

DON'T SPILL THE BEANS *



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

Supplies

- Bean mix with 3 different kinds of dried beans, peas, and lentils mixed together in 2 containers - one for each team. (Suggestions are chickpeas, pinto beans, kidney beans, soybeans, black beans, navy pea beans, lentils, split peas.)
- Six empty containers (plastic/paper cups, etc.) - 3 empty containers per team
- 2 tablespoons
- 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 should we eat each day?

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

- 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. Form 2 lines. Set up a starting point and a finishing point, at least 10 yards apart. Have the teams line up behind the starting point.
 3. Have the students at the beginning of the line take a tablespoon of the bean mix.
 4. Have the leader shout "LEGUMES" to start the relay: each student has to carry their tablespoon of beans to the finishing point where they have to sort the beans, and then return to the starting point to tag a team member. (To make the game more challenging, you can have them take giant steps, walk sideways, etc.)
 5. When everyone finishes, look at the containers and talk about the kinds of beans, peas or lentils. Has anyone eaten these? What are your favorites?

Make sure the teams have a mix of older and younger students.

Tortilla Chips and Dip

Supplies needed -
napkins
paper plates
tortilla chips
refried beans
chili powder
forks
bowls

1. Have everyone wash their hands.
2. Make the Refried Bean Dip - have students mash beans, add chili powder, and mix.
3. Put chips in a bowl and pass these around with a bowl of dip. Let students serve themselves.

Refried Bean Dip

Mix about 1 cup refried beans with 2 teaspoons chili powder. Mash with a fork until very soft. If it is too hard to mix, add a little water (about 1 teaspoon). Serve with tortilla chips.

*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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