

# Tips for Busy Early Childhood Professionals



## is for Green Beans

- Green beans have edible pods. They can be eaten raw or cooked.
- The outside color can be green, golden, purple, red or streaked, but the beans inside are always green.
- Green beans are easy to grow in the garden. Some varieties grow on bushes. Others grow on vines.
- Green beans are an excellent source of vitamins C and K.

*Photos: Network for a Healthy California*

**For more information, visit:**  
[www.harvestofthemonth.com](http://www.harvestofthemonth.com)  
[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)



University of California  
Cooperative Extension in Alameda County  
1131 Harbor Bay Pkwy, Ste. 131  
Alameda, CA 94502  
Ph: 510-567-8812 ■ Fax: 510-748-9844  
<http://neta.ucdavis.edu>



## Crunchy Green Bean Snack

Makes 24 tastes at 2 teaspoons dip and 2 green beans each.

### INGREDIENTS:

- 48 fresh green beans (or at least 2 per child)
- $\frac{3}{4}$  cup nonfat plain yogurt
- 4 oz nonfat cream cheese
- 1 teaspoon fresh lemon juice
- 1 teaspoon dill weed

### SUPPLIES:

- Plastic knives, wire whisk
- Mixing bowl and mixing spoon
- $\frac{3}{4}$  cup measure and 1 teaspoon
- Colander and cutting board

### PREPARATION:

1. Wash and trim the fresh green beans.
2. Whisk yogurt and cream cheese in a mixing bowl until smooth.
3. Add lemon juice and dill to dip. Mix well.
4. Give each child a small cup. Place 2 teaspoons of dip into each cup. Have children dip green beans into their own cups.
5. Serve immediately or refrigerate until ready to serve.

### Nutrition information per serving:

Calories 13, Carbohydrate 2 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 1 mg, Sodium 39 mg, Dietary Fiber 0 g

### Source:

NETA, University of California Cooperative Extension - Alameda County.



## Cooking in the Preschool Classroom

provides many benefits to children

- Children can help remove the tips of green beans with their hands or plastic knives.
- Others can help measure and mix ingredients together.
- Let children take their own serving of the dip and green beans.
- Children can measure ingredients.

### Food Safety and Sanitation

- Wash all green beans before preparing.
- Wash hands before preparing and tasting.
- Keep yogurt and cream cheese in the refrigerator until time to prepare recipe.

### Create a Child-Friendly Environment

- Allow children to explore and imagine ways to prepare and eat new foods.



# Activity: It's a Superhero



Children will learn about the different green bean varieties while creating a short comic strip about themselves...as superheroes!



## MATERIALS

- markers and crayons
- construction paper strips, approximately 6"x 18"
- comic books or age-appropriate comic strips from the newspaper

## WHAT TO DO NEXT?

1. **Before children arrive:** Have all the activity items ready. If available, have pictures of different heroes cut out from comic books or cartoon strips. You can also ask the children on the previous day to bring a picture of their favorite superhero. Young children have no problem pretending to be superheroes and pretending to save the world.
2. **Circle Time:** Initiate a conversation with children about superheroes. Ask, "Who is your favorite superhero? What do they do?"
3. **Explain** some of the comic strips you and the class have gathered. Explain to them how comic strips tell a story with pictures and a few words.
4. **Brainstorm:** Ask children to share their ideas about some of their superhero traits. Ask them to tell you three different ways they use their powers.

5. **Discuss:** Superheroes eat colorful, fresh, and crispy foods that help them do their jobs. Ask what superheroes eat to be strong or healthy. Ask what Popeye the sailor eats (spinach).
6. **Sitting:** Distribute paper strips and ask children to draw three different things they will do if they had super power (fly, walk fast, flip, jump, etc.) Ask what their name or superpower will be and who they will save.
7. **Ask** the children what kinds of fruits and vegetables will help the superhero be fast and strong. Show children the green beans and ask whether they are a fruit or a vegetable. Ask if green beans will help them be strong and healthy.
8. **Cooking:** Ask children to 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: Self-Regulation 9, 10, 11; Language 9, 10, 11, 12; CDR 2: Learning 16, 17; Cognitive Competence 18, 19; Literacy 31; CDR Motor Skills 35

**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](http://www.oachampionsforchange.net). For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.