[Name of the Writer]

[Name of Instructor]

[Subject]

[Date]

**Research Paper Outline**

# Introduction

* Growth of rice in China
* Cooking of rice in China
* Comparison between the northern and southern region of the country
* Main purpose
* The main purpose of the research is to find out the diet pattern and the importance of rice in China.
* Thesis Statement
* China cultivates the largest amount of rice in the world. It provides thirty percent of world rice. Therefore, People use more rice as high production leads to the high consumption of rice in the country. (Boston and Ma 02115 +1495‑1000)

# Discussion

* **History of rice in China**
* Its been 10000 years, China is growing rice.
* Civilization was range to lower Yangzi where the climate was in favor of rice production
* Initially, the price was high therefore only rich people could afford it that is during the Zhou dynasty.
* It became a regular meal during the Han dynasty (*Rice in China*)
* **Festivals and tradition of rice eating**
* Rice is the symbol of success and failure of the country
* New Year Festival: Rice cakes are used
* Lantern Festival: Rice cakes are eaten as a tradition
* Dragon Boat Festival: Rice is used in the form of Zongzi
* Chongyang Festival: Glutinous or sticky rice is used
* **Growing rice in China:**
* Over centuries, technology advancement helping in rice cultivation
* Rice requires lots of water
* Flooding is the main tool to suppress weeds
* Irrigation is used in ninety percent of the land
* Other than irrigation, it requires high rainfall
* 298,997,512 acres land is used in China for rice production
* Southern area raise two harvests per year
* **Diet contrast between south and north China**
* Climate is totally different in both region
* North climate is too cold and not suitable for rice growth while South climate is perfect for rice production
* North use less of rice than South
* Rice is the regular meal in South
* South provide rice to the north to meet the demand there
* North grow wheat rather than rice
* North region prefer wheat made items like dumplings and noodles
* South region consume more rice than wheat (Yuan et al.)
* **Types of rice**
* White rice and brown rice
* White rice is a refined form of brown rice
* Brown rice is full of fiber while white rice is not
* Brown rice is full of nutrition than white rice
* Chinese use more white rice than brown rice
* Chinese are getting less nutrition as they get more by using brown rice
* **The nutrition of rice meal**
* 94% of Chinese take three meals while 5% take two meals a day
* Rice is composed of carbs and protein with almost no fat
* Rice is the complete meal full of nutrients
* Cooked white rice contains about 130 calories, 69% of water, 28.7g carbs, and 2.4g protein
* It is free of fiber, sugar, and only 0.2g fat
* Rice is composed of carbs also known as starch
* Starch is the form of carbohydrates
* Different type of rice have different percentage of starch
* High digestibility is the disadvantage of sticky rice
* It is not good for diabetics and high blood pressure patients
* Uses of rice
* Glutinous rice: They are most sticky rice, often available in packages
* Bamboo leaves are used to wrap the cooked glutinous rice
* It is used in all types of food that is sweet and savory.
* Rice flour is also used in everyday meal
* Noodles made up of rice are used in meal
* Wines are also made by fermenting rice
* **The economic view of rice**
* High-quality rice is produced
* China is the world's largest rice producer
* High production leads to the low price of rice in the country
* Low price enables people to consume more amount of rice
* High revenue is obtained by exporting rice
* **Chinese diet other than rice:**
* Rice is mostly consumed in the southern area
* The northern region of China prefer wheat as it is cheaper in that region
* Chinese use meat and basically eat all animals
* They commonly use pork meat, chicken, beef, mutton, and Peking duck
* Vegetables are also used separately and also with rice
* The most common vegetables in China include; Chinese cabbage, potatoes, cucumbers, white radish, and Chinese eggplant
* Chinese do not eat rice alone, they add vegetables or meat with it
* They eat special dishes and then add rice to fill the stomach
* Foods that are served with rice include; burritos, salad, soup, vegetables, and sweet stuff
* The most favorite food of Chinese is chew Mein
* Chew Mein contains rice noodles, vegetables, and meat all in one dish

# Conclusion

* Rice is the most common grain used in China
* It is growing and using from about 10000 years ago
* It is used in festivals
* Southern region produce and use rice more than the northern region of China
* Rice contains carbohydrates, protein, and least fat
* Rice is not the main meal
* It is used along with other dishes like vegetables and meat
* Economic background of rice in China is strong
* Thirty percent of world rice is produced in China
* People use rice to fill their stomach
* Various dishes are made in China through rice

# Works Cited

Boston, 677 Huntington Avenue, and Ma 02115 +1495‑1000. “Rice.” *The Nutrition Source*, 24 Sept. 2018, https://www.hsph.harvard.edu/nutritionsource/food-features/rice/.

*Rice in China*. https://www.chinasage.info/rice.htm. Accessed 13 May 2019.

Yuan, Ya-Qun, et al. “The Development of a Chinese Healthy Eating Index and Its Application in the General Population.” *Nutrients*, vol. 9, no. 9, Sept. 2017. *PubMed Central*, doi:10.3390/nu9090977.