

# FOOD\$ENSE kids

## Veggie Vibes

### Legumes

#### Objectives

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

**Total Time: 30-40 minutes**

#### Required Materials:

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- Parts of a Plant Chart
- Veggie Taster Award – one for each child
- Several varieties of dried legumes, including beans (pinto, black, white, kidney, soy, etc.), split peas, lentils, chickpeas, etc.
- Edamame (fresh soy beans) in the shell – usually found in frozen foods section of store.
- Ingredients for recipes and materials for the food demonstration
- Utah Food \$ense required paperwork for the program

#### Preparation Required:

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- 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

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### Introduction

Time: 2-4 minutes

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- Write the letters U E L M S E G on the board.
  - Tell the children to try and unscramble the letters and raise their hand when they know what the answer is.
  - When the majority of the class has raised their hand have the children say the answer together (Legumes!).
  - Explain that legume can be another word for “bean.”
  - Explain that today you will be discussing legumes.
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### Objective 1: Children will explain one reason legumes are healthy for them.

Time: 5 minutes

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- Ask the children if they know what makes legumes special and different from other vegetables. Legumes contain lots of good protein.
  - Ask the children what other foods have protein.
    - Answers might include: beef, fish, chicken, milk, yogurt.
    - Point out that all of these food items come from animals and that legumes are different because they are a vegetable source of protein. Explain that all whole foods contain protein but legumes have more than most other plant foods.
  - Ask the children why is protein important?
    - Helps children grow.
    - Builds muscle.
    - Repairs body tissue.
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### Objective 2: Children will explain that legumes come from plants that grow in the ground.

Time: 5 minutes

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- Show children the ‘Parts of a Plant’ chart. Explain that vegetables are plants that grow from seeds. Usually 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 legumes are.
    - Legumes are actually the seeds contained in the fruit. We usually call this fruit a pod.
    - Show class edamame pods and explain that the pod is the fruit of the plant and the seeds are tucked inside.
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### Objective 3: Children will experience the food using their senses of feel, sound, smell, and sight.

Time: 10 minutes

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- Give each child a small paper cup that contains a dried lima bean, a pinto bean, a black bean, and a chickpea (garbanzo bean).
- Ask the children to close their eyes and to pick out the biggest bean, then the smallest bean, and then the bumpiest bean using their sense of feel.
- Ask the children if anyone knows what bean is left in the cup. This is the pinto bean. Pinto is a Spanish name that means painted. Pinto beans look painted.

- Ask the children if they can name any of the other legumes that were in their cups. Help them if they don't know.

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#### **Objective 4: Children will make and eat a simple, nutritious recipe using legumes**

Time: 10-15 minutes

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- Tell the class now that we have learned all about legumes, 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.
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#### **Conclusion:**

Time: 2 minutes

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#### **Ask the class:**

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

**EXTENSION** **FOOD**  
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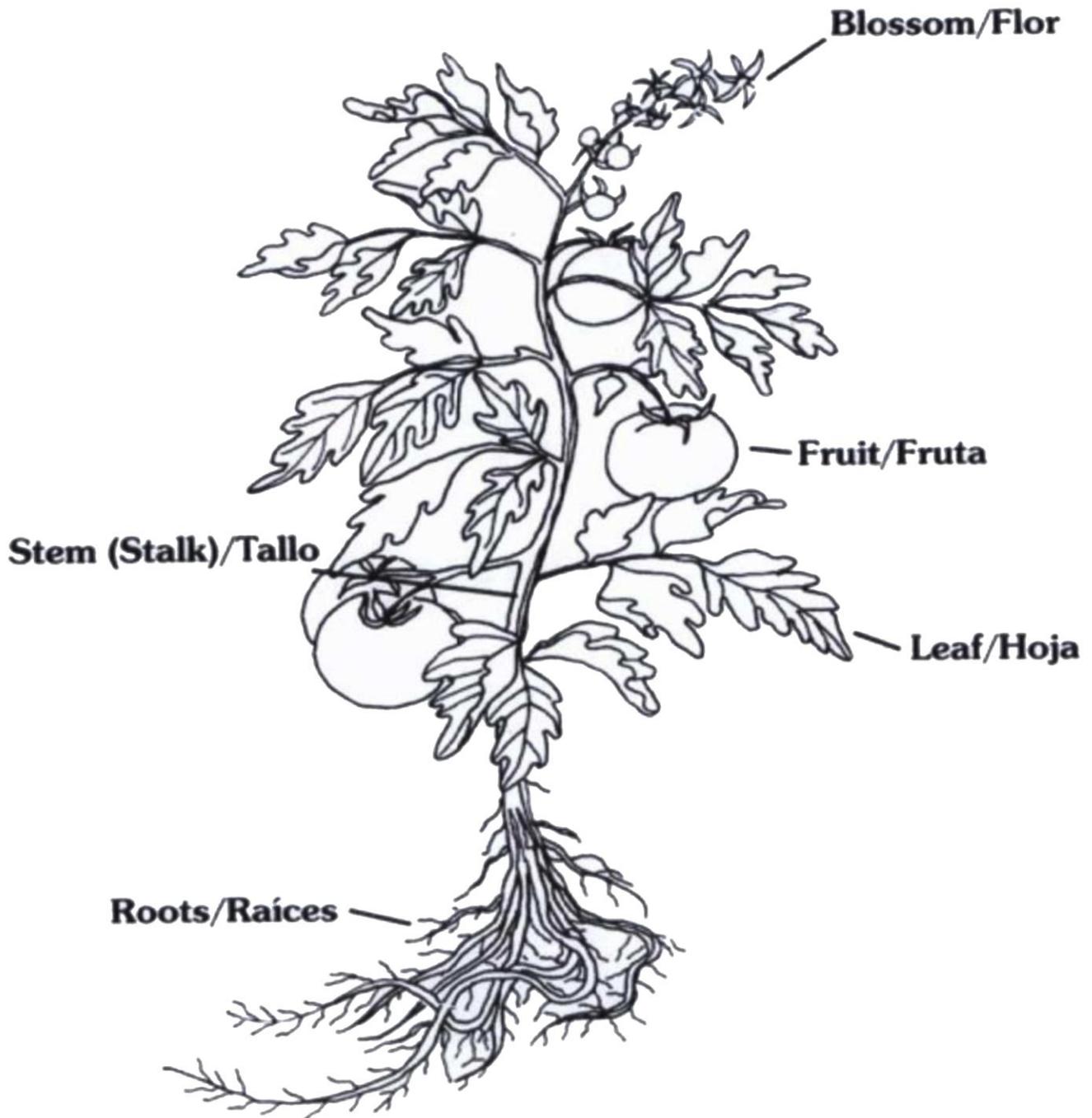
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# PARTS OF A PLANT

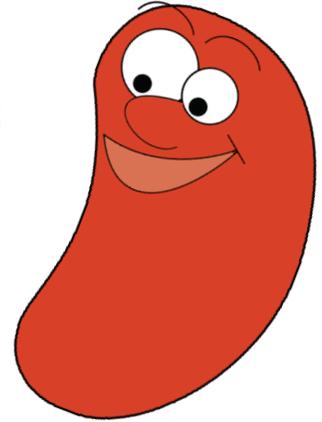
## PARTES de una PLANTA

(English/Spanish words are provided.)



# VEGGIE TASTERS AWARD

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

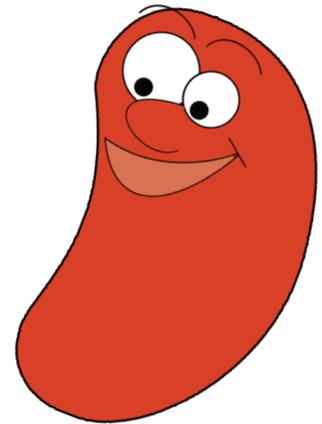


*Teacher Signature:*

*Date:*

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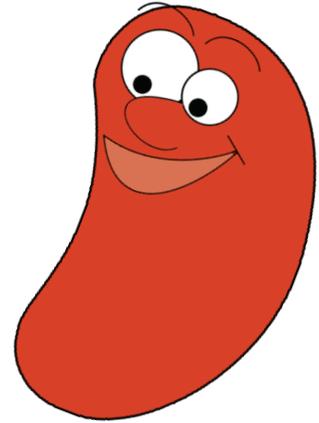


*Teacher Signature:*

*Date:*

# FOOD\$ENSE kids

## Veggie Vibes



### FUNLEGUMEFACTS

- Legumes are also known as beans or peas
- Legumes are high in protein so they help us grow
- Legumes grow in pods
- Legumes taste delicious!

## GREAT LEGUME RECIPES

### Bean Dip

1 (15 oz.) can pinto beans  
1 cup salsa  
3-4 green onions, sliced  
½ teaspoon cumin  
Salt and pepper to taste

Drain and rinse beans. Put all ingredients in a food processor or blender and blend until smooth. Use as a dip or filling in burritos, etc.

### Black Bean Salsa

#### Dressing

1 tablespoon olive oil  
1-2 tablespoons red wine vinegar  
3-4 tablespoons lemon juice  
1 teaspoon salt  
½ teaspoon pepper

#### Salsa

2 cans black beans, rinsed and drained  
1 can corn  
¼ cup chopped cilantro  
¼ cup red onion, minced  
1 avocado, chopped  
2-3 large tomatoes, chopped  
2-3 fresh jalapenos, seeded and chopped

Mix or whisk dressing ingredients together and set aside. Place salsa ingredients in large bowl and pour dressing over. Great with chips or used as a side salad.

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