

# Kids' Club Leader Guide



# Get Ready for the Full of Beans Mission!

## Materials

Materials needed for 10 children and young people.

*Adjust the numbers for how many are in your group.*

- Kids' Club Leader Guide (this resource)
- Create an Awesome Bean Team poster

### To measure success:

- Measuring Success poster
- Bean Team Challenge poster
- Full of Beans stickers
- Bean-tastic Team stickers

### To discover more about beans and pulses:

- Legumes poster
- Beans poster
- Chickpeas poster
- Lentils poster
- Peas poster
- How legumes grow poster
- Fuel your body with the power of beans poster
- Beans and pulses create a happy planet poster

### For tasting and cooking activities:

- Beans and pulses for tasting and cooking. *We recommend:*
  - 2 cans/cartons of butter beans
  - 2 cans/cartons of chickpeas
  - 2 cans/cartons of kidney beans
  - 2 cans/cartons of green lentils
- A colander or sieve (minimum 18cm)
- Can opener
- Scissors (to open cartons)
- Water (to rinse beans and pulses)
- Additional ingredients and equipment *depending on what recipes you plan to make*

### For growing activity:

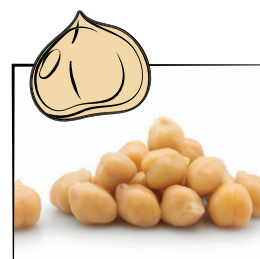
- 10 growing pots (we recommend biodegradable pots measuring 8cm)
- 1 garden trowel
- Multi-purpose peat-free compost (about 1 litre per pot)
- Sugar snap pea seeds
- Water

### Optional resources:

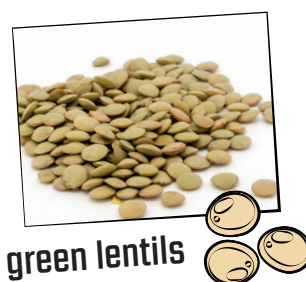
- Sprouting pulses indoor growing (page 17)
- Discover Beans and Pulses booklet
- Children and Family booklet



kidney beans



chickpeas



green lentils



butter beans



# full of Beans

**We're on a mission to help everyone discover how amazing beans and pulses are. They may be small, but they are MIGHTY! They are super for our bodies, great for the planet, affordable, convenient, and delicious too!**

We have created many Full of Beans activities and resources to help people discover, explore and celebrate beans and pulses through growing, tasting and cooking.

The Kids' Club Leader Guide is packed full of fun activities you can do with children and young people in after school clubs, holiday clubs and youth groups. It gives children and young people the chance to grow, taste and explore beans, as well as learning fun facts about why they are good for our bodies and the planet.

Some Full of Beans Mission themes have different options so you can pick the activities that suit your club the best. You can also change the order you complete the mission themes to fit around you and your club.

Remember, the most important things are to have fun and increase opportunities for children and young people to taste beans and pulses. Repeated tasting is the most powerful way to increase the likelihood that a child will continue to eat a food in the future.

## Full of Beans Mission themes

1. Get ready!
2. Get set!
3. Go!
4. Growing
5. Taste Testing
6. Cooking
7. Creative Activities
8. Bonus Activities and Games
9. Look how much we've grown!



# Contents



## Theme 1: Get Ready!

- 6 Task 1 Plan activities that suit your club (15 minutes)
- 6 Task 2 Plan your Bean Teams (15 minutes)
- 6 Task 3 Plan your approach with rewards (10 minutes)
- 7 Task 4 Adapt the Full of Beans mission to your club (5 minutes)

## Theme 2: Get Set!

- 8 Task 1 Introduce Full of Beans to your club (20 minutes)
- 9 Task 2 Measuring success - Baseline measurements (30 minutes)
- 10 Task 3 Full of Beans warm-up game (15 minutes)
- 11 Task 4 Bean Team Challenge launch (30 minutes)

## Theme 3: Go!

- 12 Option 1 – Independent exploration of posters (during breaks)
- 12 Option 2 – Full of Beans quiz (1 hour, or three 20-minute sessions)

## Theme 4: Growing

- 16 Option 1 – Growing peas (1 hour plus watering as required)
- 17 Option 2 – Sprouting pulses (20 minutes per day)
- 18 18 Top Tips for Taste Testing Activities

## Theme 5: Taste Testing

- 21 Taste Testing option 1 – Sensory exploration (1.5 hours)
- 23 Taste Testing option 2 – Tasting challenge (1.5 hours)
- 24 Activity discussion ideas

## Theme 6: Cooking

- 27 Recipe option 1 – Hummus (1 hour)
- 28 Recipe option 2 – No-cook bean wraps (1 hour)
- 29 Recipe option 3 – Mixed bean salad (1 hour)

## Theme 7: Optional Creative Activities

- 30 Option 1 – Recipe/menu design (2 hours)
- 30 Option 2 – Create an advert (2 hours)
- 30 Option 3 – Design a poster (1 hour)
- 31 Option 4 – Create a song (2 hours)
- 31 Option 5 – Write a poem (1 hour)
- 31 Option 6 – Write a short story (1 hour)

## Theme 8: Optional Bonus Activities and Games

- 33 Option 1 – Bean and spoon race (20 minutes)
- 33 Option 2 – I went to the shop and I bought...bean edition (20 minutes)
- 34 Option 3 – Who am I? Food edition (20 minutes)

## Theme 9: Look how much we've grown!

- 36 Measuring Success – Follow up measurements (30 minutes)
- 38 Full of Beans Celebration (1 hour)
- 39 Birmingham Food Revolution



# The Resources

## Theme 1: Get Ready!

- Pens and paper

## Theme 2: Get Set!

- Legumes poster
- Measuring Success poster
- Create an Awesome Bean Team poster
- Bean Team Challenge poster
- Full of Beans stickers
- Bean-tastic Team stickers
- Pens

## Theme 3: Go!

- Legumes poster
- Beans poster
- Chickpeas poster
- Lentils poster
- Peas poster
- How legumes grow poster
- Fuel your body with the power of beans poster
- Beans and pulses create a Happy Planet poster
- Bean Team Challenge poster
- Bean-tastic Team stickers
- Pens and paper

## Theme 4: Growing

- Peas poster
- How legumes grow poster
- Compost, pea seeds, growing pots, trowel, water
- Bean Team Challenge poster
- Bean-tastic Team stickers

## Theme 5: Taste Testing

## Theme 6: Cooking

- Beans poster
- Chickpeas poster
- Lentils poster
- Peas poster
- Cans/cartons of kidney beans, butter beans, chickpeas and green lentils
- Can opener, scissors, sieve, sink and water to rinse, bowls
- Ingredients and equipment for recipes as required
- Bean Team Challenge poster
- Full of Beans stickers
- Bean-tastic Team stickers

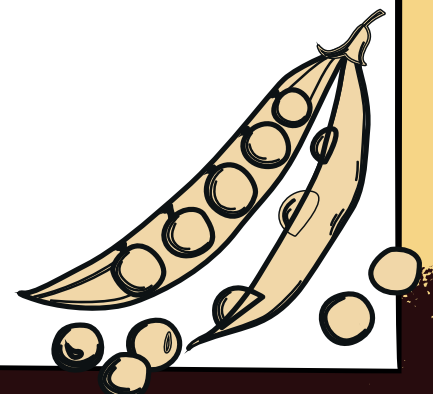
## Theme 7: Creative Activities

## Theme 8: Bonus Activities and Games

- Pens and paper
- Spoons and dried beans
- Bean Team Challenge poster
- Bean-tastic Team stickers

## Theme 9: Look how much we've grown!

- Measuring Success poster
- Bean Team Challenge poster
- Certificates
- Prizes (optional)
- Resources to take home



# Theme 1

# Get Ready!

15  
mins

## TASK 1 PLAN ACTIVITIES THAT SUIT YOUR CLUB

- Plan what activities you will do, and when.
- Organise your materials and resources into groups for the different activities.
- Have the activity resources ready before the session begins.



15  
mins

## TASK 2 PLAN YOUR BEAN TEAMS

- Start by putting the children into groups which will act as their teams for the Full of Beans mission. Team sizes can be anywhere between 3-10 children depending on how many are at the session.
- Give different team members the chance to be a leader or have special responsibilities throughout the Full of Beans mission.
- Young leaders and helpers can help by counting raised hands and recording data on the wall chart.
- Young leaders and helpers can help by making sure each team has added their Full of Beans stickers to their can of beans at the end of each session if they have tasted a bean or pulse.

10  
mins

## TASK 3 PLAN YOUR APPROACH WITH REWARDS

### PRAISE AND RECOGNITION

#### Praise individual progress

For a child that has never tried beans and pulses before, getting them to touch one bean with their tongue is an amazing achievement. For others, being willing to taste all the beans and pulses offered to them is a great achievement. Recognise the variety of different starting points across the group and tailor praise to recognise individual progress.

#### Praise effort

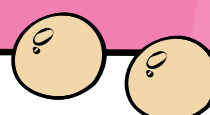
Give praise and recognition for effort as well as achievements.

#### Share achievements

Give children the opportunity to share their achievement with the rest of the group.

#### Celebrate "giving it a go"

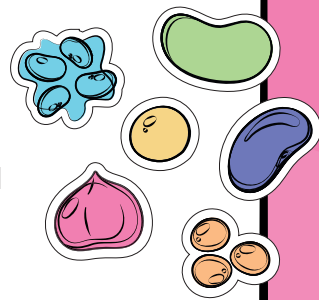
Reward the trait of "giving things a go" and tasting a bean or pulse, especially if it's the first time. How do you know if you like something unless you try it? It might be your new favourite food! Repeated tasting is an important way that we develop a liking for a food, so even if someone doesn't like it the first time they try a food, the more they try it, the more they'll grow to like it.



## BEAN TEAM CHALLENGE POSTER

### Full of Beans stickers

Every time children and young people try a bean or pulse, they can add a Full of Beans sticker to their Bean Team's can on the Bean Team Challenge poster. At the end of the Full of Beans mission the team that has the most stickers, and tried the most beans and pulses, will be crowned the winners and receive a certificate. You can give them an additional prize if you have a reward system at your club.



### Bean-tastic Team stickers

Celebrate Bean Team achievements, including winning a quiz, amazing artwork and creations, great teamwork, supporting team members, with Bean-Tastic Team stickers.

Add the stickers to the Bean Team Challenge poster. At the end of the Full of Beans mission the team that has the most stickers, and has the most Bean-tastic Team achievements, will be crowned the winners and receive a certificate. You can give them an additional prize if you have a reward system at your club.



## SHARE ACHIEVEMENTS

Give children the opportunity to share their achievement with the rest of the group.

## CERTIFICATES

When you complete the Full of Beans mission you will be able to give out certificates to recognise achievements so make note of people who might deserve recognition. Some of the certificates have space for you write what they're being rewarded for. By filling this in their grown-ups at home can find out about their achievement and praise them, too.



## REWARDS FOR ACHIEVEMENTS

You can provide additional rewards to recognise individual and team achievements. Use the reward systems you already use in your club, offer a lucky dip with little prizes you've gathered, or give access or time to use fun equipment they enjoy.



5  
mins

## TASK 4 ADAPT THE FULL OF BEANS MISSION TO YOUR CLUB

Here are some tips and tricks to help with completing the Full of Beans mission at your club. We recognise that all clubs will be different, and we encourage you to make adaptations to the activities in this booklet to best suit your needs.

1. Adapt to your club Make changes to activities when needed, to ensure that they are suitable for your resources and group size.
2. Young leaders and helpers Ask older club members to act as young group leaders or helpers in running some of the activities and to help out during the day. This will give them an opportunity to develop their leaderships skills and confidence, whilst keeping them engaged in the activities.
3. Take a break Make sure to take a break between activities. It's important that the activities are fun and engaging, so mixing them with other planned activities will keep it interesting.
4. Have fun! Do the warm-up activity and bonus activities during break-times.



# Theme 2

## Get Set!

20  
mins

### TASK 1 INTRODUCE FULL OF BEANS TO YOUR CLUB

#### How to introduce the mission

"We're on a mission to superpower our city and make us all Full of Beans! First, we're on a discovery mission. Who knows what legumes are?"

*(give children the opportunity to answer)*

I don't know many adults that know what legumes are! Legumes are plants that grow pods. Inside those pods are seeds. Does anyone know what types of seeds grow in the pods?

*(give children the opportunity to answer)*

There are four main types: beans, chickpeas, lentils and peas. Now, for a tricky question. Does anyone know what a pulse is? Not the heartbeat pulse ...there's another type of pulse.

*(give children the opportunity to answer)*

They come from pods that have been left on the plant to dry, and the seed dries. This dried seed is called a pulse. I bet there's a type of pulse that you all know.

*(give children the opportunity to answer)*

Do you need a hint? Can anyone think of a type of pulse that's often served at school?

*(give children the opportunity to answer)*

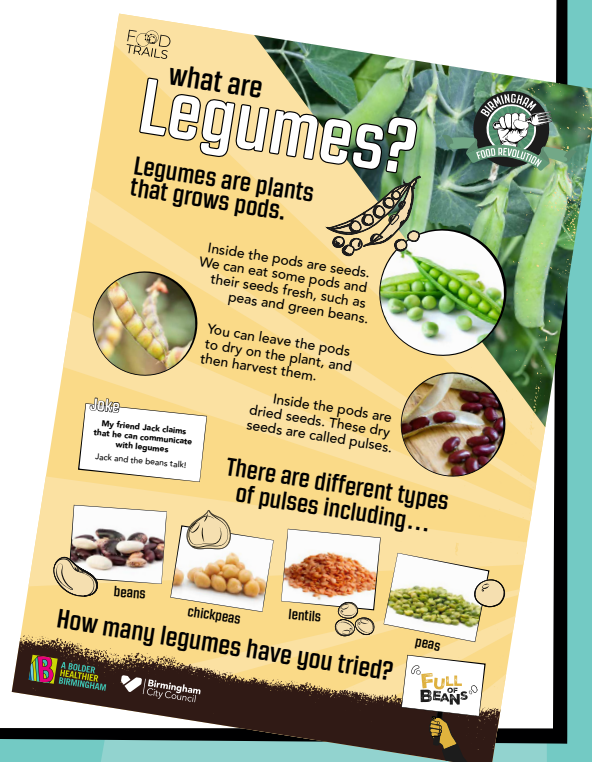
Baked beans! Sometimes the sauce can have too much salt or sugar, but the bean itself is brilliant. Does anyone know the names of any pulses?

*(give children the opportunity to answer)*

There's so many! As well as chickpeas, there's green peas, yellow peas, black-eyed peas, kidney beans, black beans, haricot beans, pinto beans, cannellini beans, butter beans, green lentils, brown lentils, red lentils, and many more! They come in all sorts of different colours and shapes. The legumes poster shows what these different pulses look like. Does anyone have some beans and pulses at home? Dried, in cans or cartons?

*(give children the opportunity to answer)*

You can buy them dry and cook them at home. Dry pulses can be stored for years! Or you can buy them ready cooked in cans, cartons or jars. There are so many types of beans and pulses and they are awesome. During the Full of Beans mission we're going to discover more about them. We'll be doing lots of fun activities including growing, and you'll even get to taste and cook with them!"





## TASK 2 MEASURING SUCCESS - BASELINE MEASUREMENTS

### How to introduce this activity

"To measure how well we do on our mission, we need to measure our starting point. This is also known as the baseline. Then, on our last session we'll do our follow-up measurements. By measuring at the start and again at the end we can see what has changed and will be able to see how much we've achieved. There are two sections on this poster. This part on the left is what we're filling out today as it's where the baseline measurements go. We'll fill out the part on the right with the follow-up measurements on our last session."

This isn't a competition – we want to know what you have or haven't eaten so we can plan the activities to suit you all. If there are any foods that you're not sure about we can look at the legumes, beans, chickpeas, lentils and peas posters. Some foods look quite different when they're cooked and covered in sauce compared to when you see them on their own.

I need a volunteer helper or young leader to help us keep track. I need people to help me count raised hands, and someone to help me write down the numbers on the wallchart.

### Let's start answering the questions!

What's the name of your group or club?

What's today's date?

How many people are here today?

### How many people have ever eaten:

**Baked beans?** These are the ones you get in sauce – I'm sure you've seen them at school.

**Kidney beans?** These are the dark red beans. You often get these in a chilli con carne, Mexican food or bean burgers.

**Butter beans?** These are quite big white beans that are flat.

**Chickpeas?** These are round and light yellow. You can get them in chickpea curries, or in hummus which is mashed up chickpeas.

**Lentils?** These are very small, and you can get them in different colours including red, green and brown. You often get them in curries like daal where they are cooked a lot and sometimes go a bit mushy. You can also get them in soups and salads.

**Peas?** These can be green or yellow, and when you cook with dried peas you often have them in sauces and soups.

### How many people have eaten these in the last two weeks:

Baked beans?

Kidney beans?

Butter beans?

Chickpeas?

Lentils?

Peas?

**Measuring Success**  
Baseline measures

Identify the name of your group or club? \_\_\_\_\_

Measuring success is really important. It means when you do something you can see how well you are doing. It means when you do something you can see how well you are doing. It means when you do something you can see how well you are doing.

**Seed** (Baseline measures)

How many people have ever eaten:

Baked beans? ☐ Kidney beans? ☐ Butter beans? ☐ Chickpeas? ☐ Lentils? ☐ Peas? ☐

How many people have eaten these in the last two weeks:

Baked beans? ☐ Kidney beans? ☐ Butter beans? ☐ Chickpeas? ☐ Lentils? ☐ Peas? ☐

**Grown!** (Follow-up measures)

How many times did your club eat these foods during your full of Beans mission?

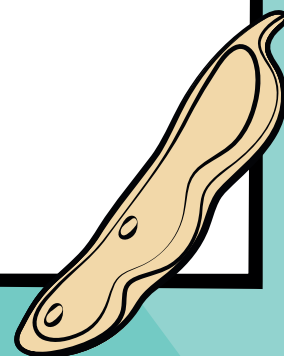
Baked beans? ☐ Kidney beans? ☐ Butter beans? ☐ Chickpeas? ☐ Lentils? ☐ Peas? ☐

How many people are going to ask their group, how to make food with Beans in them in the next two weeks?

Baked beans? ☐ Kidney beans? ☐ Butter beans? ☐ Chickpeas? ☐ Lentils? ☐ Peas? ☐

What do you think of these foods? Ask the group to shout out words and write them below (e.g. Taste, texture, whether you like them)

Baked beans: \_\_\_\_\_ Kidney beans: \_\_\_\_\_ Butter beans: \_\_\_\_\_ Chickpeas: \_\_\_\_\_ Lentils: \_\_\_\_\_ Peas: \_\_\_\_\_



**TASK 3 FULL OF BEANS WARM-UP GAME****How to play**

- This is an active game so you need a large enough space for children to spread out – can be indoors or outdoors).
- It's the perfect game to play during breaks or at the start or end of sessions with groups of any size.
- Before you start, demonstrate the actions for each bean (ask young leaders or helpers to help demonstrate).
- Once the group knows the actions, the leader or volunteer calls out different bean names in a random order and the children follow the correct action.

**Full of Beans warm-up game**

**Jelly Bean**  
wibbly wobble

**Bush Bean**  
trek wearily across  
the hot ground as if  
in the outback

**Coffee Bean**  
Stir a mug of coffee

**Broad Bean**  
arms out to the side  
with slow and heavy  
movements

**Baked Bean**  
fan yourself as if  
you're really hot from  
being in the sun

**Chilli Bean**  
shiver as if cold

**French Bean**  
wave and say  
"Bonjour!"

**Butter Bean**  
skating and slipping  
about

**Bean Pod**  
Hold arms up and  
clasp hands together  
over head, puff cheeks  
out, as if you're a pod  
full of beans

**Jumping Bean**  
jump up and down  
on the spot

**Bean Pole**  
hold an invisible pole  
and look up straining  
to see how high it is

**Mixed beans**  
Let the children  
choose which bean &  
action they all want to  
do – perfect to end  
the game

**Runner Bean**  
running on spot

## TASK 4 BEAN TEAM CHALLENGE LAUNCH

### How to introduce this activity

"During our Full of Beans mission you're going to be working in Bean Teams. Every time you taste bean, chickpea, lentil or pea you can add a Full of Beans sticker to your team's can. The aim is to make your can Full of Beans! There's another way your teams can get stickers, and that's by being an awesome Bean Team. If your team wins a task, or you show great teamwork, you will get a Bean-tastic Team sticker. So, what's the secret to being an awesome Bean Team? We need to follow these 5 principles.

#### 1. We celebrate achievements

Celebrate team members' achievements, whether it's tasting something they've never tried before, eating lots of beans and pulses, or doing a great job at an activity.

#### 2. We celebrate individual progress

You're each on your own journey and everyone in your team will have different starting points. Some people will have tried lots of beans and pulses before, but for others it will be

the first time. The aim is for everyone to make progress. This means you don't all have to achieve the same thing. One person might taste a bean they've never tried before and that progress is just as impressive as someone else who tries all the beans and pulses during the challenge. Celebrate individual progress!

#### 3. We give everyone a chance to shine

The best Bean Teams involve the whole team in the Full of Beans challenge. Support each other, take turns, and encourage everyone to share their ideas and get involved with activities.

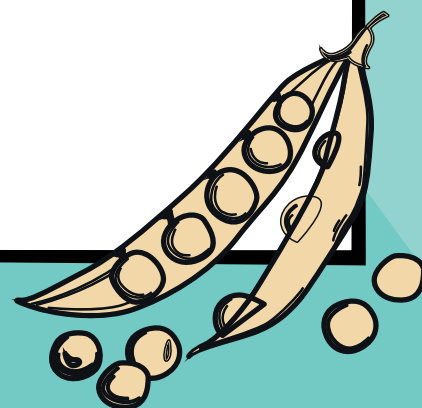
#### 4. We know every team member's strengths

Get to know your team. You're all good at different things and you'll need all these skills for the Full of Beans Challenge. Team members might be good at cooking, growing, art, trying new food, supporting other team members...and lots more! You can learn from each other and work as a team to use everyone's different skills to do amazingly at the challenge. Maybe your team members will discover a skill they didn't even know they had!

#### 5. We set a Bean Team mission

Begin with a small achievable goal, which takes account of the different levels of experience in your team. As your team gets more confident and familiar with beans and pulses, see if you can increase the level of your goal. These could be things like trying a new bean or pulse, trying ALL the beans and pulses, trying a new recipe, taking part in ALL the Full of Beans activities, growing a pea plant, telling our friends and family how to become Full of Beans, or learning 5 new facts about beans and pulses which you didn't know before.

Whilst we're on our Full of Beans mission, remember that it isn't just about eating beans and pulses. It's about discovering new tastes, celebrating achievements and setting and achieving your Bean Team's mission. Which team is going to be Full of Beans first? Which is going to be the most Bean-tastic Team? Now we're going to create our Bean Team names, our logos and decide our Bean Team missions and add them to the Bean Team Challenge poster."

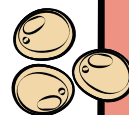


# Theme 3 Go!

## OPTION 1 – INDEPENDENT EXPLORATION OF POSTERS

Put the posters on the walls and give children and young people the opportunity to explore them during breaks between activities as an independent task.

20  
mins



## OPTION 2 – FULL OF BEANS QUIZ (1 HOUR, OR THREE 20-MINUTE SESSIONS)

### Materials

- Pen and paper for each team
- Bean Team Challenge poster
- Bean-tastic Team stickers
- Timer, clock or watch
- Information posters on legumes, beans, chickpeas, lentils, peas, how legumes grow, fuel your body with the power of beans poster and beans and pulses create a happy planet poster

### Instructions

1. Spread the information posters across different tables or stick them to the walls.
2. Children and young people sit in their Bean Teams. This is their quiz team!
3. Give them 5 minutes to look at the posters. They will need to work as a team to try to remember as much information as possible without writing anything down.
4. Give them a piece of paper to write down answers.
5. Bean Teams pick who in their team will write down the answers.
6. Write their Bean Team name at the top of the page.
7. Leader reads out the questions and gives Bean Teams long enough to write down their answers.
8. At the end of the quiz, Bean Teams swap their answer sheets with another group.
9. Leader reads out the answers and Bean Teams mark the answers.
10. Leader gathers in the sheets and announces the winner of the team with the mightiest Bean Team brains.
11. Add a Bean-tastic sticker to the Bean Team Challenge poster for the winning team.
12. Add a Bean-tastic sticker to the poster for another Bean Team if they showed great teamwork.

### Short on time?

Sit the children in Bean Team groups but the first person to raise their hand and get the right answer gets the point for their team.

### How to introduce the task

"Our next activity on our Full of Beans mission is to discover who amongst you has the mightiest Bean Team brains. You'll have 5 minutes to look at the posters and remember as much information as you can, and then we're going to do a quiz. Some of the answers are on the posters around us, and some aren't. Choose who in your group is going to write down your team's answers. Remember, this isn't about one person deciding all the answers – I want to see your best Bean Team team working because you never know who might know the answer."





# The Full of Beans Quiz

## Round 1

**1. What is a legume?**

Answer: It's a plant that grows pods.

**2. What is the name of the storybook character who grows a giant beanstalk using some magic beans?**

Answer: Jack

**3. Name a legume pod or seed that we eat fresh.**

Answer: Accept the following answers... peas, runner beans, green beans, broad beans, string beans, French beans, mangetout, sugar snap peas.

**4. What is a pulse?**

Answer: It's a dried seed.

Pulses are seeds from legume pods that have been left on the plant to dry out before harvesting.

**5. Name four types of pulses.**

Answer: Beans, chickpeas, lentils and peas. (Give a point for each)

**6. In 2022, The Jelly Bean Factory removed one flavour of jelly bean from their range of 36 different flavoured beans. What was the flavour they removed?**

**Was it A) Strawberry B) Blueberry C) Cinnamon or D) Baked Bean?**

Answer: C, Cinnamon



## Round 2

**1. If there's a food you're not sure that you like, how many times might you have to try it to start liking it?**

Answer: 10-15 times. *(Teams with an answer between 10 and 15 get a point)*

Sometimes when we try a new food we don't know what to think about the taste and texture. Our brains say, "what's this?!" However, the more we try it, the more familiar it becomes, and the more we start to like it. We just need to train our taste buds to start liking it!

**2. True or false, beans count as one of your five a day of fruits and vegetables.**

Answer: True. Around 3 tablespoons of beans counts as a portion of fruit and vegetables because they are high in fibre.

**3. True or false, beans and pulses are a type of protein, along with meat, eggs, nuts and seeds?**

Answer: True. Beans and pulses are a fantastic source of protein, they have lots of nutrients our bodies need, and they are low in fat salt and sugar.

**4. What do beans and pulses help our bodies do? Name as many as you can remember.**

Answer: *(Give a point for each of the following answers – up to 11 points)*

- 1 Grow tall
- 2 Build strong muscles
- 3 Build strong teeth and bones
- 4 Grow long hair
- 5 Help us feel fuller for longer
- 6 Give us energy slowly so we have enough fuel for the day
- 7 Run fast
- 8 Play all day long
- 9 Get better when we get hurt
- 10 Help our tummies digest food
- 11 Keep our hearts strong and blood pumping

**5. The Guinness World Record for the longest-ever green bean was grown in America in 1996. How long was this green bean in centimetres? (Hint: It's between 50 and 150cm.)**

Answer: 121.9 cm/48.75 inches *(Team with answer closest to the answer wins the point)*

This is the size of a 7 year old!



## Round 3

**1. The Guinness World Record for the heaviest ever Runner Bean was broken in the UK in 2022 during the National Giant Vegetables Championships in Worcestershire. How heavy in grams was this Runner Bean? (Hint: It's between 100 grams and 200 grams)**

Answer: 176 grams or 6.2 ounces. That's about the weight of a mobile phone. (Team with the closest answer wins the point)

**2. What are the three ways beans can be stored?**

Answer: Dried, canned, or frozen (Give a point for each)

**3. True or false, dried beans need soaking before they can be cooked and eaten.**

Answer: True. Dried beans need to be soaked for a few hours, or overnight, to make them ready to be cooked. This makes them soft enough to eat.

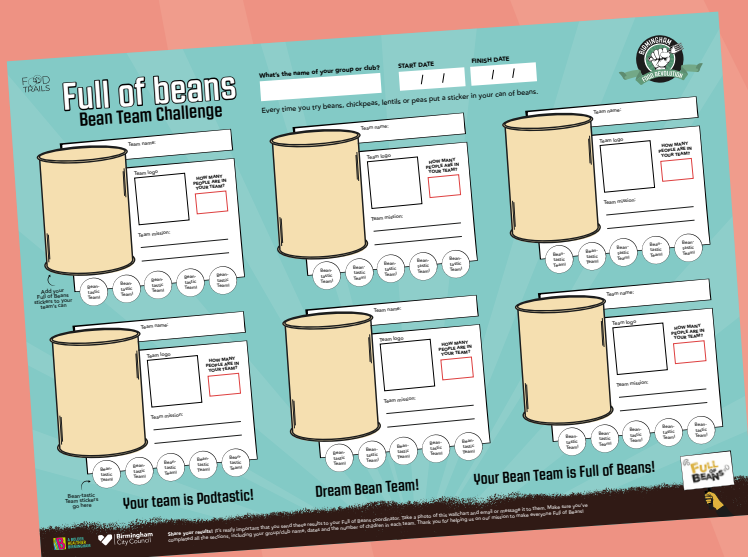
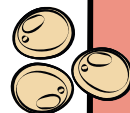
**4. What do beans and pulses do for our planet? Name as many as you can remember.**

Answer: (Give a point for each of the following answers – up to 5 points)

- 1 Make our soil better
- 2 Support better farming methods
- 3 Use less water
- 4 Release fewer gases/help stop climate change
- 5 Protect natural habitats and nature

**5. How many cans of baked beans would it take to fill up an Olympic size swimming pool? (standard approximately 400 gram size cans)**

Answer: 6,281,407 cans/six million, two hundred and eighty one thousand, four hundred and seven cans (Team with closest answer wins the point).

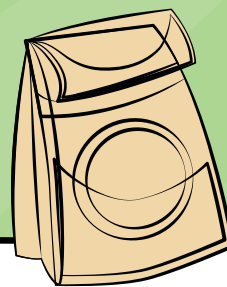


**Bean Team Challenge Poster**

Don't forget to put a  
Bean-tastic Team sticker on  
the winning team's can!



# Theme 4 Growing

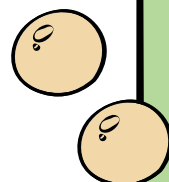


**60**  
mins

## OPTION 1 – GROWING PEAS (1 HOUR PLUS WATERING AS REQUIRED)

### Materials

- How do they grow? Legumes poster
- Small growing pot per child
- Garden trowel
- Multi-purpose peat-free compost
- Sugar snap pea seeds
- Water
- Pen to write name



### Instructions

Set up your growing materials in an activity area and have the How do they grow? Legumes poster nearby. Encourage discussions about the growing cycle of legume plants during the activity. Children and young people can do the growing activity in their Bean Teams one group at a time.

1. Ask the children and young people to write their names on their growing pots so they know which is theirs.
2. Add enough soil to comfortably fill a growing pot using the trowel.
3. Place 1 to 2 seeds on top of the soil and push the seed down around 3cm securely into the growing pot.
4. Next pat down the soil on top using the trowel and add water using the watering can until the soil is moist.
5. Find a slightly sunny warm spot to leave the pot.
6. Wash your hands.
7. Ask the next Bean Team to do the growing activity. Add a Bean-tastic sticker to the Bean Team Challenge poster if a team showed great teamwork.
8. Water the growing pots every 3 days (or whenever the soil looks dry).
9. You can sow sugar snap peas from March to April inside, or April to June outside. They take between 60 and 70 days to grow pods. As they grow bigger you can use sticks or

bamboo canes to support them. When the seedlings are about 12-15cm tall you can move them to a larger pot or plant them in the garden.

### You can also eat the pea shoots!

Soak the dry pea seeds for 24 hours in water to wake them up. Fill a tray with compost, then plant lots of the pea seeds about 1cm apart, and 1 to 2cm deep. Keep the soil moist by watering them. When the shoots are about 10 to 15cm tall they are ready to harvest (this takes about 2 to 3 weeks). If you cut the shoots back to just above the first pair of leaves, they'll grow again. You can eat them raw like a salad leaf! You can grow them like this indoors all year round.

### How to introduce the task

"Our next activity is growing! We're going to plant some pea seeds today, then over the next few sessions we'll look after them and watch them grow. Who knows what seeds need to grow? (Give children the opportunity to answer). They need sunlight, warmth, air and water. We will make sure they have enough sunlight and just the right amount water. Plants don't like too much water, or too little. You are each responsible for your own pots so make sure you write your name on them."





**OPTION 2 – SPROUTING PULSES (20 MINUTES PER DAY)**

- Did you know? You can eat pulses that have sprouted! They're great in salads and stir fries. The most common ones are bean sprouts.
- You can do this activity inside throughout the year. All you need is some dried pulses, a jar or bowl, a cheesecloth or sieve, and water (no soil is needed).
- Choose dry whole pulses like mung beans, adzuki beans, lentils, alfalfa, chickpeas or dried peas (split varieties won't grow).
- Some pulse you can buy aren't clean or have chemicals on them and are supposed to be cooked before eating. For this activity make sure you get packets that are suitable for sprouting or buy them from a health food shop.
- They need to be soaked in water in a jar or bowl for 4-14 hours depending on the variety. This is because they're dormant (asleep) and the water wakes them up!
- After they have been soaked, drain them using a cheese cloth or sieve and put them back in the jar or bowl.
- Keep in a warm, dark place, and rinse and drain them daily.
- They sprout in 2 to 5 days.
- Once they are ready you can eat them raw or cook them for a minute or two.
- Store them in the fridge for up to a week (you can rinse them daily to keep them fresh).
- Search "How to grow bean sprouts" online for more tips.

**IMPORTANT**

Make sure the jar you grow the sprouting pulses in is clean and sterilised. If there are germs in the jar then they will grow as well as the pulses.



1.

**Make it a group activity**

Taste testing in group settings, such as at school or at kids' clubs, is a fantastic way to expose children to a variety of different flavours, textures and food combinations. It's a safe environment where you can offer small, non-threatening portions of food in a way that's fun, interactive, and creates a positive and playful environment with friends. This is really key in helping children and young people to develop a healthy relationship with food.

2.

**Don't force children to try food**

Children should not feel forced to try any foods – the motivation to try them needs to come from within the child for it to have a positive effect long term. If they feel forced to try them, they will develop a negative association with the food.

# 18 Top Tips for Taste Testing Activities

3.

**Praise "giving things a go"**

Rather than praising a child for trying a particular food, praise the trait of being adventurous and "giving things a go". This means they are more likely to take on that trait as part of their identity and "give things a go" in other situations.

4.

**The word "like" doesn't always mean what we think it does**

Adults often interpret children saying "like" or "not like" as permanent opinions, but children's tastes and preferences change over time. Younger children also say they "don't like" something because they haven't developed the language yet to communicate what they mean, and sometimes they are trying to say, "I don't want it right now", "I feel nervous so I don't like that feeling" or "I'm full". Support children with exploring what they think about foods.

5.

**You have to try it to know if you like it**

Remind children they can't know if they don't like something if they've never tried it. It might be their new favourite food!

6.

**Move towards "Not sure about it...yet"**

Avoid language such as "not liking" a food, and instead say "not sure about it yet". This changes the focus from a simple "like/dislike" opinion about the food, and towards a sliding scale where they could try it again in the future and discover like it more.

7.

**Small portion sizes**

Keep the portion sizes small, to avoid overwhelming the child. This can be as little as one bean, or a tiny piece of broccoli.

8.

**Provide alternatives for allergies**

Consider dietary restrictions and allergies and provide alternatives so they can still participate in the activity.

9.

### Break down food categories

Children often categorise food under general labels, for example, "I don't like vegetables". It's important to give them opportunities to break down this label, and realise that they do like raw carrots, for example. Once they realise that they do like some foods from that category, it makes it easier to introduce more foods.

Also, you can break down the label of a particular food and suggest that they might like it more when prepared or cooked in a different way. This means they are more likely to give that food a go in different contexts as they might discover they like it.

10.

### Don't focus on negatives

If a child doesn't want to try a food, don't focus on it, and instead say, "That's no problem – I know you're adventurous so I bet you can do it next time!" and move on to praise someone who is doing well.

11.

### Reward progress

Praise children for making individual progress rather than focusing on all children achieving the same thing. Children will have different responses to taste testing due to previous exposure, or lack of, to the food. A child who tries a food that they've never tried before has made huge progress.

12.

### Train your taste buds to like food

Remind children that it can take 10-15 tries to develop a liking for a food, and sometimes when we first try a food our brain doesn't know what to think. We need to train our taste buds to like a food!

13.

### Praise individual milestones

If a child has never tried a food before, then them touching and exploring the food with their hands, or touching it with their tongue, should be celebrated.

Tailor praise to the child and their individual progress even if it's a small step.

14.

### Provide water to drink

Provide water for children to cleanse their palate.

15.

### Praise role models

Praise those who are doing well, especially those who are role models to other children and young people. Those who are nervous about trying the food often respond more to what a role model does than an adult encouraging them to try the food.

15.

### Have engaging discussions

Encourage engaging discussions whilst trying food, for example by sharing interesting facts about the foods being tasted.

16.

### Discuss experiences as a group

Encourage the children and young people to discuss what they have tried and share their thoughts with the group. This is a good opportunity to highlight positive experiences and for children to share how they have overcome challenges.

18.

### Don't make nervous children the focus of attention

Give plenty of opportunities for a child to try a food without them being the focus of attention. They will often give it a try when no one is looking if they can see others enjoying the food and getting praised and rewarded.







# Theme 5

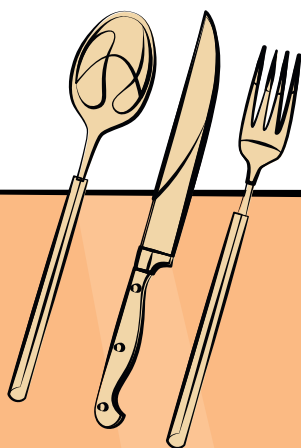
# Taste Testing

## HOW TO INTRODUCE THE TASK

"It can take trying a food 10-15 times to develop a liking for it. Sometimes when we try a new food, we don't know what to think about the taste and texture. Our brains say, "what's this?!" However, the more we try it, the more familiar it becomes, and the more we start to like it. We just need to train our tastebuds to start liking it! Today, we're going to explore kidney beans, butter beans, chickpeas and green lentils. Remember, if you taste one of them you can add a sticker to your Bean Team can on the Bean Team Challenge poster."

### Get your beans and pulses ready!

- 1 Wash your hands before handling food.
- 2 Open the can or carton (cans and scissors are sharp so ensure there's adult supervision).
- 3 Pour the beans or pulses from the can or carton into a sieve over a sink.
- 4 Rinse them under a running tap until the water runs clear.
- 5 Turn the tap off and allow the last of the water to drain from the sieve.
- 6 They're ready to eat! They are already cooked and you don't need to heat them.



## OPTION 1 – SENSORY EXPLORATION

### Materials

- Cans/cartons of kidney beans, butter beans, chickpeas and green lentils
- Bowls/cups/plates and spoons
- Water to drink

### Instructions

1. Wash your hands.
2. Drain and rinse your beans and pulses. Create a tasting station with bowls/cups of kidney beans, butter beans, chickpeas and green lentils. Label each bowl/cup to help the children identify them. Put a spoon in each bowl/cup and provide plates or bowls for each child. Remember to consider any dietary restrictions or allergies the children may have and provide alternative foods to try where necessary.
3. Look at the 18 Top Tips for Tasting Activities on page 18.
4. The children and young people can do the activity in their Bean Teams. Explain that they're going to use their senses to explore the beans and pulses and discover the different tastes and textures. Everyone should wash their hands.
5. Ask the children and young people if they know what the five senses are? (Give them the opportunity to answer.) Sight, smell, feel, taste, hear.
6. Ask the children which part of the body they use for each sense. (Give them the opportunity to answer.) For sight we use our eyes, to smell we use our noses, to feel we use our skin (especially our fingers as they are more sensitive), to taste we use our tongues (and our sense of smell can have an effect on taste, too!), and to hear we use our ears.
7. Put a very small amount of each food on each child's plate and bowl. Encourage them to consider the senses as they explore the food.
 

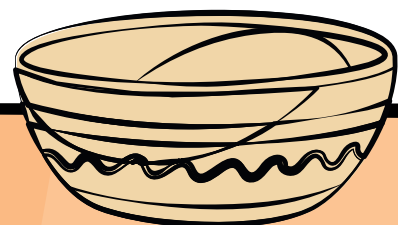
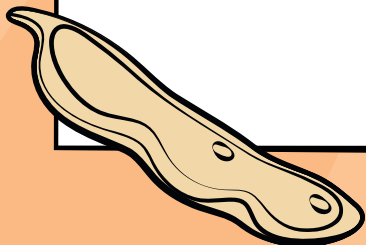
**Sight:** *What do you see?*  
(e.g., colour, red, green, brown, white, shape, round, spherical, curved, long, flat, size, small, texture, shiny, smooth, what it looks similar to)

**Smell:** *What can you smell?*  
(e.g., mild, strong, no smell, salty, metallic, musty, flowery, fruity)

**Feel:** *What is the texture?*  
(e.g., hard, soft, smooth, crunchy, gritty, juicy, lumpy, powdery, squishy, wet, slippery)

**Taste:** *What is the flavour?*  
(e.g., sweet, salty, mild, strong, fresh, sour, refreshing)

**Hear:** *What can you hear?*  
(e.g., silent, loud, quiet, wet, crunchy)
8. Encourage the Bean Teams to discuss the beans and pulses and ask questions such as, 'did it taste like anything you've eaten before?' or 'how did it feel in your mouth?'
9. Remind children that you can train your taste buds to like a food, and it can take 10-15 tries before it happens.
10. Provide each child with something to write on and ask them to rate each bean and pulse based on their experience and write down their comments.
11. Bean Teams can add Full of Beans stickers to their cans on the Bean Team Challenge poster for every type of bean or pulse they tried. Even if they just had a little nibble! Which Bean Team will be the most Full of Beans?



**OPTION 2 – TASTING CHALLENGE****Materials**

- Cans/cartons of kidney beans, butter beans, chickpeas and green lentils
- Other foods of your choice
- Bowls/cups/plates and spoons
- Cardboard box/screen/cloth to hide food, or a blindfold
- Water to drink

**Instructions**

1. Wash your hands.
2. Drain and rinse your beans and pulses. Prepare bowls/cups/plates of different foods including kidney beans, butter beans, chickpeas and green lentils. Also have other foods available to try such as vegetables, fruit, sauces or herbs. Remember to consider any dietary restrictions or allergies the children may have and provide alternative foods to try where necessary.
3. Put each of the bowls/cups/plates of food out of sight but so children can reach their hands in and touch them (e.g., cardboard box, behind a screen or cloth). Have a different tasting station for each food, and label them with a number. If you are unable to use a cardboard box, screen or cloth, then move the food out of sight of the group and blindfold the children instead.
4. Look at the 18 Top Tips for Tasting Activities on page 18.
5. The children and young people can do the activity in their Bean Teams. Explain that they're going to be exploring different food without seeing them (explain whether the food is out of sight or if they will be blindfolded). Everyone should wash their hands before starting the activity.
6. Guide the children to each tasting station and get them to use a spoon to taste a little bit of each food. Ask them to describe the flavours, textures and any other observations.
7. Provide each Bean Team something to write on and ask them to guess what they think the food at each tasting station is.
8. One tactic is for all the Bean Team members to try all the foods, which will mean they have a better chance at guessing the food correctly, and also means they get lots of Full of Beans stickers.
9. Another tactic would be for the Bean Team members to each try food from different tasting stations, so each team member only tries some of the foods. If someone tries a food and they are unsure what it is, then another team member could try it to see if they could identify it. This tactic would mean they get less Full of Beans stickers as not everyone will have tried the beans and pulses on offer.
10. Bean Teams can add Full of Beans stickers to their cans on the Bean Team Challenge poster for every type of bean or pulse they tried. Even if they just had a little nibble! Which Bean Team will be the most Full of Beans?
11. Give a Bean-tastic Team sticker to the Bean Team that correctly identified the most foods at the tasting stations.
12. Give a Bean-tastic Team sticker to the Bean Team that showed the best teamwork and supported each other.



# Activity discussion ideas

## Kidney beans

### Look at the bean poster

"Kidney beans are named after their kidney shape and come in various colours, such as red, white and speckled. These beans are packed with lots of good stuff that our bodies need grow and stay healthy. You can do all sorts of fun things with kidney beans, like turning them into tasty soups, stews or salads. Has anyone here tried kidney beans before? How do you normally eat them/in what dishes?"

### Kidney bean quiz:

#### 1. What colours can kidney beans come in?

- a. Green and purple
- b. Yellow and blue
- c. Pink and orange
- d. Red, white and speckled

Answer: d. red, white and speckled

#### 2. Kidney beans are a great source of fibre.

##### What does fibre help with?

- a. Keeping our tummies happy.
- b. Helps us see in the dark.
- c. Helps us grow taller.
- d. Helps us run faster.

Answer: a. keeping our tummies happy.

#### 3. Kidney beans are often used in which types of dishes?

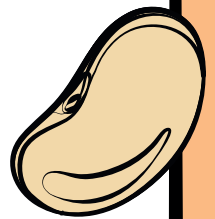
- a. Pizzas
- b. Cakes and cookies
- c. Soups and stews
- d. Ice cream and puddings

Answer: c. soups and stews

#### 4. What do you have to do before eating dry kidney beans?

- a. Peel off the skin
- b. Soak and then cook them
- c. Cut them up
- d. Blend them

Answer: b. soaking and cooking



## Butter beans

### Look at the bean poster

"These beans got their name because of their smooth and creamy texture, which reminds people of soft butter. Inside these beans are lots of nutrients which help us to grow strong and stay healthy. They are also known as Lima beans, and they are native to South America. They can be bought, dried, tinned or in jars. Has anyone here tried butter beans before? How do you normally eat them/in what dishes?"

### Butter bean quiz:

#### 1. What colour are the most commonly found butter beans?

- a. White or cream
- b. Brown
- c. Red
- d. Purple

Answer: a. white or cream

#### 2. What is another name for butter beans?

- a. Green beans
- b. Runner beans
- c. Lima beans
- d. Kidney beans

Answer: c. Lima beans

#### 3. True or false: butter beans have a sweet and tangy flavour

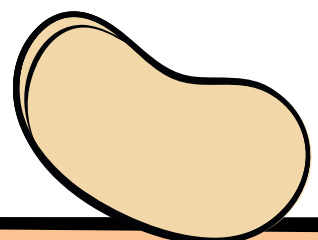
- a. True
- b. False

Answer: a. True

#### 4. Butter beans are a good source of what nutrient?

- a. Fat
- b. Protein
- c. Calcium
- d. Vitamin D

Answer: b. Protein



# Chickpeas

## Look at the chickpea poster

"Chickpeas are small round beans that have nutty flavour. They can be enjoyed in many different ways. For example, they can be roasted which turns them into crunchy snacks or mashed into a dip called hummus. They can also be added to sauces, soups, stews, curries and salads. Has anyone here tried chickpeas before? How do you normally eat them/in what dishes?"

## Chickpea quiz:

### 1. What are chickpeas also known as?

- a. Jelly beans
- b. Baked beans
- c. Garbanzo beans
- d. Green beans

Answer: b. Garbanzo beans

### 2. What is the colour of a chickpea?

- a. Beige/cream
- b. Green
- c. Blue
- d. Black

Answer: a. Beige/cream

### 3. Which of the following flavours do chickpeas have?

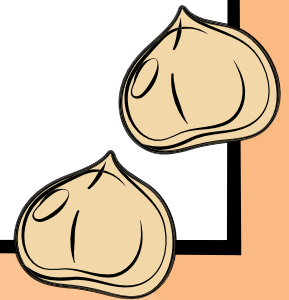
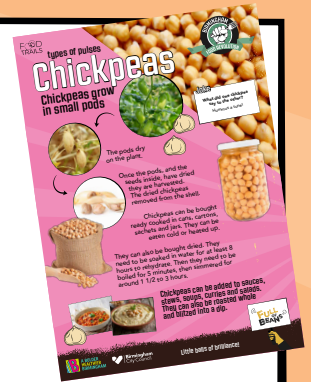
- a. Sour
- b. Sweet
- c. Spicy
- d. Nutty

Answer: d. Nutty

### 4. Which country produces the most chickpeas each year?

- a. India
- b. Mexico
- c. Australia
- d. Turkey

Answer: a. India



# Green Lentils

## Look at the lentil poster

"Lentils are small, round seeds that come in various different colours and green is one of the most common types. They may be small, but they are powerhouses full of plant-based protein and other nutrients. They are a versatile ingredient and can be added to lots of dishes, such as soups and curries. Has anyone here tried lentils or green lentils before? How do you normally eat them/in what dishes?"

## Green lentils quiz:

### 1. What's the most common way to prepare green lentils for eating?

- a. Boiling
- b. Baking
- c. Frying
- d. Grilling

Answer: a. Boiling

### 2. True or False: green lentils can be used as a meat-substitute in vegetarian meals.

- a. True
- b. False

Answer: a. True

### 3. Which part of the legume plant do you find green lentils growing?

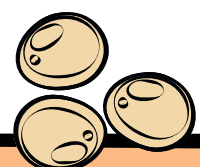
- a. Roots
- b. Stem
- c. Leaves
- d. Pods

Answer: d. Pods

### 4. What is the texture of cooked green lentils?

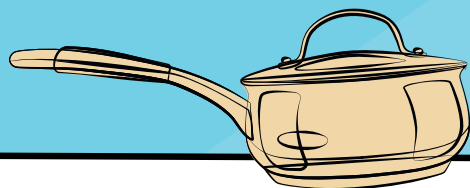
- a. Crispy
- b. Soft and tender
- c. Crunchy
- d. Chewy

Answer: b. Soft and tender





# Theme 6 Cooking



**About this activity:** This activity provides an opportunity for the children to explore beans and pulses through cooking. As part of the Full of Beans Campaign, we've uploaded lots of recipes to the Whisk recipe website and app, including affordable and low equipment recipes. Visit the Whisk.com website or app and search "FOB".

## How to introduce the task

"Today we're going to be cooking. The first thing we need to do is wash our hands. It's important to do this before we touch or taste any food.

*(Get children and young people to wash their hands)*

What are your favourite foods?

*(give children the opportunity to answer)*

Who likes and enjoys cooking?

*(give children the opportunity to answer)*

Does anyone help their grown-ups with the cooking at home?

*(give children the opportunity to answer)*

Does anyone already eat beans, chickpeas, lentils or peas at home?

*(give children the opportunity to answer)*

What meals do you have them in?

*(give children the opportunity to answer)*

We're going to do our activities in our Bean Teams. Remember, if you taste beans and pulses you get to put stickers in your cans on the Bean Team Challenge poster. Also, if your team shows great teamwork, do really well at the activity, you support each other, or you're really helpful, you will get a Bean-tastic Team sticker! Let's get cooking!"

## Top Tips

Demonstrate how to make the recipe before the children and young people do the activity. Make sure that all ingredients and equipment are in easy reach.

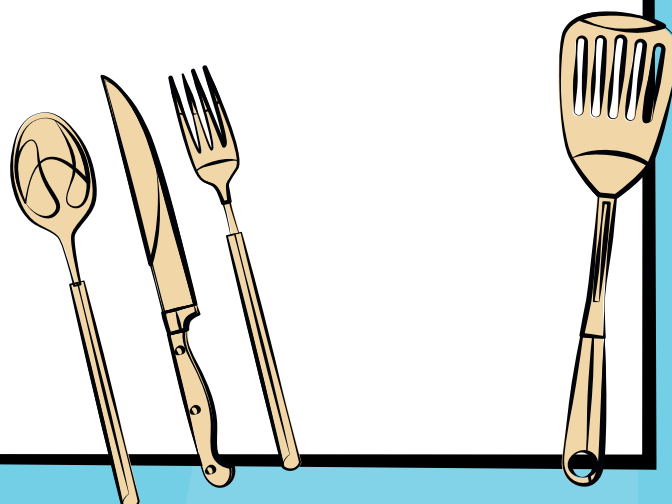
Give children tasks to help with the cooking demonstration, such as measuring ingredients, stirring, chopping and plating up.

Show children different cooking techniques such as measuring ingredients, cutting vegetables, or mixing ingredients and how to do it safely (especially if using knives or heat).

Teach about the importance of food safety, handwashing, following packaging instructions and food storage.

Encourage children to add their own twists to recipes by providing additional ingredients, toppings or sauces.

Ask children questions and encourage them to share their thoughts and experiences with food, cooking and healthy eating.

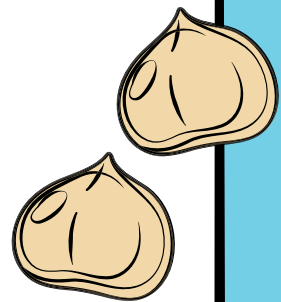


**RECIPE OPTION 1 – HUMMUS****Ingredients (serves 8)**

- 400g can chickpeas
- 3 cloves garlic
- 1 lemon
- Small bunch (20g) fresh mint or coriander (optional)
- 2 x 15ml spoons warm water
- ½ x 5ml spoon ground cumin
- 2 x 15ml spoons extra virgin olive oil
- Black pepper (optional)
- Pitta bread slices/breadsticks

**Equipment**

- Can opener
- Sieve
- Food processor/hand blender/masher/fork
- Sharp knife
- Chopping board
- Grater
- Bowl
- Measuring spoons

**Instructions**

1. Drain and rinse the chickpeas.
2. Blend the chickpeas in a food processor or using a hand blender, until they are a chunky texture, not puréed or smooth (If you do not have a food processor you can mash the ingredients with a masher or fork. It may take longer and you may need to add more water to get it to a smooth consistency.)
3. Peel and crush the garlic.
4. Grate the zest and squeeze the juice from the lemon into a bowl.
5. Roughly chop the herbs if you are using them.
6. Add the garlic, lemon juice, water, lemon zest, herbs (if using), cumin and olive oil to the processor and blend until it becomes a smooth texture.
7. Add black pepper to taste (if using).
8. Ask children to try the hummus, using the pitta bread slices or breadsticks to dip in.

**RECIPE OPTION 2 – NO-COOK BEAN WRAPS****Ingredients (serves 8)**

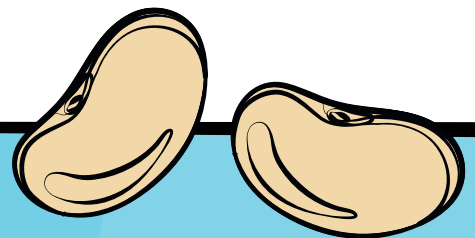
- Tortilla wraps
- 400g can of beans (such as kidney beans or chickpeas)
- Salad or vegetables (e.g., lettuce, diced tomatoes, sweetcorn or peppers)
- Grated cheese (optional)
- Greek yoghurt or sour cream (optional)
- Salsa (optional)

**Equipment**

- Can opener
- Sieve
- Sharp knife
- Chopping board
- Grater
- Spoon

**Instructions**

1. Drain and rinse the canned beans.
2. Lay out the tortilla wrap on a flat surface.
3. Spread a layer of beans onto the tortilla, leaving some space around the edges.
4. Add a handful of the salad or vegetables and grated cheese (optional) on top of the beans.
5. Add a spoonful of Greek yoghurt or sour cream and salsa if using.
6. Roll up the tortilla tightly, making sure that you tuck in the edges as you go.
7. Repeat for the remaining wraps.



**RECIPE OPTION 3 – MIXED BEAN SALAD****Ingredients (serves 8)**

- 400g can of kidney beans
- 400g can of chickpeas
- 400g can of butter beans
- Salad or vegetables (e.g., sweetcorn, celery, peppers)

**Dressing** (change ingredients and dressing according to taste or availability)

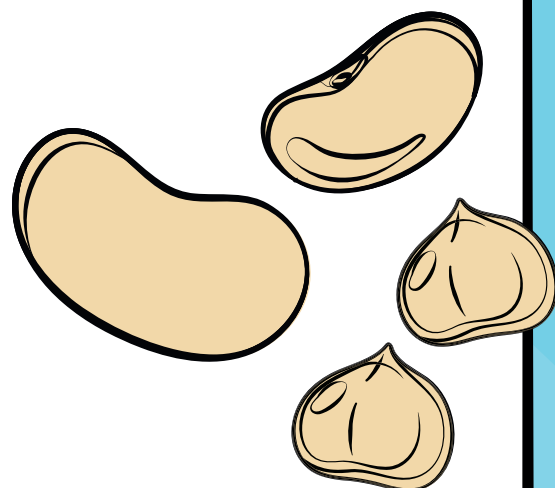
- 1 clove garlic
- 2-3 sprigs fresh tarragon (optional)
- 1 small bunch (20g) fresh parsley
- 1 small lemon OR 2 x 15ml spoons lemon juice
- 60ml olive oil

**Equipment**

- Can opener
- Sieve
- Large bowl
- Large spoon
- Chopping board
- Sharp knife
- Garlic crusher
- Measuring spoons
- Small bowl
- Serving bowl

**Instructions**

1. Drain and rinse the canned beans.
2. Mix the beans together in a large bowl.
3. Wash and dry the salad and vegetables as needed. Chop into 1cm pieces. Stir into the beans.
4. Peel and crush the garlic.
5. Use scissors to finely chop the tarragon (if using) and parsley.
6. Squeeze the juice from the lemon, if using fresh.
7. Put the olive oil, lemon juice, tarragon, parsley and garlic in a small bowl and mix thoroughly to combine.
8. Pour the dressing over the salad and mix thoroughly.



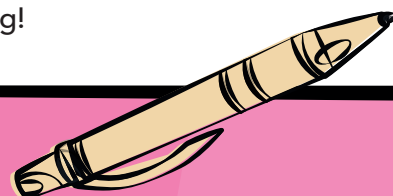
# Theme 7

# Optional Creative Activities

2  
hours

## OPTION 1 – RECIPE/MENU DESIGN

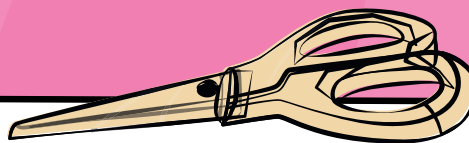
Create 3 bean dishes for a menu (one breakfast, lunch and dinner item) and then draw/design each dish. Make sure to include delicious sounding descriptions and to label each ingredient. Encourage the children to use their imagination and to have fun bringing their dishes to life through drawing!



2  
hours

## OPTION 2 – CREATE AN ADVERT

Work in Bean Teams to plan out a tv or radio advert promoting the new menu and the bean recipes that have been created. What delicious descriptions can you use to make sure new customers want to come and sample these dishes? Perform your advert in front of the group/other Bean Teams.



1  
hour

## OPTION 3 – DESIGN A POSTER

Work in Bean teams to design a poster for your restaurant to promote your newly created bean dishes from the previous activity. What colours/logos will you use? Make sure the poster communicates a clear message and highlights things such as special offers.



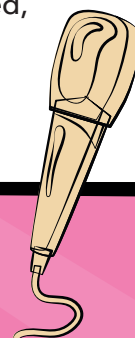


**2**  
hours



#### OPTION 4 – CREATE A SONG

Work in your Bean Teams to create a song celebrating all the things beans do for our bodies and the planet. Once finished, perform your songs to the rest of the group. Use the fuel your body with the power of beans poster and beans and pulses create a happy planet poster to give you ideas.



**1**  
hour

#### OPTION 5 – WRITE A POEM

Write an acrostic poem about Full of Beans (where the first letter of each line spells out a word or message) or create a rhyming poem about beans and pulses. Try to include as many different bean varieties as possible.



**1**  
hour

#### OPTION 6 – WRITE A SHORT STORY

Write a story that includes beans and pulses. For example, being inspired by the story of Jack & the Beanstalk.









# Theme 8

# Optional Bonus Activities and Games

20  
mins

## OPTION 1 – BEAN AND SPOON RACE

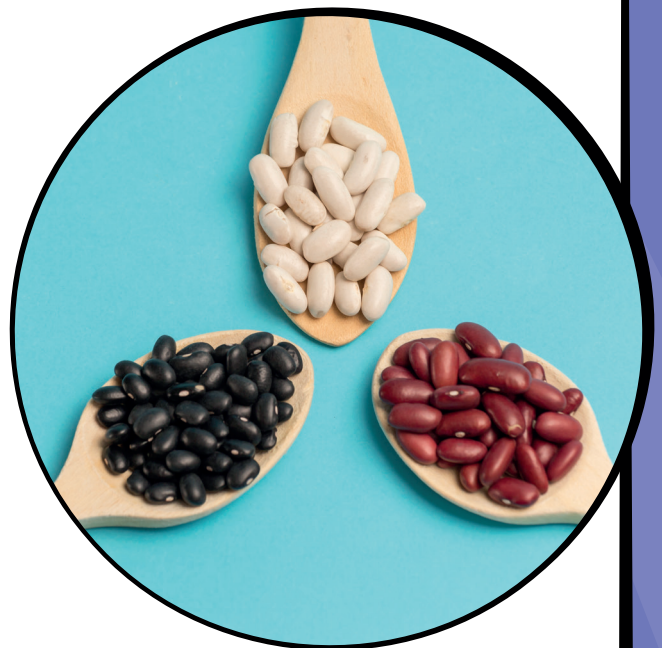
The same as an egg and spoon race...but with beans!

### What you need

- Beans (dried ones work best)
- Spoons
- Space to run a race

### Instructions

1. Children line up ready to have a race.
2. Each child has a spoon with a bean on it.
3. They hold the spoon with one hand, and the other hand has to go behind their back.
4. When you say go, they race to the finish line. Whoever gets there first, and still has their bean on their spoon, wins!



### Joke

How do you address an audience full of pulses?

Ladies and lentil-men...

### Joke

I lost one pea from my plate at dinner the other day

It was an escape-pea!

### Joke

What did one chickpea say to the other?

Hummus a tune!

### Joke

Why can't you trust a legume with a secret?

They always spill the beans!

**20**  
mins

## OPTION 2 – I WENT TO THE SHOP AND I BOUGHT...BEAN EDITION

### Instructions

1. Follows the same pattern as the "I went to the shop and I bought..." game, except instead of using different shop items, all the items can be a different type of bean.
2. This is where children sit in a circle and take turns, E.g.
  - I went to the shop and I bought kidney beans....
  - I went to the shop and I bought kidney beans, and jelly beans....
  - I went to the shop and I bought kidney beans, and jelly beans, and broad beans....
3. Each player must remember the previous order whilst adding on their own new addition at the end of the previous sequence. The game keeps going until someone gets the sequence wrong (in which case the game restarts) or turn taking is completed round the circle once with no mistakes. Some beans are listed on page 8 and page 10 if you need ideas.



**20**  
mins

## OPTION 3 – WHO AM I? FOOD EDITION

### Instructions

1. Each child secretly chooses a food item (try to encourage them to choose a bean or pulse) without revealing it to the others. Once everyone has chosen an item of food, they can take turns being the "mystery food".
2. The mystery food child can stand or sit at the front of the group. The other children will take turns asking yes or no questions to try and guess what food they are. They can only respond with yes or no. The children who are guessing can ask questions like 'are you a fruit?' or 'am I usually eaten as a snack?'.
3. Once the food item is correctly guessed, the child or guessed correctly will become the next mystery food. Continue until all children have had the chance to be the mystery food.









# Theme 9

# Look how much we've grown!

45  
mins

## MEASURING SUCCESS – FOLLOW UP MEASUREMENTS

### How to introduce the task

"We've been on a mission to superpower our city and make us all Full of Beans! We're now going to record our achievements on this wallchart. To measure how well we have done we need to do our follow-up measurements. Do you remember when we filled in the left side of the Measuring Success poster when we did the baseline measurements? Now we're going to see if we've eaten more beans and pulses and become Full of Beans.

I need a volunteer helper or young leader to help us keep track. I need people to help me count raised hands, and someone to help me write down the numbers on the wallchart.

### Let's start answering the questions!

What's today's date?

How many people are here today?

### How many times did we try these beans and pulses during our Full of Beans mission?

Baked beans

Kidney beans

Butter beans

Chickpeas

Lentils

Peas

### How many want to carry on doing Full of Beans activities at home?

### How many people have eaten these in the last two weeks?

Baked beans

Kidney beans

Butter beans

Chickpeas

Lentils

Peas

Which pulse scored the highest?

Which one has everyone eaten the most?

### How many people want to eat these again?

Baked beans

Kidney beans

Butter beans

Chickpeas

Lentils

Peas

Which pulse scored the highest?

Which one has everyone eaten the most?

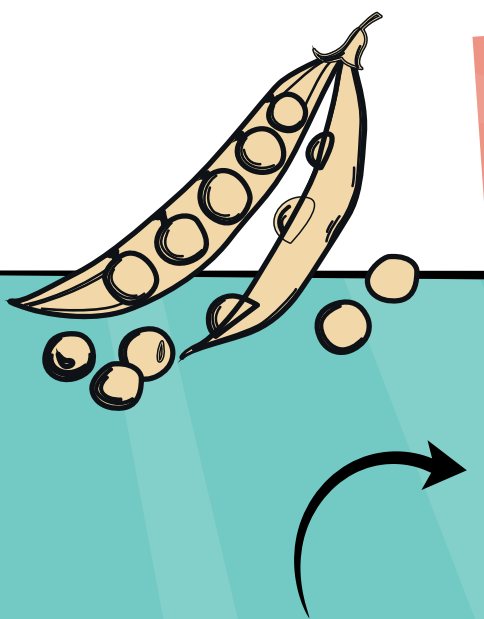
How many people are going to ask their grown ups to make food with these in them in the next two weeks?

Baked beans  
Kidney beans  
Butter beans  
Chickpeas  
Lentils  
Peas

Which pulse scored the highest?  
Which one has everyone eaten the most?

What do you think of these foods? Shout out words and we can write them on the wallchart. For example, what do you think of the taste, the texture, and do you like them?

Baked beans  
Kidney beans  
Butter beans  
Chickpeas  
Lentils  
Peas



**Measuring Success**  
Baseline measures

What's the name of your group or club? \_\_\_\_\_

**planting the Seed**  
How many people have ever eaten:  
Baked beans, Kidney beans, Butter beans, Chickpeas, Lentils, Peas

How many people have eaten these in the last two weeks:  
Baked beans, Kidney beans, Butter beans, Chickpeas, Lentils, Peas

**look how much we've Grown!**  
How many times did your club offer these foods during your Full of Beans mission?  
Baked beans, Kidney beans, Butter beans, Chickpeas, Lentils, Peas

How many people are going to ask their grown ups to make food with these in them in the next two weeks?  
Baked beans, Kidney beans, Butter beans, Chickpeas, Lentils, Peas

What do you think of these foods? Ask the group to shout out words and write them below (e.g. taste, texture, whether you like them)  
Baked beans, Kidney beans, Butter beans, Chickpeas, Lentils, Peas

Share your results! It's really important that you send these results to your Full of Beans coordinator. Take a photo of the wallchart and send it to them. Make sure you've completed all the sections, including your group's name, dates and the number of children present. Thank you for helping us get our mission to make everyone Full of Beans!

We've completed the Measuring Success wallchart.  
Look how much you've grown!

What were your team missions, and did you achieve them?

What are you most proud of?

What did you enjoy the most?

We're so proud of what you've achieved, the new foods you've tasted,  
how much you've learned, and your amazing teamwork.

Well done!

# Full of beans celebration

30  
mins

**You have completed the Full of Beans mission! Now is the time to recognise individual and team achievements with certificates. Some of the certificates have space for you write what they're being rewarded for. By filling this in their grown-ups at home can find out about their achievement and praise them, too.**

## **Which team tasted the most beans?**

*Certificate (one team)*

**Bursting with Beans! Your Bean Team is Full of Beans!**

**You worked as a team to try loads of beans and pulses. Great job!**

## **Which team had the most Bean-tastic Achievements?**

*Certificate (one team)*

**Bean-tastic teamwork! Worked as a pod and harvested the reward!**

**You've worked really well as a team. A dream bean team!**

## **Which individuals have done really well?**

*Certificate (everyone)*

**Brave Bean! You've tried something new!**

**You've tasted new beans and pulses! Amazing achievement!**

*Certificate (a handful of people)*

**Runner Bean! Look how far you've come!**

**You've made amazing progress! We're proud of you!**

*Certificate (a handful of people)*

**Legume Master! The pulse is strong in this one!**

**You've been a pioneer and tried lots of beans and pulses.**

**Super achievement!**

*Certificate (a handful of people)*

**Brilliant Beanstalk! We couldn't have reached this high without you! You have been helpful and supportive to others. Thank you super star!**



## **CARRY ON AT HOME**

- Take your growing pots/beansprouts home
- Children and Family booklet
- Introduction to Beans and Pulses booklet
- Search "FOB" on the Whisk recipe app or website

# Vision

Create a fair, sustainable and prosperous food system and economy, where food options are nutritious, affordable and desirable so everyone can thrive.



## The Ambition of the Birmingham Food Revolution

A city where...

- We consume a nutritious diet that helps us thrive
- Our diet doesn't cause us harm
- Our food system is ethical, fair and eliminates injustice from farm to fork
- We reduce harm to the world around us
- We empower people and overcome barriers to providing healthy and sustainable food options
- We respect and support diversity and choice
- We are resilient, and adapt, learn and evolve
- We celebrate what food brings to our city

If you are interested in learning more about the Birmingham Food Revolution and how you can get involved visit [www.birmingham.gov.uk](http://www.birmingham.gov.uk) and search "Food Revolution".







We're on a mission to help everyone discover how amazing beans and pulses are. They may be small, but they are MIGHTY! They are super for our bodies, great for the planet, affordable, convenient, and delicious too!

We have created many Full of Beans activities and resources to help people discover, explore and celebrate beans and pulses through growing, tasting and cooking.

The Kids' Club Leader Guide is packed full of fun activities you can do with children and young people in after school clubs, holiday clubs and youth groups. It gives children and young people the chance to grow, taste and explore beans, as well as learning fun facts about why they are good for our bodies and the planet.



**A Birmingham Food Revolution Initiative**

