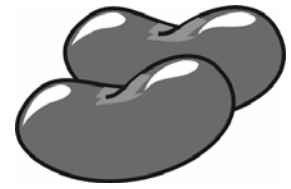


# NAME THAT BEAN! \*



**Purpose** To learn about different kinds of beans, peas and lentils

## Supplies

- Examples of 5 different kinds of dried beans, peas, and lentils (Suggestions are chickpeas, pinto beans, kidney beans, soybeans, black beans, navy pea beans, lentils, split peas.).
- 10 containers (paper or plastic cups, jars, etc. - two containers for each kind of bean/pea/lentil)
- 10 5x7 note cards - two cards with the name of each kind of bean, pea or lentil being used.
- Snack supplies and ingredients (next page)

**What to say** Where are the Meat & Beans Group and Vegetable Group on the MyPyramid? Beans are included in both the Meat & Beans group and Vegetable group. How much of these foods do we need to eat each day?

***Today let's learn about some of the different kinds of beans, peas and lentils, and play a game.***

## What to do

1. Divide the students into two teams, counting off by saying “beans” and “lentils”. The “bean” students are one team and the “lentil” students are the other team.
2. Give each team a set of cards with the names of beans, peas or lentils. Also give them a set of containers with each kind of bean in it.
3. Tell the students they have 5 minutes to decide which card goes with which container of legumes. (More time can be given if you think they need it.) The only rule of this activity is that they work together as a team to make decisions.
4. When everyone has finished, review the containers and how they labeled them. Talk about foods they have eaten that are made out of these beans, peas and lentils.

Make sure the teams have a mix of older and younger students. Older student can help organize the activity.

## **Tortilla Roll-ups**

Supplies needed -  
napkins  
paper cups  
flour tortillas  
refried beans  
salsa  
fruit juice  
knife for spreading beans

1. Have everyone wash their hands.
2. Let each student spread a flour tortilla with refried beans (salsa if desired) and roll it up.
3. Pour juice into cups.

\*Adapted from "Youth Curriculum Sourcebook ", University of Wisconsin-Extension Staff, A Guide For Developing Nutrition Education Programs for EFNEP/4H Ages 6-11, 1994.



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