

BEANS

ACTIVITY PLAN



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★ INDICATES A FULL LESSON PLAN



Circle Time

Use circle time activities to explore fruits and vegetables through read-aloud books and other activities. Read and discuss books, pass around and talk about the featured fruit or vegetable, show and discuss Harvest for Healthy Kids picture cards, play a paper bag guessing game, and more!

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★ READ ALOUD BOOK AND DISCUSSION

Jody's Beans

OBJECTIVES:

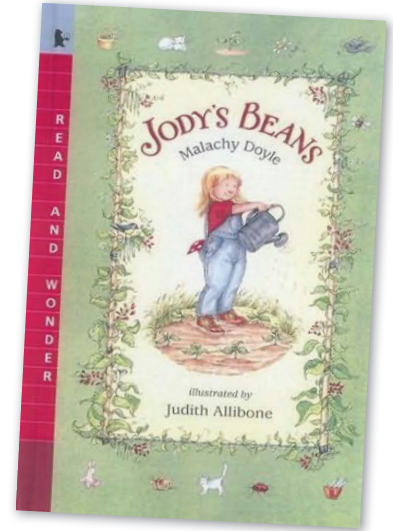
1. Children learn that beans are planted in the ground to grow bean plants.
2. Children learn about how beans grow throughout the year.
3. Children discuss different types and colors of beans.

WHAT YOU MIGHT NEED:

Book: Jody's Beans by Malachy Doyle, Illustrator: Judith Allibone

WHAT YOU MIGHT DO:

- Tell children: today we are going to read a book about planting beans. Does anyone have a garden at home or in their community? Has anyone planted or sprouted beans?
- Read Jody's Beans. While you are reading, ask questions, like:
 - Has anyone tasted beans? What do they taste like?
 - Has anyone ever seen a bean plant, or bean sprouts? Has anyone ever taken beans out of pods?
 - How do beans grow? (beans get planted underground, and grow bean stalks that grow flowers and bean pods above ground)
 - What is your favorite type or color of bean? What kind would you want to grow?
- You can break up the story over multiple days, or connect the story with your own classroom bean activities, like sensory exploration with dirt, or a bean sprouting activity!





BOOK LIST

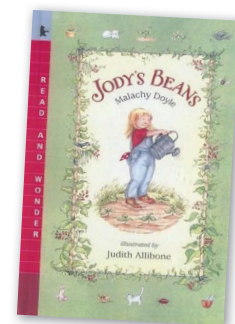
Move beyond the featured book! Here are some ideas for books to read during the beans month:

JODY'S BEANS

By: Malachy Doyle, Illustrator: Judith Allibone

FRUITS AND VEGETABLES: beans

Jody and her grandfather plant a packet of beans, and watch them sprout, flower, and grow lots more!

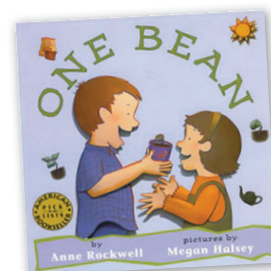


ONE BEAN

By: Anne Rockwell, Illustrator: Megan Halsey

FRUITS AND VEGETABLES: beans

What can grow out of one little bean? This book narrates the growth cycle of the bean with bold illustrations and excitement to fulfill any young reader's curiosity

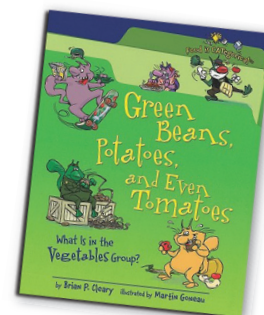


GREEN BEANS, POTATOES, AND EVEN TOMATOES: WHAT IS IN THE VEGETABLES GROUP?

By: Brian P. Cleary, Illustrator: Martin Goneau

FRUITS AND VEGETABLES: spinach, sweet potatoes, carrots, bell peppers, Brussels sprouts, broccoli, cabbage, cauliflower, chard, turnips, collard greens, tomatoes, eggplant, beans, corn, potatoes, squash, spinach, bok choy, potatoes, lettuce, cucumbers, celery

A fun rhyming book about which foods are considered vegetables (including beans!), and why they are tasty and nutritious to eat.

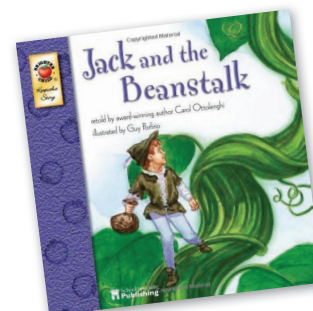


JACK AND THE BEANSTALK

By: Carol Ottolenghi

FRUITS AND VEGETABLES: beans

In this classic story, a boy named Jack plants some beans, with surprisingly large results!





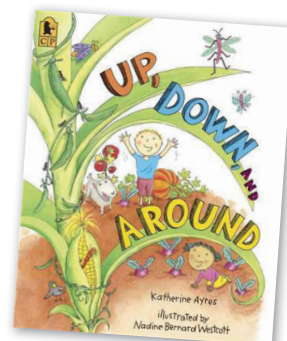
BOOK LIST

UP, DOWN AND AROUND

By: Katherine Ayres, Illustrator: Nadine Bernard Westcott

FRUITS AND VEGETABLES: beets, pumpkins, broccoli, tomatoes, corn, green beans, cucumbers, peppers, potatoes, okra, onion, carrots

This fun, rhyming story tells the tale of how vegetables grow (broccoli grows up/beets grow down/green beans climb around and around). Children will love the bright, realistic illustrations, and the lilting rhymes.



VEGETABLES

By: Sara Anderson

FRUITS AND VEGETABLES: celery, rhubarb, cucumbers, beans, potatoes, tomatoes, artichoke, turnips, carrots, peas, onion, eggplant, pumpkins, asparagus, lettuce, zucchini, beets, broccoli, spinach, corn, green beans, radishes, sweet potatoes, cauliflower, cabbage

This book features rhyming text and illustrations of beans and other brightly colored vegetables.

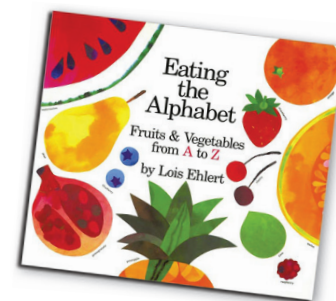


EATING THE ALPHABET

By: Lois Ehlert

FRUITS AND VEGETABLES: apricots, artichokes, avocados, apples, asparagus, blueberries, Brussels sprouts, beans, beets, broccoli, bananas, currants, cucumbers, corn, celery, cabbage, cherries, carrots, cauliflower, dates, endive, eggplants, figs, gooseberries, grapefruit, grapes, huckleberries, Indian corn, jalapenos, jicama, kumquat, kiwis, kohlrabi, lemons, leeks, lettuce, limes, melons, mangos, nectarines, okra, oranges, onions, pineapples, peaches, pears, papayas, persimmon, pomegranates, plums, parsnips, potatoes, peas, peppers, pumpkin, quince, raspberries, radishes, rutabagas, rhubarb, radicchio, Swiss chard, spinach, star fruit, strawberries, tangerines, turnips, tomatoes, ugli fruit, vegetable marrow, watermelon, watercress, xigua, yams, zucchini

An alphabet board book full of fruits and vegetables from A to Z.





MORE IDEAS

SOUND-OFF

Talk with children about how Beans have the “ee” sound in their name. Ask children to come up with other words that use “ee” sounds (or even other fruits and vegetables! What about “beet” or “sweet potato”?). Record their responses on a large piece of paper, and hang in the classroom for the month.



TASTE AND TELL

Gather children in circle time and offer tastes of different types of beans. Ask questions like: What do beans taste like: How do the beans taste the same or different? Do the children like the taste? Record children’s responses on a chart, and hang it in the classroom. To expand this activity, find a variety of beans (pinto, garbanzo, kidney, navy, black) and bring into the class. Develop a prediction chart. Ask children to predict how the different types of beans will taste. Offer tastes of each type, and ask children to describe how they are the same or different.

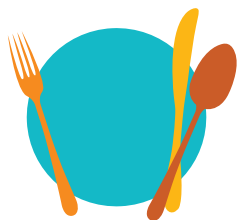
PAPER BAG GUESSING GAME OR SURPRISE BOX

Place an assortment of dried beans in a paper bag. Try to find beans of different sizes and shapes (such as lima, kidney, and black). Invite children to reach their hands in the bag and describe the feel and shape of the beans. Pull out the beans and ask children to describe how they are the same and different.



PICTURE CARDS

The Harvest for Healthy Kids picture cards can be used any time during the month in which the fruit/vegetable is featured. Picture cards come in three categories: Fruit and Veggie Photo Cards, How Does It Grow? (botanical illustrations of fruit and vegetables), and Same but Different (vegetables/fruits in different colors, or different varieties of a vegetable/fruit). Find ideas for how to use these cards in the Harvest for Healthy Kids Teacher Bites, and on the back of each picture card.



Meal Time

Meal time is a great time to talk about fruits and vegetables, especially when a Harvest for Healthy Kids fruit or vegetable is being served! Use meal time to review something the children learned (e.g. that many kids of berries grow on bushes). You can also use the hand stamps during meal time to congratulate children who “tried something new today!”

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MEAL TIME IDEAS

PLEASE PASS THE VEGGIES

Children may be more likely to try new fruits and vegetables if they can touch and see the fruit or vegetable before it is cooked. When beans are served, try to have a handful of dried beans on hand to pass around the tables. Talk with children about how dried beans like these were cooked and seasoned by the cooks, so that children and teachers can have delicious, healthy food to eat!

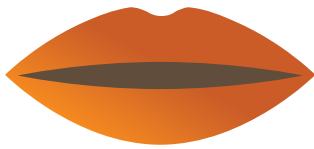


TABLE TALK

When children are trying beans during meal time, ask them questions, like:

- What do they taste like? Are they soft? Starchy? Salty? Nutty?
- What kinds of beans have you tried before? (Kidney? Black? Pinto?)
- What other kinds of food uses beans? (Chili? Mexican dishes? Bean dip?)
- Has anyone tried to grow beans in a garden?
- How do beans grow? (The roots grow underground, the leaves grow above ground with flowers and pods)
- What part of a bean do we eat? (The inside of the pods.)

LIFE OF A BEAN

Ask children: How did these beans get on our plates? Walk through the life cycle of your beans together, asking children to describe how beans grow from the ground, get taken out of their pods, dried or packaged, then cooked by Head Start chefs!





Activity Time

Activity Time (e.g. “free choice” in Head Start centers, or full group activities) is a perfect time to introduce more activities like cooking projects and sensory explorations of fruits and vegetables.

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★ SENSORY EXPLORATION

Dried, Sprouted, Cooked and More!

OBJECTIVES:

1. Children compare the feel, taste and color of assorted beans.
2. Children compare bean sizes and shapes.
3. Children compare dried and cooked beans and sprouts.

WHAT YOU MIGHT NEED:

A variety of different bean types: black, black-eyed peas, cannellini, great northern, kidney, lima, pinto, etc.

A few beans that have sprouted (The ones from the sprouting activity would work great!)

A few beans that are still in pods

A bowl of beans, already cooked

Large pieces of paper, markers

WHAT YOU MIGHT DO:

- Leave the different beans out for children (in the sensory table, or elsewhere) to explore and compare the different sizes and shapes.
 - Ask children to describe how the beans are the same or different. Are they all the same size? Are they the same color? Do they have different textures?
- Have children compare the sprouted beans with the dried beans.
 - Ask children to describe how they are different. Where are the sprouts coming from? Describe how beans are seeds, and the sprouts come from watering the seeds to get them to grow.
- Have children explore the bean pods. Open them up, or have children open the pods to reveal the beans inside. Ask children: how many beans are in the pod? Do these beans look the same as the dried or sprouted ones?
- Offer tastes of the cooked beans. Explain that dried beans are not edible, but sprouting them in water or cooking them makes them good to eat! Have children compare the look and feel of the cooked beans with the dried and sprouted beans. You can bring in hummus or a bean dip for additional exploration.
- Offer children a hand stamp for exploring a new vegetable!





★ PLANTING ACTIVITY

Sprouting Beans

OBJECTIVES:

1. Children join an experiment to sprout beans
2. Children measure sprouts as they grow
3. Children are able to describe how beans grow (the beans go underground, and sprouts shoot above ground to become bean plants)

WHAT YOU MIGHT NEED:

Zip-up plastic bags (one for each student, or for each group!)

Paper towels

Dried beans (3 or 4 for each bag) – Lima beans work great.

WHAT YOU MIGHT DO:

- Explain to children that the class will be doing an experiment to grow bean sprouts.
- Teachers can “jump start” the sprouting process by soaking dried beans overnight and rinsing.
- Children soak a paper towel in water (they should be moist, not dripping) and line the bottom of a baggie with the towel.
- Children place a few Lima beans in each baggie, making sure that they can touch the moist towel.
- Place baggies near a window, or tape to the glass. If paper towels seem dry after a day or two, re-moisten with a spray bottle, or take paper towels out and resoak.
- Beans should begin sprouting in a day or two – see how long sprouts get! You can measure sprouts every day, and record how much they grow.





★ COOKING ACTIVITY AND TASTING

Bean and Corn Salad

OBJECTIVES:

1. Children participate in the cooking activity and learn how to make bean and corn salad.
2. Children review the different ways that beans can be eaten (in soups, salads, as sprouts, etc.).
3. Children taste and describe bean and corn salad.

WHAT YOU MIGHT NEED:

Ingredients for recipe **(next page)**

Large mixing bowl

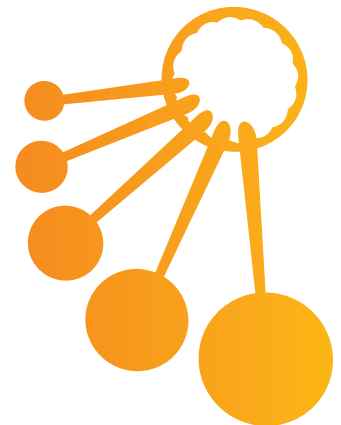
Large spoons for mixing

Knife

Measuring spoons and cups

WHAT YOU MIGHT DO:

- Children wash their hands and sit or stand around the activity table. Announce, “Today we are going to make a recipe called bean and corn salad.” Ask if anyone has tasted beans before. What do they taste like? Who has tried salad?
- Introduce each ingredient as you place it on the activity table.
- Children can rinse black beans.
- Children can help measure ingredients in measuring spoons and cups.
- Children can add prepared ingredients to the mixing bowl.
- Children can take turns stirring the salad in the mixing bowl.
- Give children a hand stamp for trying something new!
- As always, remember to keep children away from all sharp cutting utensils, electrical devices, and hot food and surfaces at all times





COOKING ACTIVITY AND TASTING

Bean and Corn Salad

BEAN AND CORN SALAD

Makes about 6 cups: Based on recipe provided by Truitt Bros. Creative Culinary Consultants

INGREDIENTS

- 1 can black beans (12 oz.), drained and rinsed (approx. 1 3/4 cup)
- ½ bag 12 oz. frozen corn (approx. 1 2/3 cup)
- 1 red bell pepper, chopped (approx. 2/3 cup)
- 1 large fresh tomato, diced (approx. 2/3 cup)
- 1 Tbsp. lemon juice
- 1/2 bunch fresh Cilantro, chopped (approx. 1/2 cup)
- 1 Tbsp. garlic, minced
- 2 Tbsp. olive oil
- 1 tsp. salt
- 1/2 tsp. ground black pepper

DIRECTIONS

1. Combine all ingredients in a large bowl and toss.



RECIPE BOOK

Have children decorate and put together a recipe book throughout the year, including each month's cooking activity recipe!

OBJECTIVES:

1. Children create a drawing to accompany the Bean and Corn Salad recipe, and use crayons, markers or paint to create art.
2. Children tell the class about their artwork.
3. Children will remember and connect experiences with beans, and recall what they have learned during the month.

WHAT YOU MIGHT NEED:

Printed copies of family versions of recipes for each child; recipe on ½ of page (8 ½ x 11)
Crayons, markers, paint, magazines with fruits and vegetables, crayons, scissors, glue



HARVEST FOR HEALTHY KIDS RECIPE BOOK:

Start this activity in the beginning of the year. Have each child decorate a cover for his or her fruit & veggie recipe book. Bind each child's book with enough pages for a recipe and picture for each month (8 months). Have children take the recipe book home with the welcome newsletter. Then, each month, using the recipe decorating activity to add recipes to the books! Children can take home their decorated recipe with a monthly newsletter, or just pinned to their bags or clothing!



Family Recipe

BEAN AND CORN SALAD

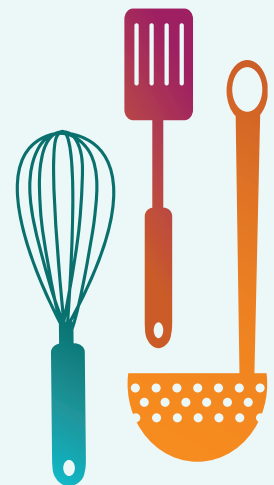
Makes about 6 cups (6-12 servings): Based on recipe provided by Truitt Bros. Creative Culinary Consultants

INGREDIENTS

1 can black beans (12 oz.), drained and rinsed (approx. 1 $\frac{3}{4}$ cup)
½ bag 12 oz. frozen corn (approx. 1 $\frac{2}{3}$ cup)
1 red bell pepper, chopped (approx. $\frac{2}{3}$ cup)
1 large fresh tomato, diced (approx. $\frac{2}{3}$ cup)
1 Tbsp. lemon juice
½ bunch fresh cilantro, chopped (approx. ½ cup)
1 Tbsp. garlic, minced
2 Tbsp. olive oil
1 tsp. salt
½ tsp. ground black pepper

DIRECTIONS

Combine all ingredients in a large bowl and toss.



★ CREATIVE ARTS

Watch our Garden Grow

OBJECTIVES:

1. Children learn that we can grow beans in a garden.
2. Children review how beans grow.
3. Children make their own bean to display in the classroom “garden”

WHAT YOU MIGHT NEED:

Colored paper, yarn, paint, or other art supplies

Scissors

Dried Beans in different colors: black, white, red (optional)

Glue

WHAT YOU MIGHT DO:

- Draw one or two long vertical lines on a piece of paper, with leaves and empty pod shapes (long ovals) coming off of the “stems” (you can refer to the picture cards for inspiration!). Alternatively, you can draw a bush with pods, which is how some types of Lima and soybeans grow. Create a plant sample by gluing a few of your favorite kind of beans inside the pods.
- Tell children: we can grow beans in a garden. Ask if anyone has ever grown beans.
- Show children example bean plant and tell children that we will be making bean plants for our “class garden.”
- Provide children with paper, glue, beans, and other art supplies.
- Invite children to make their own plants – encourage them to use their favorite kind of beans! If not using dried beans, have children color in their beans using different colors and patterns, and emphasize that beans come in all sorts of colors.
- Designate a space on a wall in the classroom for the “class garden.” Add to the wall each month with children’s colorful creations of the featured fruits and vegetables in the Harvest for Healthy Kids program.





Fast and Fun

Beyond circle time, meal time, and activity time, there are other simple ways to highlight the Harvest for Healthy Kids program, and teach children about fruits and vegetables. Take a look at the ideas below for easy ways to have fun with Harvest for Healthy Kids throughout the day.

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FAST AND FUN

PUPPETS

If you have puppets in the classroom, bring them into your Harvest for Healthy Kids activities! Try having a puppet introduce the featured fruit or vegetable at the beginning of the month. Puppets might also be used to introduce ingredients for a cooking activity, or during other activities.

HAND STAMPS

Use your favorite hand stamps or stickers to acknowledge children's participation in Harvest for Healthy Kids activities (e.g. cooking, sensory exploration, planting, reading) throughout the month.

DISCOVERY TABLE

Use the "discovery table" or another area of the classroom to explore different activities on a farm. Put out soil and various garden tools, such as rakes, hoes, and small shovels and spades. Include a variety of beans and a small watering can. Allow children to explore the soil and use the tools, and go looking in the dirt for different bean types. This can be a great activity for children if you plan to have (or already have) a school garden at your center.

TASTING CHART

Create a chart with children's names on the left side in rows and the featured fruit and vegetable names on the top in columns. Each month, give children a stamp or sticker in the fruit/vegetable box next to their name if they tasted the fruit or vegetable anytime during the month. Hang the tasting chart in the classroom.



ABOUT HARVEST FOR HEALTHY KIDS

Harvest for Healthy Kids is a nutrition program designed to introduce children in early care and education settings to a wide variety of locally grown fruits and vegetables through their meals and snacks and classroom activities. Monthly family engagement activities support parents in promoting healthy eating habits at home. Harvest for Healthy Kids is a partnership between Mt. Hood Community College Head Start and Early Head Start and the School of Community Health at Portland State University.