

Beans

Beans are full of many nutrients. Nutrients are the things inside of food that your body needs to stay healthy and strong.

Some nutrients that we need more of are vitamins, minerals and fiber. Beans are special because they are high in vitamins, minerals and fiber. They are also low in fat and cholesterol which helps keep our body healthy.

Visualize this!



Fiber helps keep our digestive system healthy. It acts like a “scrub brush” to help sweep out digested food so it does not get stuck there.

Beans are...

High in



Protein
Vitamins
Minerals
Fiber

Low in



Beans are usually low in **fat** and have **no cholesterol!**

It's easy eating beans!

Beans are one of the easiest foods to prepare and eat. There are so many different ways you can eat beans. Many of the foods we love to eat have beans in them, such as:



Salads

Salad bars usually offer kidney beans and garbanzo beans



Burritos



Rice and Beans

Which of these would you eat? _____

Standards: grades, 6,7,8 - 2.0 Reading Comprehension, 1.0 Writing Strategies

Grades 7,8 - 6.1.N Standard 6: Goal Setting, 7.1.N Practicing Health-Enhancing Behaviors, 8.1.N Health Promotion

There are many types of beans that come in different shapes and sizes. You can buy them from the market frozen, dried, canned, and fresh! Here are some common types of beans:



Black Beans



Kidney Beans



**Edamame or Green
Soy Beans**



Green Beans



Lima Beans



Fava Beans



Black-Eyed Peas



Pinto Beans



Chick Peas or Garbanzo Beans

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Today I tried...

Edamame



- Loved it 😊
- It was okay 😐
- Didn't like it ☹️

Black-Eyed Peas



- Loved it 😊
- It was okay 😐
- Didn't like it ☹️

Black Beans



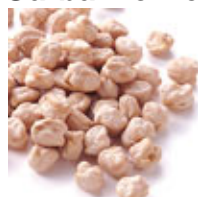
- Loved it 😊
- It was okay 😐
- Didn't like it ☹️

Kidney Beans



- Loved it 😊
- It was okay 😐
- Didn't like it ☹️

Garbanzo Beans



- Loved it 😊
- It was okay 😐
- Didn't like it ☹️

Write a letter to your parents describing your taste testing experience. The letter should include:

- names of beans you tried in class today
- which bean you liked best
- health benefits of eating beans
- how you can include beans in snacks and meals.

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Test your knowledge!

1. What nutrients are beans high in?



2. Beans are high in fiber. What is the benefit of fiber?

3. Make a list of three snacks or meals that include beans that you would eat.

Setting Goals

Write down one thing you will do to try to eat more beans. Make sure it is a *SMART* goal. (example: I will add garbanzo beans to my salad at lunch every Monday).

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