

Cool Beans



Approximate Instructional Time: 40 minutes

Lesson Overview: Students will be exposed to a variety of pulses while making hummus and bean dip.

Learning Outcomes:

- Students will be able to identify 3 types of pulses
- Students will be able to operate a food processor
- Students will be able to explain how to make hummus and bean dips

Materials:

- Labeled and prepared dried pulse samples
- Whiteboard or flipchart and markers
- Zesty bean dip and hummus recipes
- A copy of Canada's food guide
- Legume/pulse diagram

Preparation & Set-Up:

- Label and fill small jars, containers or bags with a variety of dried pulses (black beans, chickpeas, kidney beans, navy beans, blackeye peas, pinto beans, etc.)
- Set up tables with ingredients and utensils

LESSON

Discussion: Explain that pulses are the dry, edible seeds of plants in the legume family (familiar as chickpeas, beans and lentils). Ask the group if they eat pulses. Ask them to name types of pulses. Write the answers on the whiteboard or flipchart.

Learning Plan: Show students the legume/pulse diagram and have them draw some pulses. Mention that pulses are an excellent source of plant protein, which fits into the "protein foods" category on Canada's food guide. Pass around labeled dry pulses samples. Have students prepare hummus and black bean dip using canned chickpeas and black beans. Ask the group which dip they preferred and what other foods they could eat the dips with besides vegetables.

Appendices:

Zesty bean dip recipe
Hummus recipe
Legume/pulse diagram