



## Bean Education Resources

[www.whatcomfarmtoschool.org](http://www.whatcomfarmtoschool.org)

### Local Educational Resources

- Bean Education Curriculum – 4<sup>th</sup> grade – For 4th grade teachers a complete curriculum is available (though much of the material will be of interest to teachers in other grades as well) -- “[Garden-Based Pulse Nutrition and Biology: Grade 4 Curriculum](#).” This curriculum was developed by WSU Mount Vernon Research & Extension Center graduate student, Kelly Ann Atterberry, and is based on the new Next Generation Science Standards. The Spring Bean Education Unit focuses on planting and growing beans and includes three 30-minute classroom lessons, and three 30-minute lessons in the school garden. The Fall Bean Education Unit (which will go online summer 2014) is intended for the new class of 4<sup>th</sup> graders and includes the same three classroom lessons, and three garden-based lessons focused on harvesting and threshing dry beans.
- Bean Planting Guide – The handout, “Growing Your Own Beautiful Dried Beans,” was developed by local bean expert, Krista Rome of the [Backyard Beans and Grains](#) Project. It gives step-by-step instructions for growing beans.
- Video about Cooking with Beans – This five-minute [instructional video](#) by Kelly Ann Atterberry demonstrates how to cook beans and how to use the beans in two simple recipes: Black Bean Dip and Midnight Black Bean Cake (with Coconut Milk & Honey Frosting). The video is posted on Youtube so students can easily share it with their families.
- Slideshow and Trivia – Whatcom Farm-to-School’s [Harvest of the Month webpage for May](#) includes a short PowerPoint slideshow about beans for teachers to use in the classroom, and fun bean trivia questions.

### Other Resources Not Specific to our Region

- The WSDA’s online [Washington Grown Food Kit](#) has some educational information about beans, and a nice [collection of recipes](#) proportioned for school cafeterias featuring a wide variety of legumes.
- Handout: 12 Key Nutrients in Beans – This one-page handout by the US Dry Bean Council touting the nutritional benefits of eating beans, lists 12 key nutrients found in beans and briefly describes why each is important for our health.
- Handout: Eat More Beans! – This two-page handout by the US Dry Bean Council lists the health benefits of eating beans and provides tips for including more beans in one’s diet.
- Poster/Handout: The Powerful Nutrition of Beans – This document, prepared by US Dry Bean Council, can be printed large as a poster for the classroom or cafeteria, or small as a handout for individual students to take home. It includes engaging images and lists seven health benefits of eating beans.
- California’s Harvest of the Month Program has prepared a four-page [educational resource](#) about beans for teachers in the classroom, school garden, or cafeteria. The document contains a wealth of great information and ideas, however some of the content is California-specific.