










Edible Paper

Materials

-  1 Tbsp brown rice flour
-  1 Tbsp potato starch
-  1.5 Tbsp water
-  Small bowl
-  Microwavable plate
-  Plastic wrap
-  Microwave
-  Tablespoon
-  Optional - food dye/ cotton swabs

Students will explore the science behind papermaking as they create their own rice paper.

3rd - 5th
Grade

Directions

1. Stretch plastic wrap over plate. Make sure it is smooth and not touching the plate's middle surface.
2. In the small bowl, combine flour, starch, and water. Mix until you get a runny paste, similar to school glue. Add more water if necessary.
3. Carefully pour the paste onto the plastic and spread, either with spoon or by tilting the plate.
4. Place the plate in the microwave and heat on high for 45 seconds.
5. Let cool 1 minute before moving.
6. Remove paper from plastic wrap. Slowly, or it will tear. You may try removing the plastic wrap from the plate first.
7. Optional: Mix 2 drops food coloring with a little bit of water to make edible paint! Use cotton swabs to paint. Decorate your paper to make it stationary, or draw designs on it, before eating!

Fun Facts

Rice flour contains cellulose, which makes the paper flexible and strong. Potato starch contains no fiber, which makes paper flexible and stretchy. The combination creates a smooth, strong, flexible, non-stretchy sheet.

