

JANUARY

GARBANZO BEANS/ CHICKPEAS
BEANS/PEAS

GRADE
2-3

RECOMMENDED BOOK	<p>“The Sandwich Swap” by Queen Rania Al Abdullah and Kelly DiPucchio “One Bean” by Anne Rockwell “Oh Say Can You Seed?” by Bonnie Worth</p>
NEEDED SUPPLIES	<p>Chickpeas, optional for tasting: hummus and carrot sticks/coins Optional: examples of canned and dried chickpeas A sprouted bean or supplies to sprout one in class (plastic bag, wet cotton balls, beans)</p>
NEEDED RESOURCES	<p>Bean flash cards from Team Nutrition’s “The Great Garden Detective Adventure”</p>
21ST CENTURY SKILL	<p>Students will learn the importance of vegetables in a healthy diet.</p> <ul style="list-style-type: none"> Practice preventive health behaviors. 2-3: Identify healthy foods.
OBJECTIVES	<ul style="list-style-type: none"> Students will learn that beans are seeds, which sprout to grow a bean plant. Students will learn the importance of beans/peas in a healthy diet. Students will learn to try a new vegetable. Students will learn that friends and educators eat vegetables.
PHYSICAL ACTIVITY	<p>“Bean Movement Game” – For each “bean” the educator calls out, the students act out the name. Consider choosing only three of four “beans” and repeating. Mix in “frozen bean” so all students freeze. Gradually call out the beans more rapidly. After a few minutes, students still moving on “frozen beans” take a seat until all students are seated (or educator chooses to stop). Variation: Have the students think of an activity for each bean.</p> <ul style="list-style-type: none"> Runner bean – run in place Chili bean – pretend to shiver and cross arms around chest and rub arms as really cold Frozen bean – freeze (stop) Baked bean – lie down and bake in the sun Jumping bean – jump up and down Coffee bean – drink a cup of coffee or pick from a coffee tree Jelly bean – go all wobbly <p>Click here for adapted reference.</p>
RECAP FROM LAST LESSON	<p>Did anyone ask a grown-up for the fruit we tasted last month? Did the grown-up buy it? Did you eat it? Did anyone else in your family eat it? Did anyone ask for the fruit and get turned down? When would be a better time to ask your grown up for the fruit? (Help children problem solve.)</p>
FUN FACTS ABOUT GARBANZO BEANS	<ul style="list-style-type: none"> One of the world’s oldest cultivated crops. Cultivation goes back 7,000 years in some parts of the world. Chickpea and garbanzo beans are the same thing and are a member of the pea family. The garbanzo bean has a small beak that looks like a chick’s beak, giving it the name chickpea. The kidney bean is shaped like a kidney. Some heirloom varieties of beans are: Eyes of Goat, Tongues of Fire and Mortgage Lifters. Heirloom vegetables are grown from seeds that have been passed down through generations.

BEANS/PEAS
FEATURED TASTING:
GARBANZO BEANS/
CHICKPEAS



ALTERNATIVES:
EDAMAME



BLACK BEANS



BLACK EYE PEAS



JANUARY**GARBANZO BEANS/CHICKPEAS**
BEANS/PEAS**GRADE**
2-3**WHAT YOU NEED TO KNOW ABOUT GARBANZO BEANS**

- Available in dried, canned and frozen forms (consider showing canned and dried chickpeas)
- Beans and peas contain plant protein, iron and zinc, similar to nutrients in meat, poultry and fish, so they can be represented in the protein group.
- Beans and peas contain dietary fiber, folate and potassium, which can be represented in the vegetable group. They can count as a protein serving or a vegetable serving.
- One-half cup of cooked beans provides about 8 grams of protein.
- Beans and peas are mature forms of legumes and include kidney beans, pinto beans, black beans, black-eyed peas, garbanzo beans (chickpeas), split peas and lentils.
- Chickpeas grow in pods on small bushes; one seed pod contains 2-3 chickpeas.

HEALTH CONNECTION

- Chickpeas are a good source of protein. Reinforce by flexing muscles.
- They are also high in fiber. Rub stomach to reinforce they help food move through the digestive tract and help keep us full longer.

PART OF THE PLANT

Seed (grows in a pod)

DISCUSSION

When was a time you learned to like something new? Educator, give an example of a time when you had to be brave to try something new (food, activity, event, etc.). Tell students to think in their head silently about their own experience trying something new. Then, ask them to turn to a neighbor and share their experience. Have willing students share what their partner said.

Being brave and trying new things helps us learn to have an open mind, be creative and learn new things about ourselves and others. We all like different things because we are all different. Today, we're going to learn about a food that may be new to you – beans. Not green beans, but beans called legumes, such as chickpeas, black beans, pinto beans, kidney beans, dried peas and lentils. (The book "Sandwich Swap" connects well to the idea of trying something new and includes hummus.)

ACTIVITIES

Today we will explore seeds. Beans are the seeds of the plant. We eat beans. What other seeds do we eat? (little seeds on outside of strawberries, seeds in cucumbers, tomatoes, kiwi, bananas, roasted pumpkin seeds, green peas, sunflower seeds, corn kernels, etc.)

Have you ever planted a seed in a garden or pot? I will show you a seed that has sprouted. Another name for sprout is "germinate." When a seed germinates, it starts to grow. A root breaks through the seed coat and starts to grow downward. A shoot (stem and leaves) breaks through the seed coat and starts to grow upward, until it eventually grows out of the dirt. Show a bean(s) that has already sprouted or demonstrate how to sprout a bean.

To sprout a bean, put a bean(s) (any type) and two to three wet cotton balls (squeeze out excess water) in a plastic bag. This can be done individually, in groups or by the nutrition educator. Place the plastic bag in the room (possibly a warmer spot in the classroom). Explain that the bean needs air, water and the right temperature to germinate. Leave the bean for the class to observe how long it takes to germinate. Suggest that the students draw what happens over the next few days. Once it germinates, the seed can be planted in soil, watered and placed in the sunlight to grow.

Another option: Divide the class into small groups. Give one bean flash card to each group and ask the students to read the card and discuss what they learn. Have a volunteer from each group report back to the class one fact about their bean. More than one group can have the same card to allow for smaller groups.

[Click here](#) Watch this video (4:01) to learn about an Iowa farmer who grows black beans.

TASTING	Taste a plain garbanzo bean (canned or cooked from dried beans). Optional: Make hummus and taste with carrot stick or chip. Child will vote with thumbs as to preference for chickpeas: thumbs up = I like it, thumbs sideways = it's okay, thumbs down = no thanks. Reinforce that many students really like garbanzo beans (or hummus).
CLOSING DISCUSSION	<p>What is the vegetable we tried today? How can you have chickpeas at home? (hummus, dried or canned chickpeas for salads, soups, plain, roasted) Are they served at school? What other beans/legumes are served at school?</p> <p>Where do you think you could go to get beans? (local grocery stores, farmers' market, garden and places that may sell bagged or canned forms of beans, such as gas stations or convenience stores)</p> <p>How could you ask a grown-up for beans?</p>
TAKE-HOME MATERIALS	Pass out "Ask me about...chickpeas" stickers. Send home the parent newsletter. Discuss the bingo card for the month. Issue incentives for returned cards with a bingo.
REFERENCES AND RESOURCES	<p>Click here Great Garden Detective Adventure flash cards</p> <p>Click here Growing Black Beans (Grimm Family Farm in Iowa) video (4:01)</p> <p>Click here USDA Dig In! Bean Poster</p> <p>Click here Spend Smart. Eat Smart After-School Hummus (recipe)</p> <p>Click here Kids Eat Right Pizza Hummus (recipe)</p> <p>Click here USDA MyPlate: Beans and Peas</p> <p>Click here Chickpea handout from USDA Dig In! (includes hummus recipe)</p> <p>Click here University of Arizona Yuma County Cooperative Extension: Garbanzo beans</p> <p>Click here Live 5.2.1.8.org: Dry Beans Educator Newsletter</p> <p>Click here Agricultural Marketing Resource Center: Chickpeas</p>
OTHER WAYS TO EAT CHICKPEAS	Plain; hummus; make salsa and beans; roasted; "cookie dough" made from beans; chickpea flour (bake with it); toasted; pasta e fagioli, with spinach or other garden items such as garlic/kale; three bean salad; dried; mash into patties and grill a bean burger; soup; garbanzo-jicama salad; mashed in burritos (substitute for refried beans); make faux coffee from roasted garbanzo beans.



WANTED



**Black-eyed
Peas**

WANTED



Black Beans

WANTED



Pinto Beans

WANTED



**Garbanzo
Beans**

Black Beans

Aliases: Turtle Beans

Description: When dried, they are small and shiny. When fresh, they can be found growing on bushes, hiding out inside pods (like a pea pod).

Wanted for: Its seeds, which contain fiber, protein, and folate. Power up with black beans in soups and quesadillas.

Known Associates: Member of the Beans & Peas Subgroup and the Protein Group.

Last Known Location: Used in the national dish of Brazil, called “feijoada,” which is a stew made with beans, beef, and pork. They are also very popular in Cuba, served in Black Bean Soup.

Black-eyed Peas

Aliases: Cow Peas

Description: Black-eyed peas grow in a pod, just like green peas. The black “eye” (or spot) is where the tan pea attaches to the pod.

Wanted for: Its seed, which is packed with fiber, protein, and folate. Black-eyed peas are a tasty vegetable to try.

Known Associates: Member of the Beans & Peas Subgroup and the Protein Group.

Last Known Location: Black-eyed peas like warm weather to grow, so they avoid chilly areas that can frost at night.

Notes: Some believe that if you eat black-eyed peas on New Year’s Day, you will have good luck all year. Whether or not that’s true, it is certainly a healthy way to try your luck!

Garbanzo Beans

Aliases: Chick Peas, Falcon Faces
(in ancient Egypt)

Description: Garbanzos are rounder than most other beans. They are a very light tan color. They grow in a pod, on plants that can grow 1-2 feet high. Each pod usually contains two or three garbanzos inside.

Wanted for: Its seeds, which contain fiber, protein, and folate. Eating garbanzo beans helps kids eat smart to play hard.

Known Associates: Member of the Beans & Peas Subgroup and the Protein Group.

Last Known Location: Mashed up with garlic, olive oil, lemon juice, and spices to make hummus. Hummus is used as a dip for vegetables and bread, or can also be spread on a sandwich.

Pinto Beans

Aliases: Mottled Beans

Description: Named after the “pinto” horse, it is a light reddish tan in color, with darker speckles all over.

Wanted for: Its seeds, which contain fiber, protein, and folate. Pinto beans are a delicious way to help make half your plate fruits and vegetables.

Known Associates: Member of the Beans & Peas Subgroup and the Protein Group.

Last Known Location: Mashed up as refried beans or as an ingredient in burritos.