

Garbanzo Beans

GRADE
2-3

Month: January

Time Required: 30 minutes

Alternative Tastings: Edamame, Black Beans, Black Eye Peas

Lesson Goals

- Students will increase their knowledge of fruits and vegetables.
- Students will learn to try new fruits and vegetables and increase their preference for them.
- Students will learn that their peers like to eat fruits and vegetables.
- Students will learn how to ask their parents/caregivers for the fruits and vegetables tasted in class.

Lesson Objectives

- Students will be able to recognize garbanzo beans, and other beans, as seeds.
- Students will be able to determine that seeds come in all different shapes, sizes, and colors.

Materials

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| <input type="checkbox"/> Food storage bags with assorted seeds in different shapes, sizes, and colors | <input type="checkbox"/> Hand towel |
| <input type="checkbox"/> 6 egg carton halves | <input type="checkbox"/> Cleaning wipes |
| <input type="checkbox"/> Cooler | <input type="checkbox"/> Air fryer or electric skillet |
| <input type="checkbox"/> Water bottle with water (for cleaning) | <input type="checkbox"/> Power strip and extension cord |
| <input type="checkbox"/> Serving cups or napkins | <input type="checkbox"/> Olive oil (or canola, vegetable, etc.) |
| <input type="checkbox"/> Serving utensil | <input type="checkbox"/> Salt, pepper, other spices |
| <input type="checkbox"/> Gloves | <input type="checkbox"/> 15 oz can garbanzo beans |

Preparation

- Rinse the garbanzo beans and pat dry with a paper towel. Store in a container or food storage bag. The drier the bean, the faster they'll cook and the crispier they'll be. You may want to pat dry again immediately before cooking.

Recommended Books

"The Sandwich Swap" by Queen Rania Al Abdullah and Kelly DiPucchio

"One Bean" by Anne Rockwell

"Oh Say Can You Seed?" by Bonnie Worth

Standards Connection

This lesson supports the following Iowa Core standards.

Health Education

[Standards 1, 2, 3, 4, 5, 7, 8](#)

Science

Second grade - [2-LS2-2](#).
Structure and function

Third grade - [3-LS1-1](#).

LS1.B: Growth and development of organisms

Lesson Checklist

- Physical Activity
- Tasting
- Voting
- "Asking" Discussion
- Newsletters, Bingo cards, Stickers, Incentives
- Science Connection: Seeds and plant diversity

Engage

1. Introduction: 5 minutes

The “Introduction” section is a time to introduce yourself, recap previous lessons, establish norms, or introduce the days lessons.

As soon as you arrive in the classroom, immediately plug in the electric skillet or air fryer and preheat. Explain to students how you’ll cook the garbanzo beans and how to stay safe while using heat sources.

Follow these cooking instructions:

- Air fryer: Preheat to 390 degrees. Once preheated, add your drained and dried chickpeas, 1 tbsp oil, and seasoning. Set the timer to 10 minutes. Shake the basket once or twice throughout the lesson. After 10 minutes, check for crispiness.
- Electric skillet: Preheat skillet with 1-2 tbsp oil over medium or medium-low heat (this depends on your electric skillet). Once hot, add dry chickpeas and seasoning and leave uncovered. Set a timer to 10 minutes. Stir occasionally. After 10 minutes, check for crispiness.

***Cooking Tips:

- Feel free to delegate responsibilities with the teacher. Have them stir the beans, while you work with the class. Or vice versa.
- Email the teacher ahead of time to let them know you plan on using a heat source and will need a table close to an outlet, if possible.
- If you notice students getting distracted by the noise, smells, sights of cooking, use that as a teaching moment. Pause and ask students to smell the air together. Or listen very quietly for any sizzling noises. These are good interruptions!

2. Engage Activity: 10 minutes

The “Engage Activity” section has two purposes: 1) to activate students' prior knowledge and 2) to engage every student.

The Great Wind Blows

Have students gather in a circle, and introduce the game, The Great Wind Blows. Explain that a person will stand in the middle of the circle and say something that they like about themselves. Give an example such as, *I like that I’m good at drawing*. Explain, *If that’s true for you then move to a new seat in the circle. If there’s no more left, then you’re the person in the middle, and they get to say, “I like that...”* Have everyone quietly think to themselves about something they like about themselves, then play several rounds of the game, so everyone gets to move.

This engage activity is also the physical activity. As students catch on, feel free to introduce more physical activity, such as hopping to their new spot. Or crawling to their new spot.

When you finish, transition by saying, *Everyone in this class is all so different, and some of you shared characteristics*. Give examples from the activity that demonstrate shared characteristics.

Explore

3. Experiential Learning: 7 minutes

This is a time for students to familiarize themselves with what you'll be tasting. The best way to do this is through a hands-on or exploratory activity.

As you know, today we're trying garbanzo beans, which are a type of bean. Did you know that all beans are seeds? Seeds are the part of the plant that can grow into a new plant. And just like you all, seeds can have lots of different and similar characteristics, like size, shape, or color.

Seed Sorting Activity

We're going to investigate and sort several kinds of seeds that have different traits. Pass out assorted seeds (be sure to include some assorted beans) and halved egg cartons to small groups. Have groups inspect the beans and sort into egg cups by color, size, or shape. Encourage students to discuss their observations with their groups. At the end of the activity, select 2-3 students to share their observations. *Did anyone see any seeds that looked familiar? Did anyone see beans?*

***Cooking tip: While students are doing this activity, check in on the chickpeas. While students continue working, start prepping samples to be passed out once the activity is done.

4. Tasting Activity: 3 minutes

The "Tasting Activity" section is when students get to try the fruit or vegetable. Don't forget to review your food tasting norms (for example, "don't yuck my yum").

Before you pass out any samples, be sure to review your brave tasting rules (for example, don't yuck my yum, we all try together, etc.). As students receive their samples, ask them to use their senses while they wait.

Reflect

5. Voting Activity: 2 minutes

This is a time for students to give their opinion on what they tried!

As students taste the crispy garbanzo beans, have them vote with their thumbs. Observe their voting and offer positive reinforcement regarding the Brave Taster Rules. If a student dislikes the tasting, perhaps ask what they would change about it.

6. Reflection: 3 minutes

Reflection is one of the most important processes for students to process and retain new information or experiences. Give students an opportunity to reflect on what they've learned or tried in your lesson. This is an excellent place for students to practice the "Asking Discussion."

Reflect (cont'd)

Choral Response:

A choral response is where you pose a question to the class that has a clear answer and can be answered in a few words or less and you have the students all answer at once. It's nice to have a visual cue to teach the kids. For example you could say, *I'm going to raise my arms and ask a question to the class. When I lower my arms that means it's the class' turn to answer. Let's practice...*

- *What month is it?* (January)
- *Whose class am I in?*
- *What food did we try today?* (Garbanzo beans)
- *What part of the plant are beans?* (Seeds)
- *Why are seeds important to plants?* (They can grow into new plants.)

Asking Discussion:

Raise your hand if you're excited to go home and tell your family about tasting garbanzo beans.

- Ask a student with a raised hand: *if you wanted to try this at home, how might you ask your grown-ups?*
- You might also ask additional questions like, *where could you buy garbanzo beans?*

Leave newsletters, incentives, stickers, and BINGO sheets with the teachers to pass out.

Additional Materials

Physical Activity

More ideas for physical activity are available at <https://idph.iowa.gov/inn/play-your-way/brain-breaks>.

What You Need to Know About Garbanzo Beans

- 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.

Facts About Garbanzo Beans

- 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.

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.

References and Resources

https://fns-prod.azureedge.net/sites/default/files/diginposter_dancing.pdf
<https://spendsmart.extension.iastate.edu/recipe/after-school-hummus/>
<https://www.eatright.org/food/planning-and-prep/recipes/pizza-hummus-recipe>
<https://www.agmrc.org/commodities-products/vegetables/chickpeas>
<http://www.iowapbs.org/iowaingredient/story/1829/growing-black-beans>
https://fns-prod.azureedge.net/sites/default/files/gd_flashcards_0.pdf

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