



Harvest Out-of-School Objectives

Participants will review which plant part beans are from
Participants will review the health benefits of dry beans
Participants will make a dry bean snack



Harvest Out-of- School Review

- Hold up the beans and ask the participants if they remember, from school:
 - what these are called (dry beans)
- Review with them how beans grow (from the flower swelling after pollination), why we should eat beans (healthy muscles, healthy blood, and healthy digestion). Please see the next pages for images to share with them.

Harvest Out-of- School Brainstorm—How many dried beans can you name?

- Give each pair of participants a piece of scrap paper and a pencil. Tell them they will get 1-2 minutes to write or draw as many different types of beans they know. If time permits, have a group discussion about their ideas. Which bean types did most groups have listed? Which were the least common? (For a list of over 25 beans, with photo examples, visit: <http://lynnescountrykitchen.net/sidedish/Beans/aboutbeans.html>)

Harvest Out-of-School In Action

Rule of 15 “Put a food on the table at least 15 times to see if a child will accept it.” Susan B. Roberts, Tufts University Nutritionist and Co-author of Feeding Your Child for Lifelong Health

Mexican Pizza (10 participants)

20 oz. cooked pinto beans (cooked at the site the day before or from cans)

1 tomato, diced	1 head lettuce, shredded
10 oz. olives, sliced	10 oz. shredded cheese
10 whole wheat tortillas	5 Knives & Cutting boards
2-3 Potato mashers, or forks	7 bowls & spoons
Can opener	Plate (1 per participant)

General Directions: Allow each participant to create a Mexican pizza.

1. All participants should wash their hands.
 - a. Wet hands with warm water
 - b. Apply hand wash (soap)
 - c. Lather and wash for AT LEAST 15 seconds (the length of the ABC song)
 - d. Rinse both sides of hands with water all the way up to the wrists
 - e. Dry hands and shut off faucet with towel
2. Demonstrate how to rinse the tomato but putting it under running water and rubbing the skin to remove any soil. Then demonstrate how to slice and dice the tomato by holding the knife handle properly and rolling the fingers under, so the fingertips are protected. Have 1 participant dice the tomato.



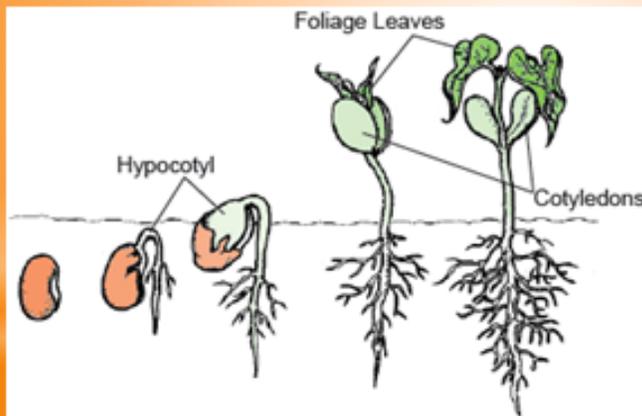
Dry Beans

3. Demonstrate how to rinse the lettuce but putting it under running water and rubbing the leaves to remove any soil. Then demonstrate how to cut the lettuce into thin shreds by holding the knife handle properly and rolling the fingers under, so the fingertips are protected. Have 2 participants each shred the one half of the lettuce.
4. Have the participants open the olives and demonstrate how to slice the olives into thin slices, using the same techniques as #2 and #3 above. Have 3 participants slice the olives.
5. Have 3 participants mash the beans into a paste-like texture using the potato masher or forks. Then have them put the beans into one serving bowl.
6. Have 1 participant open the cheese and tortillas, and put the cheese in a bowl and one tortilla on one plate for each participant. Have 1 participant prepare the eating area (wiping tables, moving chairs, etc.)
7. When all the slicing and mashing are done and the items are in the serving bowls have each participant make a Mexican pizza. Spread the beans on the tortilla (as sauce on a pizza) and top with tomato, cheese, and lettuce. Note: These can be eaten hot or cold. If heating, put lettuce on after baking for about 5 minutes at 325 degrees, or until the cheese is melted. Enjoy!

Harvest Out-of-School Wrap-Up

- After trying the beans, have the participants record in their HOM journal on their “Like” “Don’t Like” table.
- On the “Why we should eat...” page have the older participants record one health benefit.
- If time permits, participants may share their responses in pairs, or with the group.

How do Dry Beans grow?



Beans grow on a plant.
After pollination, the bean flowers swell
into the bean pods we eat.



Why should we eat Dry Beans?

Potassium
& Iron



Healthy muscles

Folate



Healthy blood

Fiber



Healthy digestion, cleans your system