Activity—Sorting and Identifying Beans

Before the Activity
Read through the activity and gather the following materials:
• Ten bean soup mix
• Note cards with the name of each bean written in clear letters (refer to ingredient label for specific type of beans)
• Small cups (one per child)
• Empty egg cartons or muffin tins

Conduct the Activity
• Explain that beans are healthy to eat because they help young bodies to grow bigger and stronger. Some people eat beans instead of meat at their meals.
• Pass out small cups of the bean soup mix to each child.
• Ask children to sort the different types of beans into egg cartons or muffin tins.
• Ask children to identify the different colors, shapes, and sizes of beans.
• Show children the note cards displaying the names of the beans. Together, identify all 10 types of beans.
• (Optional) Serve 10 bean soup as part of the children’s lunch on the day that they complete this activity. Ask the children how the beans changed during cooking and see if they can identify the cooked beans in the soup.
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Before the Activity
Read through the activity and gather the following materials:

- Bean seeds (scarlet runner beans are featured in the story *Jody’s Beans* but any type of green bean seeds will work)
- small peat pots
- planting soil

Conduct the Activity

- Read the book, *Jody’s Beans*. Ask children if they have ever planted seeds and watched them grow. Explain that you will plant bean seeds just like Jody and her grandfather did in this story.
- Ask children if they know what is needed for seeds to sprout and grow (soil, water, and sunshine).
- Have each child use a spoon to fill small peat pots with planting soil.
- Plant two bean seeds in each pot, according to the instructions on the seed package.
- Keep soil moist and place in a sunny area outdoors (or in a sunny window indoors).
- After the beans sprout, thin to one plant per container. Once the plant is 2–3 inches high, the entire pot can be planted outdoors in the garden or in a bigger pot to grow inside.
• Continue to monitor the plants and hopefully, harvest and taste the delicious beans. Harvest in the tender pod stage and serve as green beans. If possible, allow some of the pods to mature and dry into seeds (dry beans).