

B

is for Beans

- There are many varieties of beans, including pinto, garbanzo, lima, and kidney.
- Beans come in many colors, shapes, and textures. Some are white, dark red, or black. They can be round, oval, or "kidney" shaped.
- Beans can be added to soups and salads, mashed to make a dip, and added to many other recipes.
- Beans are an excellent source of fiber.

Photos: Network for a Healthy California

For more information, visit:
www.fruitsandveggiesmatter.gov
www.cachampionsforchange.net



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Chickpea Dip

Makes 25 servings: 2 celery sticks and 1 tablespoon dip each

INGREDIENTS:

Dip:

- 3 (15-ounce) can chickpeas (known as garbanzo beans), drained and rinsed
- 1 clove garlic
- 1 cup plain lowfat yogurt
- 3 tablespoons lemon juice
- 1 tablespoon olive oil
- 3/4 teaspoon paprika
- 13 medium celery stalks

PREPARATION:

1. Wash celery stalks and cut off the leafy tops and white bottoms. Cut each stalk into 4 celery sticks.
2. Put the first six ingredients into a blender and blend until smooth.
3. Serve each child 2 celery sticks and 1 tablespoon chickpea dip.

Recipe Adapted from:

Champions for Change, Network for a Healthy California, <http://www.cachampionsforchange.net/en/docs/Snacks/Chickpea-Dip-with-Fresh-Vegetables.pdf>

Nutrition information per serving:

Calories 75, Carbohydrate 13 g, Protein 3 g, Total fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 174 g, Dietary Fiber 3 g.

SUPPLIES:

- Blender, cutting board, paring knife, colander
- Tablespoon and teaspoon measuring spoons, serving spoon, spatula
- Paper plates, napkins, plastic knives



Cooking in the Preschool Classroom

provides many benefits to children

Children can:

- Practice counting and becoming familiar with quantities, when measuring the ingredients.
- Wash the celery.
- Help pour and blend the beans.
- Pass out the paper plates and help clean up.

Food Safety and Sanitation

- Wash hands before handling the vegetables and before eating.
- Clean all food preparation areas before cooking.
- Wash the celery before preparing recipe.

Create a Child-friendly Environment

- Young children have very short attention spans. Breakdown the task and assign each child a small task.

Activity:

Bean U. Marching Band



Children will learn about the different kinds of beans while counting and comparing and contrasting colors and shapes. They will also build their own musical instrument.

MATERIALS:

- Five varieties of dried beans (pinto, garbanzo, lima, kidney and black). Place some of the beans in a small plastic bag for the children to see.
- Five large bowls, one for each different type of bean.
- Enough containers with lids, like cardboard oatmeal containers, plastic water bottles, or empty milk cartons, to make "instruments."
- Different colored streamers and a variety of stickers to decorate the instruments.
- Paper tape or scotch tape.



WHAT TO DO NEXT:

1. **Before Children Arrive:** Have dried beans, containers, streamers, and stickers ready for the activity.
2. **Introduction:** Explain the bean activity and about the many different types of beans people eat all over the world. They have different colors, shapes and sizes. Pass around the small plastic bags with beans.



3. **Ask:** Show each of the bean plastic bags; ask children who has eaten these beans. Tell children, "Beans are good for you, help you grow, be strong and stay healthy."
4. **Circle Time:** Tell the children that beans are also plants and they grow on a stalk. They look different when they are fresh. Some of those beans can be grown in the garden. Note: If you have a garden with a bean or pea plant, show the children the plant.
5. **Sitting at a table:** Have separate large bowls for each type of bean. Allow children to observe and touch the five bowls of beans. Ask them about their observations.
 - How many different types of beans are there? **5**
 - How many different colors of beans do we have? **5**
 - What colors are they? **Speckled, white, green, red, black**
6. **Next:** Tell the children they will be building a musical instrument with the dried beans. Have them add some dried beans to their container and help them seal them up so that beans are secure. Help them secure the container with tape. Assist them with adding streamers to their instruments and decorating them with stickers.
7. **Now:** When each child has their own musical instrument, allow them to march around the classroom making music.
8. **Cooking:** Have the children wash their hands and help prepare and taste the recipe from the front page.

Connections to California Department of Education

Child Desired Results: 3 Years to Pre-K

Activity: CDR 1: Reg: 9,10,11; Language 12, 13, 14, 15; CDR 2: Cognitive 18, 19, 20,21; Learning 16,17; Math 24,26; CDR 3: Motor Skills 34, 35; CDR 4: Safety and Health 39

Cooking in the Classroom: CDR 1: Self-Regulation 9, 10, 11; CDR 3: Motor Skills 35; CDR 4: Safety and Health 39

For important nutrition information, visit www.oachampionsforchange.net. For food stamp information, call 877-847-3863. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.