

DELICIOUS NUTRITIOUS ADVENTURES

Full of Beans, Peas and Lentils Too!

SUBJECTS



NUTRITION



SCIENCE

Aa

LANGUAGE
ARTS

GRADE LEVEL

K-3

TIME

45 min

Full of Beans, Peas and Lentils Too!

Objectives

Students will:

- Construct a class list of known legumes.
- See, say, and spell vocabulary words associated with legumes.
- Observe differences between legumes.
- Compare and contrast a variety of legumes using their senses.
- Recall nutrition facts about legumes.
- Share a crazy legume fact with their families.
- Create a journal entry to reflect, draw, write and share what they learned during the lesson

Materials & Preparation

Supplies - Choose between 3 and 5 different legumes for tasting such as:

- Edamame or soy bean
- Canned chickpea
- Snap peas (fresh or dried)
- Assortment of dried beans (for display)
- Fresh or dried peas (for display)
- Lentil chip
- Optional tasting or display legumes: hummus, black beans, green beans, peas, etc.
- Legume recipe cards

Read aloud book options:

- Life Cycles: Bean by David M. Schwartz
- A Bean's Life by Nancy Dickmann
- From Bean to Bean Plant by Anita Ganeri
- Beans by Joyce Bentley

Preparation at Home

If using the tasting lesson component:

- Drain any canned beans for tasting.
- Wash fresh snap peas, if using.

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Lesson Introduction

(15 minutes)

Part 1: Story Time!

Read aloud from one of the read-aloud book suggestions

Part 2: Getting to Know Legumes!

Ask, have any of you heard of LEGUMES? Explain to the class that you are going to learn about three veggies that are part of a family called legumes. These are beans, peas and lentils. Ask students if they're familiar with any of these.

Explain that legumes all start out as a pod with seeds inside. These grow on vines in the summer. Explain that sometimes you eat the pod and the seeds, but usually, you only eat the seeds inside.

Explain that often we eat beans and lentils that are dried and then cooked. You can find dried beans all year long at the grocery store.

Hold up each of the legumes you have brought for students to see. Introduce each by name and write the names on the board. Ask students if they can think of other legumes. List those on the board.

Tell them that you have one interesting fact about legumes to share: The legume family has been around for a very long time - thousands of years. In fact, beans were even found in the pyramids of Ancient Egypt.

Tell students that legumes are very nutrient rich and important for growing bodies. Tell them you have three nutrition facts about legumes:

- › Legumes are full of a very important nutrient called PROTEIN. Protein builds our muscles and helps our brains. Ask if they know what other foods are sources of protein. Share with them that a lot of people get their protein from meat, eggs, and dairy. Explain that legumes are great sources of protein as well. Explain to them that people are starting to eat more of these, recognizing that too much protein from animals isn't good for our bodies or the planet.
- › Legumes are high in IRON, which gives your body energy. Iron helps carry oxygen from the lungs to the rest of your body.
- › Legumes are also full of FIBER. Fiber is important because it keeps our tummies full and our body on schedule.

Explain to students that the two words that are often used to describe legumes are CREAMY and BUTTERY. Write the words on the board and ask students to see and say the words. Talk about the words and what they each mean. What are other foods we can think of that are CREAMY or BUTTERY?

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Body of Lesson: Tasting Time!

(20 minutes)

Part 1: RULES FOR HEALTHY EATING LESSONS

Polite bite: Our first rule is that we ask everyone to take a polite bite.

- a. Can you tell how something tastes by looking at it? You never know whether you'll like something if you don't try it.
- b. Please take one small bite so that you can know for sure whether you like it or not.

No-Yuck Zone: Our second rule is that this room is a No-Yuck zone.

- a. If I try something and say, "That's delicious," you'll all likely want to try it. But if I said, "Ew, that's the worst thing I've ever tasted," no one else will want to try it and you will miss out. Everyone has different taste buds, and it's important to respect that.
- b. What's a polite way to explain that you don't like what you've tried? "Not tasty to my taste buds."

Part 2: TASTING TIME!

- Pass out different types of legumes for tasting and ask students to notice them with their eyes and touch them.
- Pass around the display legumes and let them feel these as well.
- Ask students to notice similarities or differences between the legumes (color and size)
- Taste the legumes one by one
- Discuss how each legume tastes and encourage students to use words like BUTTERY, CREAMY and CRUNCHY as they taste.

Conclusion

(5 minutes)

Part 3: DISCUSSION

- a. Which was your favorite legume? Why?
 - b. What is something new that you learned about legumes?
 - c. What words would you use to describe the taste and texture of legumes?
- Thank them for trying new foods and encourage them to make healthy eating choices and share some fun facts about legumes with their families.
 - Send kids home with legume recipe cards that they can try making at home for fun

*Note: See extension section for optional activities to use if tasting is not feasible for your classroom.

Assessment

(10 minutes)

- At the end of the lesson, have each student create a journal entry about the lesson, using age-appropriate strategies such as drawing, dictating or writing.

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Extensions

Clap The Syllables:

- Together as a class, clap out the number of syllables for different apple kidney beans, lentils, snap peas, green peas, black beans, garbanzo beans, etc.

Sing I'm A Little Bean:

(to the tune of "I'm A Little Teapot")

- › I'm a little bean small and round
- › (curl up on the floor)
- › Bury me deep into the soft ground
- › Sprinkle me with water
- › (act out watering can)
- › And sunshine too
- › (hands out wide)
- › Watch me grow as tall as you!
- › (stretch to the sky)

KWL (KNOW, WANT, LEARNED):

- Have students write one sentence about what they KNOW about legumes what they WANT to know and what they have LEARNED

Legume Storytime:

- Have students write a brief descriptive story about their favorite legume, using the vocabulary adjectives learned in the lesson.
- Or, write a story as a class. Have each student contribute one sentence. Collect the sentences and read the full story aloud

Acrostic Poem:

- Have students write a poem that spells the name of their favorite legume. Instruct students to write out the word vertically. Each letter of the word apple will become the first letter of each sentence of the poem.

Legume the Action Hero:

- Have students work in pairs to create a comic strip about a legume superhero and the power of legumes to keep us healthy.

