

Garbanzo Beans

GRADE
K-1

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 identify what a seed needs to sprout.
- Students will be able to recognize garbanzo beans, and other beans, as seeds.

Materials

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| <input type="checkbox"/> Cooler | <input type="checkbox"/> Paper towels (for Bean Buddies) |
| <input type="checkbox"/> Cleaning wipes | <input type="checkbox"/> Tasting materials (plates, napkins, etc.) |
| <input type="checkbox"/> Electric skillet or air fryer | <input type="checkbox"/> Garbanzo beans for roasting |
| <input type="checkbox"/> Plastic tote (to transport electric skillet) | <input type="checkbox"/> Olive oil (or canola, vegetable, etc.) |
| <input type="checkbox"/> Spatula | <input type="checkbox"/> Salt, pepper |
| <input type="checkbox"/> Power strip (with long cord) | <input type="checkbox"/> Permanent marker (for Bean Buddies) |
| <input type="checkbox"/> Water bottle with water | <input type="checkbox"/> Tape (for Bean Buddies) |
| <input type="checkbox"/> Rags | <input type="checkbox"/> Serving cups or napkins |
| <input type="checkbox"/> Small food storage bags (for Bean Buddies) | |

Standards Connection

This lesson supports the following Iowa Core standards.

Health Education

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

Science

Kindergarten - [K-LS1-1](#).
LS1.C: Plant survival needs

First grade - [1-LS1-1](#).
LS1.A: Structure and function

Lesson Checklist

- Physical Activity
- Tasting
- Voting
- “Asking” Discussion
- Newsletters, Bingo cards, Stickers, Incentives
- Science Connection: What seeds need

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 crispier they'll turn out and the faster they'll cook. You may want to pat dry again immediately before cooking.
- Prepare a Bean Buddy to troubleshoot any issues and have a model to show students.

Recommended Books

“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

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 airfryer 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.

At the carpet, *Today we’re trying beans and there are lots of different types of beans!*

Physical Activity: Bean Movement Game

For each “bean” the educator calls out, the students act out the name. The educator can hold up a bean card (shared at the end of this lesson) as a helpful visual. 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” sit down until all students are seated (or educator chooses to stop).

- 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
- Jelly bean – go all wobbly

With all students seated, *Every bean is a seed. Inside every seed is a baby plant. Seeds need special care to sprout and grow. I want to know, what is something you help take care of?* (Educator shares personal example: pet, child, sibling, friend, etc.)

Engage (cont'd)

Think-pair-share:

- *Think to yourself quietly.* Have students close their eyes, put their fingers to their temples, and think real hard.
- *Once you've thought of something that you take care of, crouch-down and curl-up like a tiny seed.*
- After several seconds, once everyone is crouched-down, select students to share out. If you use “pick a stick,” this is a good way to randomly select students to share.

So everyone in this class takes care of something, and you all shared some great examples. 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.

Have students sit at their desks (opportunity for 3 deep breaths).

Bean Buddies Sprouting Activity: *Seeds need our special care to sprout and grow. We need to give them two things: warmth and water. (Choral response/repeat-back: What do we need to give seeds? Class says aloud, warmth and water) We're each going to make friends with a seed today, and take care of it by giving it what it needs to sprout. Show students your model bean buddy necklace. My bean buddy here will get water from this wet paper towel and will get warmth from my body as I wear it. Eventually, after enough warmth and water, it will sprout. We're each going to make a bean buddy to wear and take care of. Students can work independently or in small groups.*

- Pass out a paper towel to each student and a couple of spray bottles to share (predetermine the number of spritzes that will adequately dampen the towel, and tell students to only use that many).
- Pass out one seed to each student, and have students fold their paper towel behind the bean.
- Pass out small food storage bags, and have students place their bean inside. Attach the baggie to a piece of yarn, turning the bean buddy into a necklace.
- Have students clean up and wear their bean buddies.

****Option:** if it's not possible to make necklaces, tape students' bean buddies to the window to give them warmth. Students can write their names onto the baggies before taping onto the window.

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 roasted 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."

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 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 two things do seeds need to grow? (Warmth and water)*
- *What lives inside every seed? (A new, baby plant)*

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>
<https://www.fns.usda.gov/tn/discover-myplate-student-workbooks>

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