

# FOOD EXPLORERS

Step by Step — Learn about and taste different foods

Beans!!!



## Step 1

### Mystery Food?

- Choose from different kinds of dried beans that you have on hand to explore.
- Place dried beans in a paper bag.
- Tell your students a mystery food is inside and they are going to solve the mystery.
- Have your students reach their hand into the bag and feel the food. Don't peek!
- Ask your students questions such as:  
Is it rough or smooth?  
How many items are in the bag?  
Can you eat it uncooked?  
What colour is it?
- Reveal the beans.

## Step 2

### Explore the Food

- Ask your students questions and use the stories from the read-aloud options below to explore this food.
- How do you think beans grow?  
*Dried beans grow on vines like green beans, but stay on the plant longer to mature.*
  - What colours are dried beans?  
*Red: kidney beans, red chili beans; white: kidney beans, great northern, navy, lima; tan: chickpeas/garbanzo beans; speckled: pinto; black: turtle beans.*
  - Story options:
    - [One Bean](#) by Anne Rockwell
    - [The Sandwich Swap](#) by Queen Rania Al Abdullah and Kelly DiPucchio

## Step 3

### Cook and Eat Together

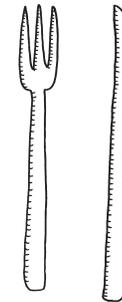
- Use one of the recipes below or visit [Better Together](#) for other tasty ideas.
- [Bean Dip](#)
- [Quesadillas](#)



Feel free to share what you did with your child's caregiver.

Did you use your own recipe?

Consider sharing it with the [Better Together](#) community.



## Step 4

### Journal the Experience

- Have your students journal their experience by writing or drawing what they learned about the food on a blank piece of paper.

