



CHAMPIONS for CHANGE

Network for a Healthy California

Facts taken from the Bean
Harvest of the Month Educator Newsletter at
www.harvestofthemonth.com.

For food stamp information, call 877-847-3663.
Funded by the USDA Supplemental Nutrition
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and employer.



MY BEAN BOOK

BY: _____

Bean Activity: Acrostic Poetry

For each letter of the word, write a word that describes beans.



Pinto Beans

B _____

E _____

A _____

N _____

Use each of these words in a sentence.

B _____

E _____

A _____

N _____

Bean Story Problems



Kidney Bean Plant

1. Pinto beans, garbanzo beans, and kidney beans were planted in the school garden in equal amounts. If there were a total of 120 bean plants, how many of each type of bean plant were there?

2. Each bean plant will produce $\frac{1}{2}$ pound of beans. How many pounds will they get from 50 plants?

3. The school gardening club will sell their beans for \$0.75 a pound. How much money will they make if they sell 60 pounds?

4. A bean soup recipe calls for 16 ounces of pinto beans. If 8 ounces is 1 cup, how many cups of pinto beans do you need?

5. You are making a three bean salad for the class picnic. The recipe calls for 8 ounces of each type of bean. If 16 ounces are in 1 pound, how many pounds of beans will you need?

4: Number Sense Whole Numbers 3.3; Mathematical Reasoning 1.1, 1.2, 2.2
5: Number Sense Whole Numbers 2.1; 2.5; Algebra & Functions 1.1;
Mathematical Reasoning 1.1

Bean Facts

1. California ranks sixth in the United States in dried bean production.
2. Dried beans rank 12 among California field crop production.
3. Beans have been around for thousands of years, possibly dating as early as pre-historic times in Europe and Asia.
4. Beans were found in Egyptian pyramids that were built over 4,000 years ago.
5. Today, Stanislaus, San Joaquin, Tulare, Colusa and Fresno counties lead California in bean production.
6. Garbanzo beans are called chickpeas because each bean has a small beak that looks like a chick's beak.
7. Kidney beans are named because they are shaped like a kidney. They are native to Central and South America.
8. Lima beans originated in Peru in 6000 B.C., and are named after the capital city Lima.



Make a Plan to Meet your Vegetable Goal

Boys				
	Ages 7-8	Age 9	Age 10	Age 11
Vegetables	2 cups	2.5 cups	2.5 cups	2.5 cups
Girls				
	Ages 7- 8	Age 9	Age 10	Age 11
Vegetables	2 cups	2 cups	2.5 cups	2.5 cups

Please note: The recommended cups of fruits and vegetables listed on this chart are based on moderately active individuals (30 -60 minutes of physical activity per day) from MyPyramid.gov.

1. I am a _____ (boy or girl). I am _____ years old. I need _____ cups of vegetables everyday.
2. Did you meet your vegetable goal yesterday? _____
3. What will you do tomorrow to make sure you get the amount of vegetables your body needs?

Comprehension Questions

1. How did lima beans get their name?

2. True or False: One half cup of most beans are an excellent source of fiber and folate.

3. Name three nutrients that one half cup of most beans are a good source of.

5. Fill in the blank:

_____ are building blocks of protein that form body tissues.

6. True or False: California ranks sixth in the United States in dried bean production.

7. Why are garbanzo beans also called chickpeas? _____

Nutrition Facts

1/2 cup of most bean varieties provide:



Kidney Beans

- ◆ An excellent source of fiber and folate
- ◆ A good source of iron, potassium, and phosphorus
- ◆ A good source of protein

Why is protein important?

Protein is found in bones, muscle, hair, skin and most tissues and organs in the body.

Amino acids are the building blocks of protein that form body tissues.

Proteins form enzymes and hormones that help regulate body functions.

Some proteins form antibodies that keep us healthy by fighting infection and disease.

Other proteins build the connective tissue that holds our muscles and joints in place.



Garbanzo Bean



Kidney Bean