

Beans Investigation: Teachers' notes



BeanMeals
Thinking beyond the can



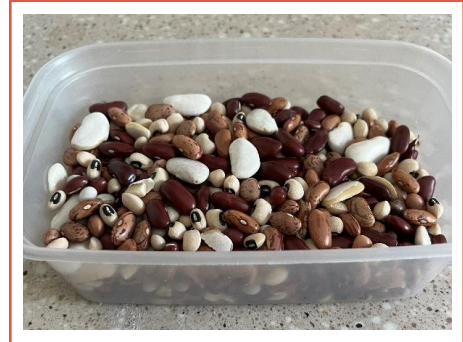
Aim: To increase knowledge about different types of beans. To encourage children to think about trying different beans. Exposing children to the notion that there are more beans available than just baked beans. Exposure to beans.

Butter beans are the biggest common bean and mung beans are the smallest common beans, so it is good to have these two in the box. Black eye beans are interesting dried as they look like an eyeball. Tinned mung beans are hard to find.

1. Split pupils into five groups and place a box and a bag of beans on five tables.
2. **Dried beans:** Mix the dried beans and place them in a box.
3. **Tinned beans:** Mix the tinned beans together no more than 2 hours before the session. Place them in a see-through zip bag. Dispose of the cooked beans straight after the session. The dried beans will keep for up to 2 years.

Notes: This exercise can be child led. Some children like to follow the instructions and work through the workbook. Others will count or sort out the dried beans in the boxes or play with beans directly in the box. This is a sensory experience and can be classed as a mindful exercise. All activity is classed as bean exposure.

4. Talk about the process of how beans get from being on the plant to dried to being in a tin.
5. Show the radicle on the bean (see picture on next page).
6. Notice that all beans, no matter what size, are the same shape - bean-shaped, and all have a radicle.
7. Talk about the different colours of the beans.

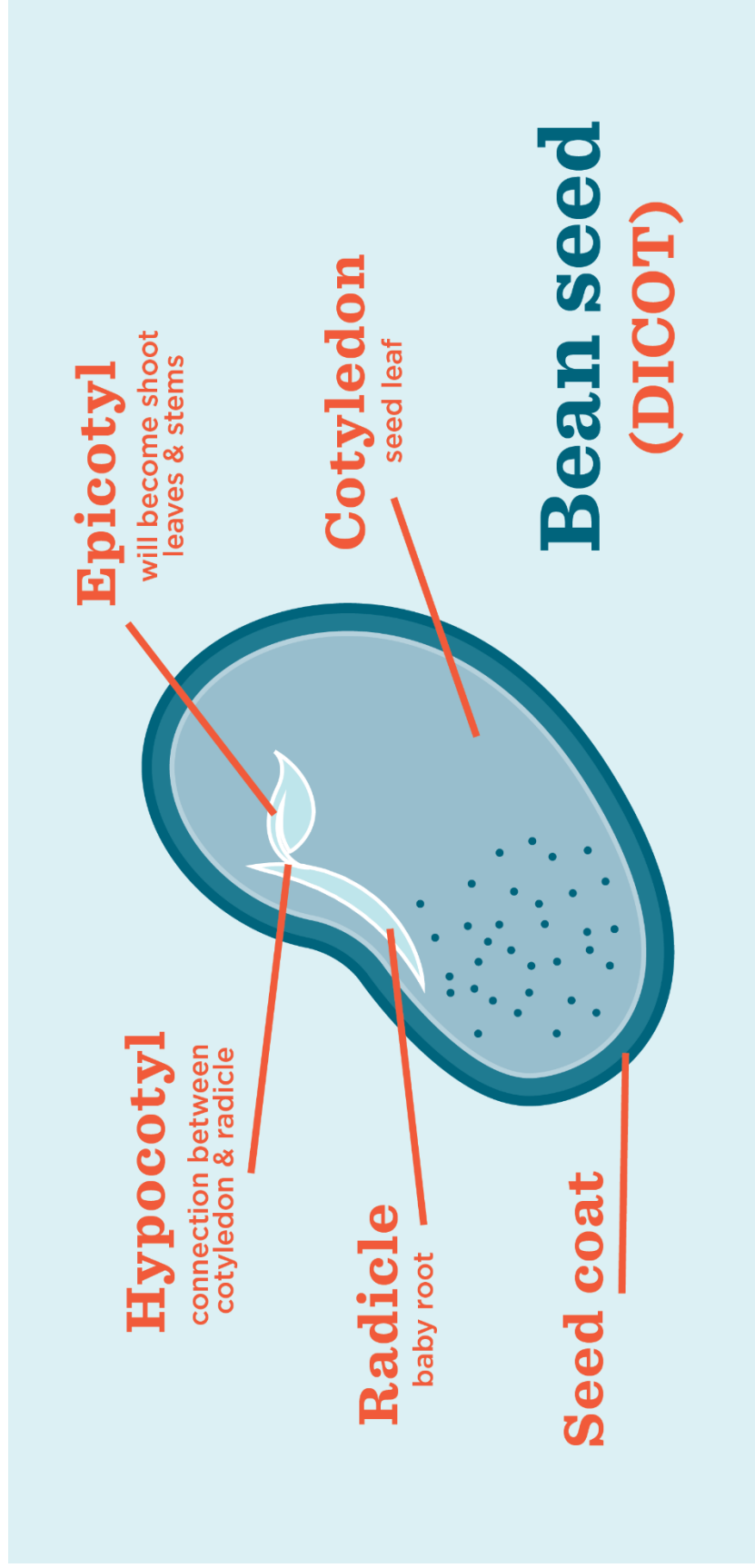


You will need:

- 4 or 5 types of dried beans and tinned beans
- 4 or 5 boxes (for dried beans) and 4 or 5 bags (for tinned beans)
- Copies of the Beans Investigation workbook

NB. Try to get the same beans dried as tinned.

Find the radicle on the different beans. All beans have them.
This is where the bean plant grows from.



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