

JANUARY

**GARBANZO BEANS/ CHICKPEAS
BEANS/PEAS**

**GRADE
K-1**

RECOMMENDED BOOK	<p>"The Sandwich Swap" by Queen Rania Al Abdullah and Kelly DiPucchio "One Bean" by Anne Rockwell "A Seed in Need" by Sam Godwin "Mr. Putter & Tabby Spill the Beans" by Cynthia Rylant</p>
NEEDED SUPPLIES	<p>Chickpeas, optional for tasting: hummus and carrot sticks/coins Variety of dried beans to compare and sort Halved empty egg cartons</p>
NEEDED RESOURCES	<p>"Time to Grow" worksheet</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. <ul style="list-style-type: none"> K-1: Identify healthy foods.
OBJECTIVES	<ul style="list-style-type: none"> Students will learn about beans (how to recognize, how to eat, part of plant). Students will learn the importance of beans 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 bean" take a seat until all students are seated (or educator chooses to stop).</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**
K-1

WHAT YOU NEED TO KNOW ABOUT GARBANZO BEANS	<ul style="list-style-type: none"> • Available in dried, canned and frozen forms. • 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	<ul style="list-style-type: none"> • 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.
DISCUSSION	<p>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.</p> <p>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.)</p>
ACTIVITIES	<p>There are a lot of different kinds of beans and peas. We're going to investigate and sort several kinds of beans that have different traits. Pass out assorted dried beans (kidney beans, pinto beans, black beans, black-eyed peas, chickpeas, split peas, lentils, etc.) and halved egg cartons to small groups. Have groups inspect the beans and sort into egg cups by color and size or allow groups to decide basis for sorting. Ask students to describe the beans (e.g., red, brown, spotted, hard, smooth, bumpy, small, round, etc.) At the end of the activity, discuss the different beans (e.g., name the beans, plant part – beans are seeds, how they grow, where to find them in the grocery store, how to eat).</p> <p>We know how all of these beans look different and now we're going taste one kind – chickpeas. Will it be hard or soft? (soft) We can't eat beans that are not cooked.</p> <p>Optional: "Time to Grow!" worksheet or make hummus in class.</p>
SENSES CONNECTION	<p>See: Pale yellow color, round, small beak</p> <p>Touch: Firm texture, smooth</p> <p>Smell: What does it smell like?</p> <p>Taste: Nutty flavor, similar to a chestnut and walnut.</p>
TASTING	<p>Taste a plain garbanzo bean (canned or cooked from dried beans). Optional: Taste hummus with a carrot stick or carrot coin. 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).</p>

<p>CLOSING DISCUSSION</p>	<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?</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>
<p>TAKE-HOME MATERIALS</p>	<p>Pass out "Ask me about...chickpeas" stickers. Send home the parent newsletter.</p>
<p>REFERENCES AND RESOURCES</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 Team Nutrition, Discover MyPlate Student Workbook, Lesson 4 "Time to Grow!" worksheet</p> <p>Click here USDA MyPlate: Beans and Peas</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>
<p>OTHER WAYS TO EAT CHICKPEAS</p>	<p>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.</p>



Lesson 4

Time to Grow!

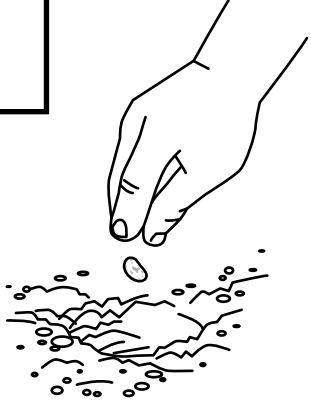
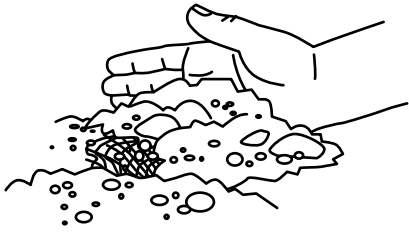

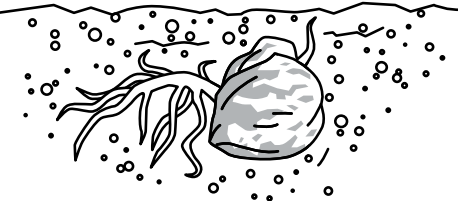
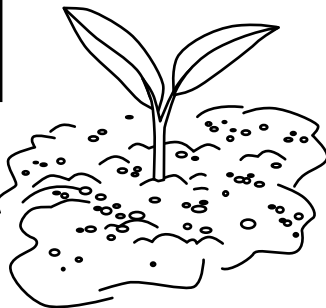

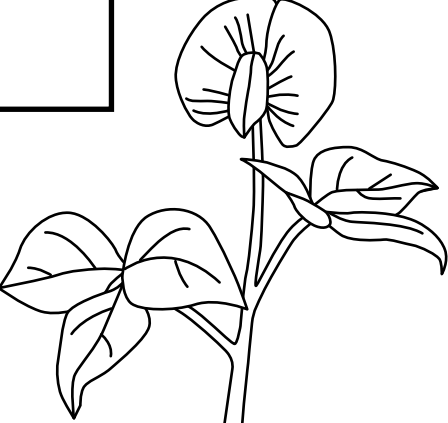
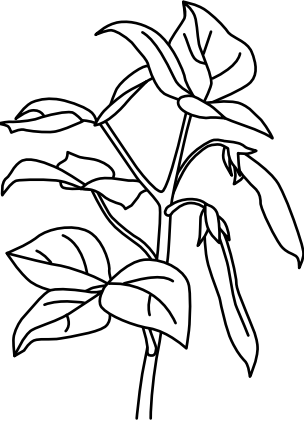
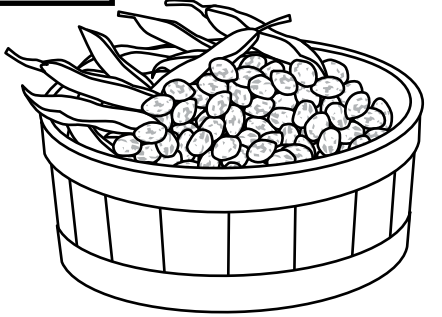
Activity

1

How do plants grow?

Number the pictures from 1 to 9 going from left to right, top to bottom.

Then read the sentences in order to learn how a bean grows.

<p>1</p>  <p>Plant the seed.</p>	 <p>Cover with soil.</p>	 <p>Water it.</p>
 <p>It grows roots.</p>	 <p>It grows leaves.</p>	 <p>It gets taller.</p>
 <p>It flowers.</p>	 <p>A bean grows!</p>	 <p>Time to eat!</p>