



Rice Paper Rolls

Encourage everyone to share traditional meals or family recipes. Try them out as a playgroup experience. What a wonderful way to experience and learn about culture!

What you need:

- + Rice paper
- + Cucumber
- + Carrot
- + Shredded cooked chicken
- + Lettuce



What to do:

1. Thinly slice cucumber, carrot, lettuce and chicken
2. In a bowl of cool water, dip the rice paper and place on flat surface. Cover on plate with damp towel to keep moist
3. On edge of rice paper, stack small amount of lettuce, chicken, cucumber and carrot.
4. Roll the rice paper over, folding in edges as you go

Try different flavours by adding a range of herbs and veggies. Grab your favourite dipping sauce and enjoy!

DID YOU KNOW?

Children can safely participate in cooking and counting. Measuring is part of early maths.



See a step by step on the next page! →

DEVELOPMENTAL AREAS:

Cognitive, Fine Motor, Language, Gross Motor, Social





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