks diced chicken, peanuts, hot peppers, and other vegetables in a large pan called a wok. This dish, called *kung pao* (KUNG POW) *chicken*, is a popular dish at Chinese restaurants. It is often served over a plate of rice. Many people think this meal is delicious, but is it nutritious, too?

Chicken and peanuts contain *protein*, the nutrient your body needs for muscles and growth. Peanuts are also an important source of *minerals* such as manganese. Minerals are nutrients that come from nonliving things such as rocks and soil. Manganese helps make your bones strong.

The celery, red peppers, and carrots in kung pao chicken add *vitamins*—nutrients we need in small amounts that come from living sources. One cup of red peppers has all the vitamin C you need for a day! This vitamin keeps your muscles healthy and helps you heal.

The chicken and sauce provide another nutrient, called *lipids*, or fats. Unfortunately, this dish has much more fat than most people need. You can make this meal healthier by splitting it with a friend and asking for extra vegetables.



Kung pao chicken was first made in Sichuan (SEECH-wahn) Province in Southwestern China.

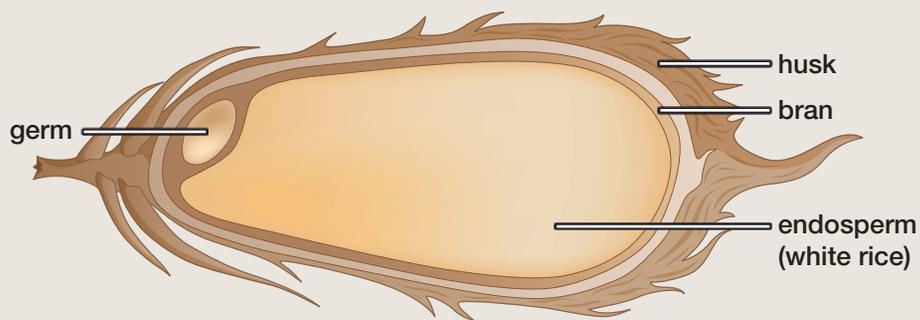
# WOULD YOU LIKE RICE WITH THAT?

Do you prefer white or brown rice with your kung pao chicken? Surprise! They come from the same rice grains. But there are nutritional differences between them.

After the rice is harvested from the field, the grains are *milled*, or put through a machine that removes the hard outer husk. If you want brown rice, the process stops there. To make white rice, the rice is milled again. This time, the machine removes another layer of the rice kernel, called the *bran*. The bran, which is full of vitamins and minerals, gives brown rice its texture, color, and nutty flavor. Most of the *germ*—the part of rice that can grow into a new plant—is also removed during milling.

Both types of rice are high in *carbohydrates*, the nutrient that fuels our body. However, rice bran and germ are rich in vitamins and minerals. As a result of the milling process, white rice has fewer nutrients than brown rice.

PARTS OF A RICE GRAIN



## COMPARING VITAMINS AND MINERALS IN RICE

(milligrams per 1 cup cooked rice)

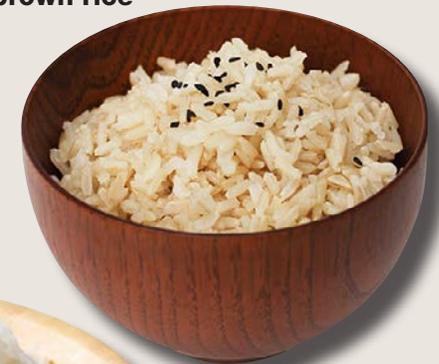
	Brown Rice	White Rice	Enriched White Rice
Calcium	19.500	15.800	15.800
Iron	0.819	0.316	1.896
Magnesium	83.850	18.960	18.960
Manganese	1.765	0.746	0.746
Phosphorus	161.850	67.940	67.940
Potassium	83.850	55.300	55.300
Vitamin B1	0.187	0.032	0.258
Vitamin B2	0.049	0.021	0.021
Vitamin B3	2.980	0.632	2.332

White rice is sometimes enriched by adding vitamins and minerals to replace those lost during milling. However, not all of the lost nutrients are replaced.

### Math Moment

Which vitamins and minerals are added to white rice to make it enriched? Pick one of these vitamins or minerals. How much more or less of this nutrient does enriched white rice have compared to brown rice?

brown rice



white rice



Which kind of rice will you choose?