



Out-of-School Learning Plan Green Bean

Harvest Out-of-School Objectives

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



Harvest Out-of-School Review

- Hold up the green beans and ask the participants if they remember, from school:
 - what are these called (green beans)
 - what plant part do they come from (flower)
- Review with them how green beans grow (on bushes or small plants, from flowers after they are pollinated), why we should eat green beans (healthy eyes, healthy immune systems—prevents colds, healthy muscles, healthy digestion, healthy blood), and how to pick good green beans (good color, and they should not be mushy when you push on it.) Please see the next pages for images to share with them.

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

Green Bean Fries (10 participants)

(adapted from: <http://www.myrecipes.com/recipe/oven-roasted-green-beans>)

2 pounds green beans, trimmed	4 teaspoons olive oil
1/2 teaspoon salt	1/4 teaspoon pepper
Baking sheet	Plate (1 per participant)
Mixing bowl & Spoon	



General Directions: Put green beans on greased baking sheet with salt and pepper and bake.

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. Have 1 participant set out ten plates.
3. Rinse the green beans by placing them under running water and rubbing them so any soil is removed. Demonstrate how to trim the beans by removing the top stem and bottom nub with their hands. Have 5 participants trim the beans.
4. Demonstrate how to grease the baking sheet with the olive oil and have 1 participant do so.
5. Have 3 participants measure the salt, pepper and olive oil into the mixing bowl.
6. When beans are trimmed add them to the bowl and have everyone mix well to coat.
7. Then have everyone place green beans in a single layer on a baking sheet. Bake at 425° for 8 minutes or until crisp-tender. Allow to cool and enjoy!

Harvest Out-of-School Wrap-Up


- After trying the green 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.
- What other fruit & veggie slices can be made into fried? (sweet potatoes, carrots, bell peppers, etc.)
- If time permits, participants may share their responses in pairs, or with the group.


How do green beans grow?


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





Why should we eat green beans?

Vitamin A

Healthy eyes

Vitamin C

Healthy immune system (heals cuts, prevents colds)

Manganese

Healthy bones

Folate

Healthy blood

Fiber

Healthy digestion
cleans out your system