



Lesson 5

Power Panther Eats Beans

Key Messages:

EAT SMART: I am learning beans are bountiful.

PLAY HARD: I am learning that my body can move in different directions.

Suggested book for this lesson:

Jack and the Giant

Jim Harris

Other suggested books:

One Bean, Anne Rockwell

Beans, Gail Saunders-Smith

Stone Soup, Marcia Brown



CACFP snack ideas:

-  Black bean and cheese quesadilla, milk
-  Speckled Bean Soup (recipe on page 46), crackers
-  Beanie weenies, milk



EAT SMART Activities

I am learning beans are bountiful.

Introducing Beans at Circle Time

Getting Ready:

Purchase one bag of dry bean soup mix. Glue one of each kind of bean found in the mix to a 3 x 5 index card. Use a different card for each bean.

Procedure:

Read a book about beans. Place about a tablespoon of the dry bean mix on the table for each child. Show children one bean at a time. Ask them to raise their hands if they have that kind of bean in their mix. Have the children help count the number of different beans in the mix. Ask these questions:

- Do you know that a bean is a vegetable seed?
- Pick up one of the beans. Is it hard or soft?
- How do you think we can make it soft? (*soaking it in water*) We have to make the beans soft before we can eat them.
- What foods have beans in them? (*soup, ham & beans, bean dip, refried beans*)

EAT SMART Stretcher Activities

- Place 3-4 dry beans on a damp paper towel in a small zipper bag. Close the bag and hang in a window. Several days later the beans should begin to sprout. Keep moist, but not wet and watch the beans grow.
- Make Smashed Bean Dip using a 16 oz can refried beans and a 10 oz can of diced tomatoes and green chilies. Serve as part of a CACFP snack.
- Have children put 2 tablespoons of refried beans on a small flour tortilla. Top with 2 tablespoons of grated cheese. Heat and eat as part of a CACFP snack.
- Add canned beans to your favorite vegetable soup to add fiber and protein.
- Purchase fresh green beans and have the children help “snap” the ends off. Steam and eat for lunch.
- Serve Cowboy Beans at lunch or snack. Mix a variety of drained canned beans together. Add small sausages if desired. Season with catsup and barbeque sauce. Bake and serve hot.



PLAY HARD Activities

I am learning that my body can move in different directions.

PLAY HARD - Jack and the Beanstalk

Materials needed:

Lunch size paper bags or an old sheet
Leaves (paper or real)
Masking tape
Stapler, optional

Procedure:

Have the children help twist the paper bags (or the sheet) and tape them together to form a beanstalk. Staple or tape leaves to the stalk. Hang it from a high place so it nearly touches the floor. Create a “magic line” by placing some masking tape a few feet in front of the stalk. Instruct children to sit down on the line while one child hides behind the stalk. Allow pairs of children to pretend they are Jack and tiptoe close to the stalk. When they reach the bottom of the stalk, encourage them to pretend to climb up it--- lifting their knees and using their arms to climb. When the child has “climbed” a short distance, instruct other children to warn Jack, “The Giant is coming”! The child behind the beanstalk appears from behind the beanstalk and marches with heavy steps toward Jack. Jack pretends to climb down the stalk toward the magic line. Children may also form a circle around the stalk and practice hopping, jumping, or sliding either direction around the stalk. Have everyone take turns being both Jack and the Giant.

PLAY HARD - Norma Jean the Jumping Bean

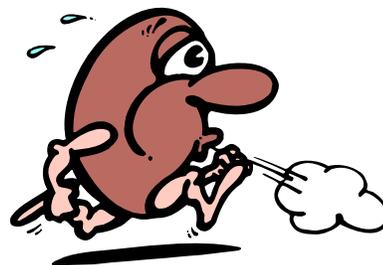
Materials needed:

Paw prints (see page 11)

Procedure:

Give each child a paw print. Learn the chant:

*Norma Jean the jumping bean,
She could jump forever it seems.
She jumped so high she touched the sky.
And didn't come down until the fourth of July!*



As the children are jumping, encourage them to move their bodies in different directions: to the right, to the back, over the paw print, from side to side, etc.

Enhancement Activities

EAT SMART - Speckled Bean Soup

Ingredients:

1½ cups dry bean mix
4 cups water or soup stock
2 stalks celery, chopped
2 carrots, chopped or grated
1 onion, chopped
1 tablespoon dried basil
1 can green beans with liquid
2 tablespoons lemon juice
¾ teaspoon onion or garlic salt
1/8 teaspoon pepper

Materials needed:

Container for soaking beans
Can opener
Cutting board
Knife
Vegetable peeler
Grater
1 cup measurer
Tablespoon
Teaspoon
Soup pot or slow cooker

Getting Ready: (day before activity)

Place dry beans in container and add water so beans are covered by 2" of liquid. Soak overnight. Drain in the morning. You may also want to chop the onion in advance.

Procedure:

1. Wash, peel, and grate the carrots.
2. Wash and cut the celery into small pieces.
3. Have children help add soaked beans, 4 cups of water or stock, carrots, celery and onion to the pot.
4. Simmer until the beans are tender, approximately 1 hour on the stove or according to directions if using a slow cooker.
5. Add the basil, green beans with liquid, lemon juice, salt and pepper and simmer approximately 30 more minutes.
6. Enjoy Speckled Soup and crackers for afternoon snack.

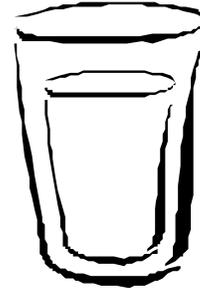


Enhancement Activities

Math or Science Activity - Soupy Suspension

Materials needed:

- Clear glass of water
- Clear glass bowl for bean soup
- 1 dry bean
- 1 whole baby carrot
- 1 tablespoon grated carrot



Procedure:

Talk to the children about how some things sink to the bottom when we put them in water while some things stay on top of the water. When we put something in a liquid and it stays on top of the liquid, we say it is suspended or it floats on the top.

Using a clear glass of water, add a dry bean. Does it sink or float? Now add a baby carrot. Does it sink or float? Add a grated carrot. Does it sink or float? Ladle some of the bean soup into a clear glass bowl. Look at the vegetables in the soup. Are there vegetables in the soup that sink? What is suspended in the soup?

Additional Activity - Absorption

Put a small amount of water in a bowl. Have children add a cracker and watch the water being absorbed. Now the cracker is soft and not crisp. Talk about absorption. Now add several dry beans to a bowl half full of water. Check throughout the day to see if the water is absorbed. At the end of the day, feel the beans to see if they are soft or hard.

Singing and Dancing

Song: Stir the Soup (tune: Row, Row, Row Your Boat)

Stir, stir, stir the soup, stir it all day long
Add some _____ to the soup.
(have children name ingredients as added)
Soup will make us strong.



Teacher Notes



Beans

