Just the Facts

<table>
<thead>
<tr>
<th>The bean seed is planted in the spring and harvested in the fall.</th>
<th>Beans are a good source of fiber. Fiber keeps you full for longer.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Beans are high in protein. Protein helps us grow &amp; build muscle.</td>
<td>The most common bean varieties in the U.S. are Pinto, Navy, Great Northern, Red Kidney and Black Beans.</td>
</tr>
</tbody>
</table>

Did You Know?

- This month on the school menu you can enjoy BEANS in the following homemade dishes:
  - Hummus
  - Baked Beans
  - Black Bean & Corn Salsa
  - Double Bean Chili
  - Cabbage Patch Soup

- Beans are inexpensive, making them an affordable protein option for families. Often, beans are priced at 25 cents per cup.
- Beans are available to buy in bulk, bagged, canned, or frozen.
- The recommended serving size of beans is ½ cup; that looks like half of a baseball.

Books to Read!

Grades K-2
One Bean By Anne Rockwell

Grades 2-5
Yum! MmMm! Que Rico! By Pat Mora
Spill the Beans and Pass the Peanuts by Meredith Sayles Hughes

For more information, see:
- [http://www.eatright.org/Public/content.aspx?id=6442477978](http://www.eatright.org/Public/content.aspx?id=6442477978)
Activity: Beans

Color and Count the Rainbow of Beans!

All of the varieties of beans differ in size, shape and color. Use natural bean colors to fill in this bean rainbow!

1. Kidney bean: Red
2. Navy bean: Cream
3. Pinto bean: Brown
4. Soybean: Green
5. Garbanzo bean: Tan
6. Cannellini bean: Off-white
7. Black bean: Black
8. Lima Bean: Light Green

Color the beans to match the variety above then count the beans.

1. = _____
2. = _____
3. = _____
4. = _____
5. = _____
6. = _____
7. = _____
8. = _____