

FOOD\$ENSE kids

Veggie Vibes

Green Bean

Objectives

1. Children will explain one reason green beans are healthy for them.
2. Children will explain that green beans come from a plant that grows in the ground.
3. Children will experience green beans using their senses of feel, sound, smell, and sight.
4. Children will make and eat a simple, nutritious recipe using green beans.

Total Time: 30-40 minutes

Required Materials:

- Parts of a Plant Chart
- Veggie Taster Award – one for each child
- Fresh (if available), frozen, and canned green beans for children to handle.
- Ingredients for recipes and materials for the food demonstration
- Utah Food \$ense required paperwork for the program

Preparation Required:

- Review lesson plan
- Gather ingredients and materials needed to demonstrate the recipes
- Make copies of recipes and anything else you want children to take home
- Make copies of all the required paperwork for the lesson

LESSON PLAN

Introduction

Time: 2-4 minutes

- Share the following clues with the children to see if they can guess what we will be learning about.
 - This vegetable grows to be about 4-6 inches long with a round shape.
 - They are generally about as thick as a pencil when they are harvested.
 - While mostly purchased as the color green they can also be purple and yellow.
 - If you break them in half they make a very loud snapping noise.
 - They can be eaten in a variety of ways including raw, cooked, in casseroles, soups, or salads.
 - After they have guessed the correct answer tell them that we will be learning about green beans today.
-

Objective 1: Children will explain one reason green beans are healthy for them.

Time: 5 minutes

- Explain to the children that green beans are not only delicious vegetables; they are healthy for them to eat because they contain many vitamins and minerals.
 - Ask the children if they have ever heard of vitamin A before.
 - If so, ask them if they know what it does in their body.
 - If they do not know what it is explain to them that vitamin A is an important vitamin that is found in green beans. Vitamin A is important for healthy eyes.
 - To help the children remember that green beans are important for their eye sight have them draw a picture of the craziest eyes they can think of.
 - Ask them to hold up their picture and say all together, "green beans are important for my eyes."
-

Objective 2: Children will explain that green beans come from plants that grow in the ground.

Time: 5 minutes

- Show children the 'Parts of a Plant' chart. Explain that vegetables are plants that grow from seeds. Sometimes we can see the seeds inside of a grown plant. If we put the seeds in the ground and give them plenty of sunlight and water, they will grow into more plants. We don't always eat the entire plant. We usually eat just a part of the plant.
- Describe each of the six parts of the plant.
- Ask the children which part of the plant they think green beans are.
 - Green beans are the fruit of the plant.
- Green beans start out as seeds. Green bean seeds must be planted in warm weather to grow well.
 - Ask the children what a seed needs to grow (water, sunlight, soil etc.).
- With the help of water, soil, and sunlight the seed will grow into a seedling.
- Seedlings continue to grow and blossom into a little yellow flower.
- After the green bean plant blossoms the actual green bean starts to grow.
- Green beans are ready to be picked when the pods are 1/8 inch thick and 4-6 inches long, about the size of a pen. In your home garden you can pick green beans by hand, but on large farms green beans are picked using a machine.
 - After green beans are harvested they are packaged and shipped to a grocery store. You can buy green beans fresh, frozen, or canned.

Objective 3: Children will experience green beans using their senses of feel, sound, smell, and sight.

Time: 10 minutes

- Give each child a small paper cup that contains a fresh, frozen, and canned green bean.
 - Tell the children that they are going to act like doctors in the operating room and the bean is their patient.
 - Instruct the children to break off one end of each bean with their hands and peel the beans apart.
 - Ask them what they see.
 - Discuss with the children how the bean feels (smooth, waxy, skinny), sounds (crunchy), smells (fresh, similar to grass), and looks (green, wet inside, shiny or dull outside, long, has little beans inside). Ask them to describe the difference between the fresh, frozen, and canned beans.
-

Objective 4: Children will make and eat a simple, nutritious recipe using green beans

Time: 10-15 minutes

- Tell the class now that we have learned all about green beans, we are going to taste them.
 - Pick a recipe or two from the handout to share with the class.
 - Demonstrate the recipe(s) in front of the class using as many students as you can. If you are short on time prepare some or all of recipe ahead of time.
 - Serve the samples.
 - Commend the children for trying the vegetable.
-

Conclusion:

Time: 2 minutes

Ask the class:

- How do green beans help our body?
- What part of the plant does a green bean come from?
- How did you like the taste of the green beans?

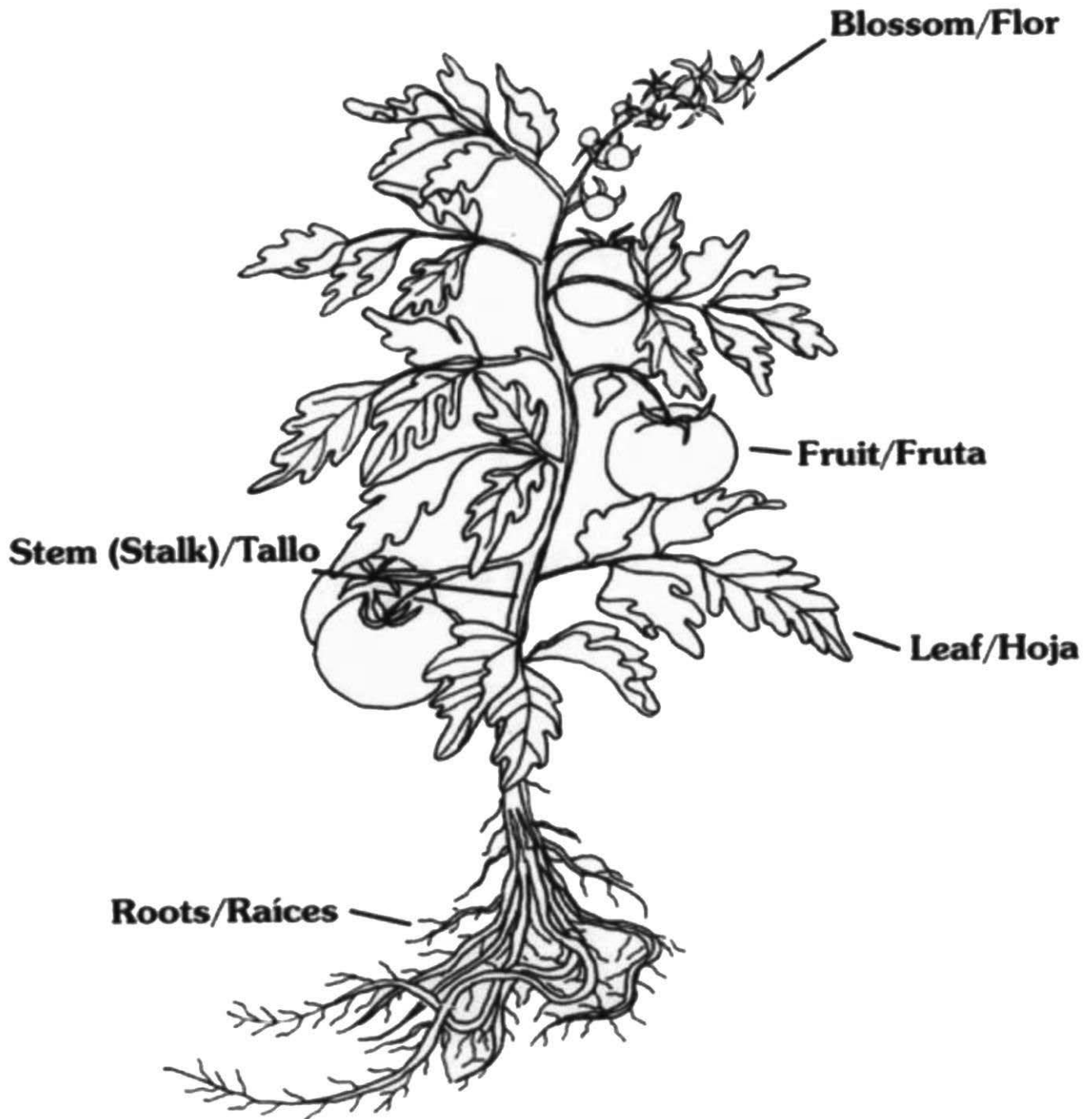
EXTENSION **FOOD**
UtahStateUniversity **\$ENSE**

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-221-5689 or visit online at <http://www.fns.usda.gov/snap/>. In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800)795-3572.

PARTS OF A PLANT

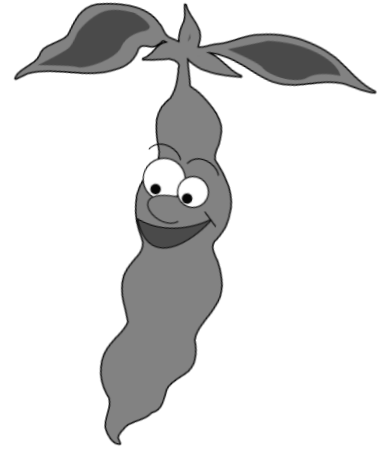
PARTES de una PLANTA

(English/Spanish words are provided.)



VEGGIE TASTERS AWARD

This certificate is awarded to YOU
For tasting and learning about green
beans!

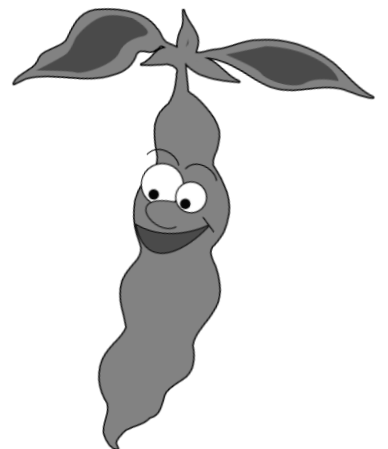


Teacher Signature:

Date:

VEGGIE TASTERS AWARD

This certificate is awarded to YOU
For tasting and learning about green
beans!

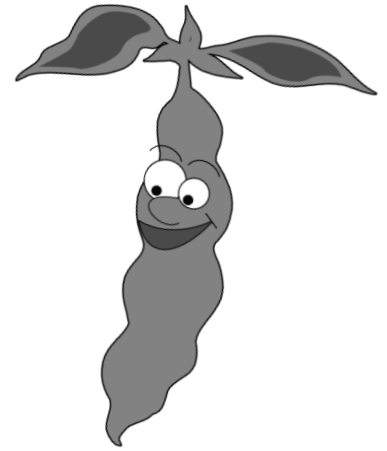


Teacher Signature:

Date:

FOOD\$ENSE kids

Veggie Vibes



FUNGREENBEANFACTS

- Green beans are high in vitamin A so they help us see
- Green beans are the flower of the plant and grow in pods
- Green beans taste delicious!

GREAT GREEN BEAN RECIPES

Green Bean Skillet

- 1 teaspoon canola oil
- 1 (16 oz.) package frozen green beans
- 1 onion, chopped
- 1 clove garlic, minced
- Salt and pepper to taste

Heat canola oil in a large skillet. Add beans and onion; sauté over medium heat until the onion is tender and beans are heated through. Season with salt and pepper.

Honey-Mustard Green Beans

- 2 (16 oz.) packages frozen whole green beans
- ½ - ¾ cup bottled honey-mustard salad dressing

Thaw whole green beans under warm running water. Place in large skillet with honey-mustard dressing. Over medium heat, toss until heated through, adding more dressing as necessary to lightly coat beans.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-221-5689 or visit online at <http://www.fns.usda.gov/snap/>. In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800)795-3572