



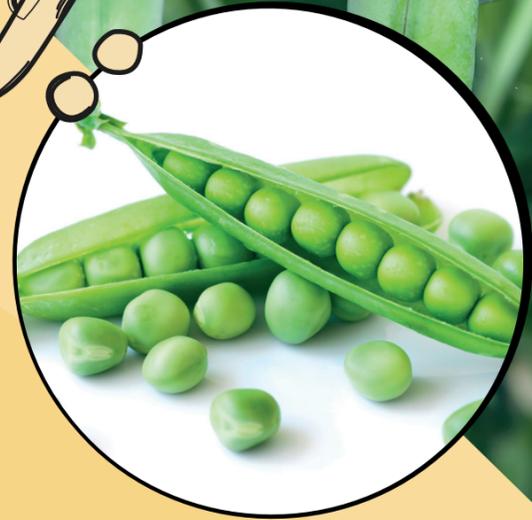
what are Legumes?

Legumes are plants that grows pods.

Inside the pods are seeds. We can eat some pods and their seeds fresh, such as peas and green beans.



You can leave the pods to dry on the plant, and then harvest them.



Inside the pods are dried seeds. These dry seeds are called pulses.



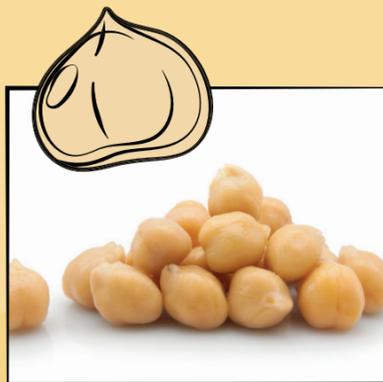
Joke

My friend Jack claims that he can communicate with legumes
Jack and the beans talk!

There are different types of pulses including ...



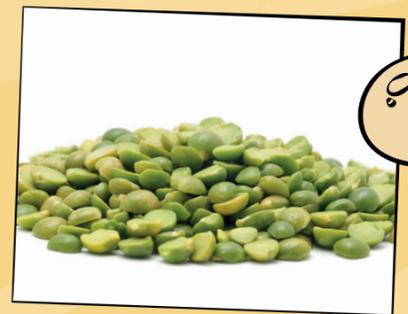
beans



chickpeas



lentils



peas

How many legumes have you tried?



types of pulses

Beans

Beans grow in long pods



The pods dry out on the plant. They are harvested after the pods, and the beans inside, are dry.



Inside the pods are beans.

Beans come in lots of different colours, shapes and sizes.



Beans can be bought ready cooked in cans, cartons and jars. They can be eaten cold or heated up.



They can also be bought dried. Larger beans to be soaked in water for at least 4 hours to rehydrate. Then they need to be boiled for 10 minutes, then simmered for around 1 to 2 hours.



Beans can be added to sauces, stews, soups, curries and salads. They can also be blitzed into a dip.



Joke

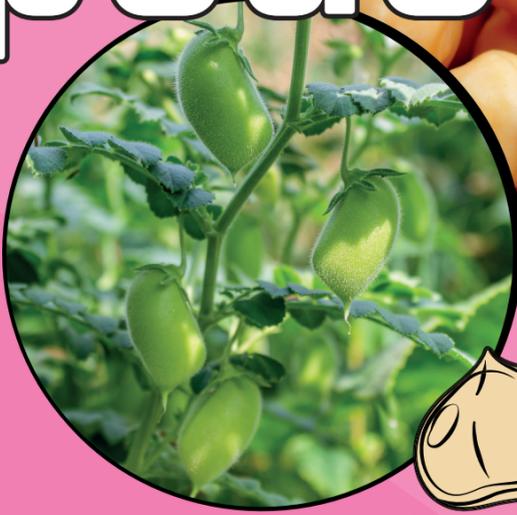
Why can't you trust a legume with a secret?

They always spill the beans!

types of pulses

Chickpeas

Chickpeas grow in small pods



The pods dry on the plant.



Joke

What did one chickpea say to the other?
Hummus a tune!



Once the pods, and the seeds inside, have dried they are harvested. The dried chickpeas removed from the shell.



Chickpeas can be bought ready cooked in cans, cartons, sachets and jars. They can be eaten cold or heated up.

They can also be bought dried. They need to be soaked in water for at least 8 hours to rehydrate. Then they need to be boiled for 5 minutes, then simmered for around 1 1/2 to 3 hours.

Chickpeas can be added to sauces, stews, soups, curries and salads. They can also be roasted whole and blitzed into a dip.



types of pulses

Peas

Peas grow in medium sized pods.



Joke

I lost one pea from my plate at dinner the other day
It was an escape-pea!



They can be harvested fresh and eaten. They can be frozen to make them last longer.

The pods can be left to dry on the plant.



Once they are dry they are harvested, and the dry peas removed from the shell. The dry peas are a type of pulse.



The outer skin can be removed and the inside splits into two. These are called split peas. They cook more quickly and get soft when cooked.

They can also be bought dried. They need to be cooked for around 30-45 minutes.



Peas can be whole. You can get yellow peas and green peas. They hold their shape when cooked.



Peas can be added to sauces, stews, soups, curries and salads.



types of pulses

Lentils

Lentils grow in small pods.



Joke

How do you address an audience full of pulses?
Ladies and lentil-men...



Once the pods have dried on the plant they are harvested. The dry seeds are removed from the shells. There are lots of different lentil varieties that are different colours including red, brown and green.



Lentils can be bought ready cooked in cans, cartons, sachets, jars and frozen. They can be eaten cold or heated up.



They can also be bought dried. They need to be cooked for around 30-45 minutes.



Whole lentils

Lentils can be added to sauces, stews, soups, curries and salads



Lentils can be whole or the skin removed and the inside split in two. Whole lentils hold their shape when cooked whereas split lentils cook more quickly.



Split lentils

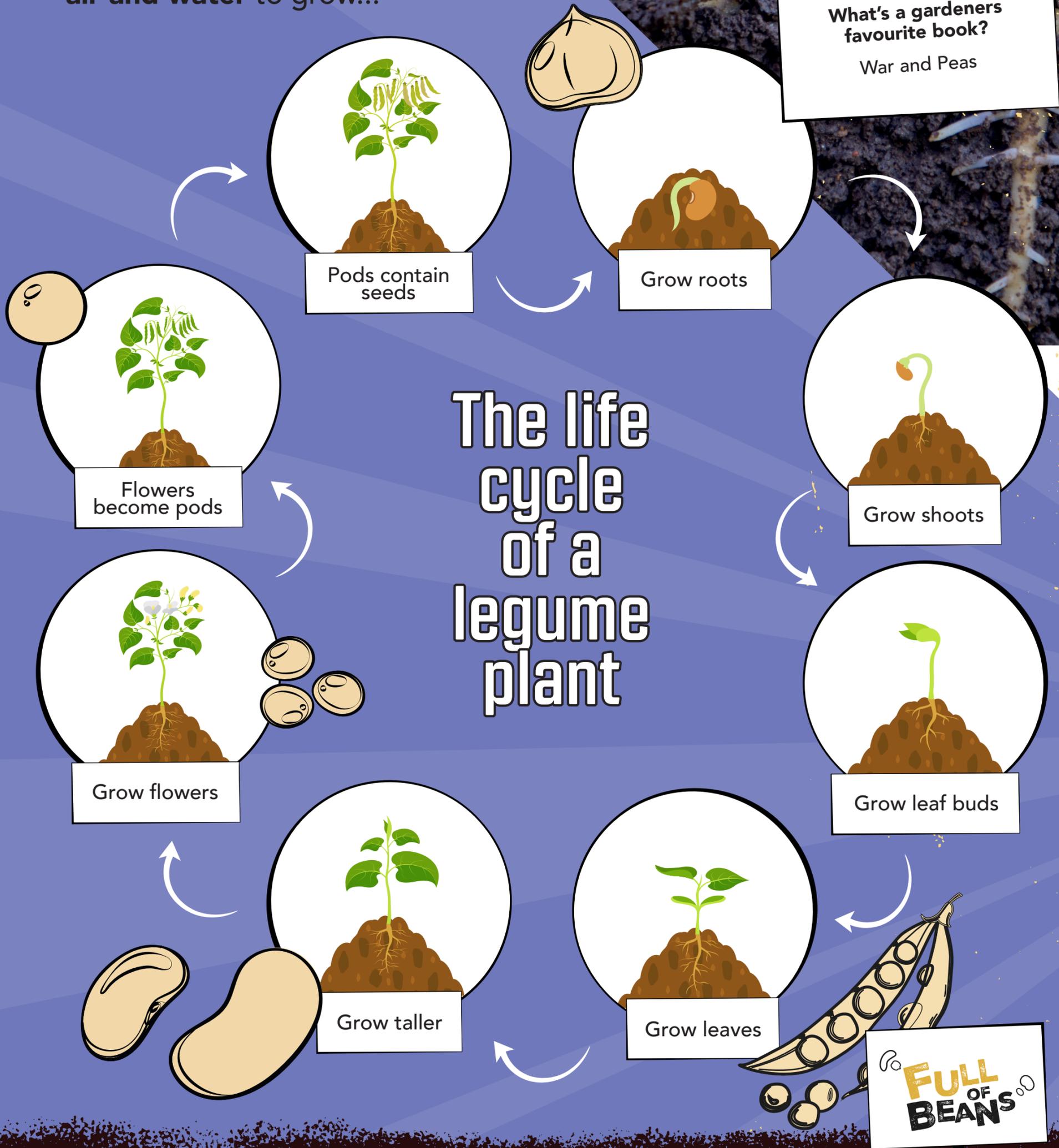


How do they grow? Legumes

Plants need **sunlight, warmth, air and water** to grow...



Joke
What's a gardeners favourite book?
War and Peas



FULL OF BEANS



Create an awesome bean team!

Remember that the Full of Beans Mission 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.

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.

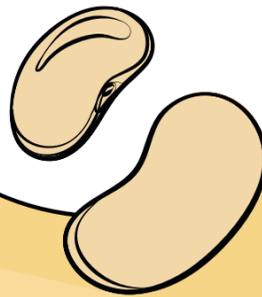
2. We celebrate individual progress

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.

What makes an awesome Bean Team?



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.

Joke

What do you call a team that keeps sleeping on the job?

A dream team!

Ideas for Bean Team missions

- We're going to try a new bean or pulse
- We're going to taste of ALL the beans and pulses
- We're going to try a new recipe
- We're all going to take part in ALL the Full of Beans activities
- We're going to grow a pea plant
- We're going to tell our friends and family how to become Full of Beans
- We're going to learn 5 new facts about beans and pulses which we didn't know before



Fuel your body with the power of beans!



Beans and pulses have lots of protein, fibre, complex carbohydrates, vitamins and minerals and are low in fat, salt and sugar.

This means they help us:



Grow long hair



Build strong teeth and bones



Grow tall

Build strong muscles



Get better when we hurt ourselves

Run fast



Help us feel fuller for longer

Give us energy slowly so we have enough fuel for the day



Joke

Did you hear about the hungry clock?
He went back four seconds!



Play all day long



Help our tummies digest food

Keep our hearts strong and blood pumping





Beans and pulses create a Happy Planet



Bean-tastic Soil

When legumes grow they help make soil healthy and full of nutrients. Eating beans and pulses makes our soil better!



Climate Heroes

Legumes releases fewer gases that make the planet too warm. Eating beans and pulses helps stop climate change!

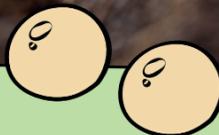


Water Savers

Legumes need much less water to grow than meat and dairy products. Eating beans and pulses saves water!

Joke

Why did the leaf go to the doctor?
It was feeling green!

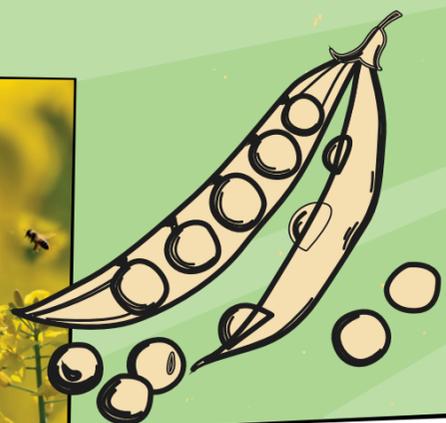


Farming Friends

Legumes are important for gentle farming methods that use multiple crops. Eating beans and pulses supports better farming methods and nature!

Habitat Protectors

Less land is needed to grow legumes than to raise animals which means there is more land for nature. Eating beans and pulses protects natural habitats!



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.

3.

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.

18 Top Tips for Taste Testing Activities

4.

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.

5.

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.

6.

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.

7.

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.

8.

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!

9.

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.

10.

Provide water to drink

Provide water for children to cleanse their palate.

11.

Have engaging discussions

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

12.

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.

13.

Provide alternatives for allergies

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

14.

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!

15.

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.

16.

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.

17.

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.

18.

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.

