

Lesson #8: Just Say Yes to...Beans!

Lesson Materials

- Cardboard food models or cans of a variety of beans
- Bags of dried beans
- Giant flip pad & markers (optional)
- Ingredients and supplies to prepare and serve JSY recipe

Duration of Lesson

Welcome:	2 minutes
Icebreaker:	5 minutes
Introduction:	10 minutes
Activity 1:	15 minutes
Activity 2:	15 minutes
Recipe:	20-40 minutes
Closing:	5 minutes

Take Home Items

- *Bean Basics* JSY handout
- JSY recipe
- JSY incentive

To Find Out More

- Food Stamp Nutrition Connection Recipe Finder: foodstamp.nal.usda.gov
- WIC resources for cooking dried beans: www.health.state.mn.us

Objectives

At the completion of the workshop, participants will be able to:

- List at least 2 benefits of including beans in their diet.
- Describe new ways to use beans in family meals.
- Describe proper cooking methods for dried beans.

Welcome

- Greet participants as they enter workshop area.
- Introduce yourself and JSY program.
- Explain what the workshop will be about and how long it will take.
- Define workshop ground rules:
 - This is a safe learning environment.
 - No one will be called on. Participants have a "voice by choice."
 - Please stay until the end, complete survey and receive incentive.

Icebreaker

- Ask participants to work in pairs and brainstorm with their partner the benefits of eating beans. Have participants write down their ideas on sticky notes.
- Collect participants' sticky notes and read out the benefits they listed. Post the benefits on a flip pad or wall if desired.

Introduction

- Summarize any benefits mentioned in the Icebreaker and encourage the group to call out any other reasons beans are important in their diet. Include:
 - Beans taste great!
 - Beans are inexpensive.
 - Beans are a good source of protein.
 - Beans are fat free and high in vitamins, minerals and fiber.
- Emphasize the health benefits of beans:
 - help lower cholesterol
 - reduce the risk of cancer
 - help maintain weight
 - control blood sugar

Using Beans in Family Meals (Activity 1)

- Discuss the different kinds of beans available. Use pictures of beans, cardboard food models, cans of beans, or baggies of dried beans to demonstrate the wide variety.
- Ask the group which varieties are familiar to them. Which are new? Do they have a favorite that wasn't mentioned?
- Ask the group to pair up and brainstorm with their partner ways they could add beans to their daily diet.
- After a few minutes, ask the group to call out their ideas. Use a flip pad to record answers if desired. Be sure to mention some of these strategies:
 - Use beans in place of meat in a favorite casserole or lasagna dish.
 - Add your favorite type of bean to a cold salad.
 - Load your lunch-time wrap or burrito with plenty of beans.
 - Include a bean soup as its own entrée at your next meal.

Take Away Task

- Invite participants to share with the group or write down one way they are going to add beans to their meals this week.

Preparing Dried Beans (Activity 2)

- Show the group a bag of dried beans and tell them it contains about 5 to 6 cups of cooked beans. Compare the cost of dried beans versus cooked beans.
- Distribute *Bean Basics* handout and explain the preparation of dried beans step by step. Demonstrate the process as much as possible. Note that black-eyed peas, split peas and lentils DO NOT need to be soaked before cooking.
- Have the group pair up. Pass out sticky notes to each pair and ask them to write down all the benefits and all the drawbacks of using dried beans. (You can use one color paper for benefits and one for drawbacks if you wish).
- Go over each pair's responses as a whole group, starting with the benefits. Then, go over drawbacks. As a whole group, brainstorm ways to overcome each drawback. (i.e. soak beans while at work, freeze small batches of cooked beans, etc).

Take Away Task

- Invite participants to share with the group or write down one strategy they can use to prepare dried beans this week.

Demonstrate a JSY Recipe

- Announce JSY allergy disclaimer.
- Discuss all steps in preparation.
- Explain how to select and store the fruit or vegetable used in the recipe.
- Offer samples to participants.

Suggested Recipe Talking Points

- Discuss different varieties of beans that could be substituted for the one listed in the recipe.
- Discuss equivalent amount of dried beans, frozen cooked beans, or cans of beans that should be used in the recipe.
- Ask participants if or how they might change this recipe at home for their families.

Closing

- Summarize key points in lesson.
- Ask participants, "What are your questions?"
- Distribute JSY Surveys. Assist participants with completion, if needed.
- Give a JSY Nutrition Education Incentive to each participant as they hand in their survey.
- Thank participants.

Clean and pack up workshop space.