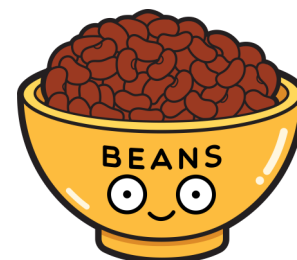


# Harvest of the Month

## April's Harvest: Legumes

### All About Legumes:

- Legumes are plants that include pods, like beans, peas, lentils, peanuts, soybeans, green beans, green peas, and others.
- When menu planning, the Child and Adult Care Food Program allows you to count dried beans, peas and lentils as either a meat/meat alternate or a vegetable. For example, black beans, chickpeas, and black-eyed peas. Green beans, green peas and lima beans can only count as a vegetable. Peanuts and peanut butter only count as a meat/meat alternate.
- In Georgia, we grow a variety of Southern field peas, like black-eyed peas, purple hull peas, zipper peas, and many more.



### Ways to Celebrate Legumes:

- April is National Gardening Month, and a great time to plant a spring garden. Green beans, lima beans, and Southern field peas can be planted in April.
- Download and share the Harvest of the Month family newsletter.
- Review the Harvest of the Month recipes and serve legumes at least once per week.
- Use the Harvest of the Month activities to provide food-based learning every week:

Week 1	Children will be introduced to legumes as the Harvest of the Month, and have an opportunity to make a musical seed shaker.
Week 2	Children will sprout a beanie baby and observe it as it grows over time.
Week 3	Children will learn about foods eaten around the world, and will try one or more legume dishes.
Week 4	The class will practice math skills with a legume counting activity and recipe.

# April's Harvest of the Month: Legumes

## Week 1

### Legumes Introduction

PDM2: The child will participate in activities related to nutrition

PDM4: The child will use senses to explore the environment and process information

#### Materials:

- Mystery box or bag: [Watch this video](#) for tips on making one
- Harvest of the Month poster: download in [English](#) or [Spanish](#)
- A variety of legumes, like dried beans, peas, lentils, sugar-snap peas, green beans, soybeans (edamame) or others
- Magnifying glasses or other sensory exploration tools (optional)



#### Instructions:

1. Put a legume (or legumes) inside a 'mystery box' or bag, and invite children to reach in and try to guess what's inside without peeking. Ask questions like "what does it feel like?" and "what do you think it is?"
2. Reveal the vegetable and explain that legumes, like beans, peas and lentils are the Harvest of the Month.
3. Pass out one or more types for the children to explore.
4. Children can sort dried beans by type or color. Children can explore legumes like sugar-snap peas, green beans or edamame by opening the pods to see what's inside (called the 'pulse').

### Make and Move: Musical Seed Shakers

CD-CR3: The child will use his/her voice, instruments, and objects to express creativity

PDM5: The child will demonstrate gross motor skills

#### Materials:

- Dried beans
- Empty toilet paper roll (one per child)
- Crayons, markers and/or stickers
- Stapler or strong tape



#### Instructions

1. Have children decorate their toilet paper tube with crayons, markers or stickers.
2. Seal one end of the tube with a stapler or strong tape.
3. Help children scoop about 1/4 cup of beans into their tube. Seal shut.
4. Host a parade with the musical seed shakers, encouraging children to march, hop, gallop, tip toe, or practice other gross motor skills.

**Alternate Music Activity:** Put on "[Can You Plant a Bean](#)" by Dance 'n Beats Lab and complete the movements as a class, getting faster and faster!

# April's Harvest of the Month: Legumes

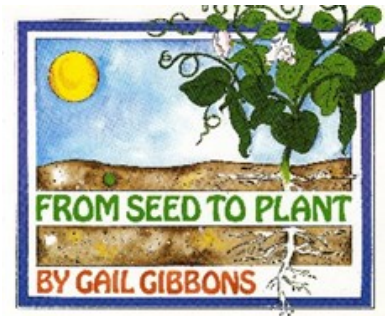
## Week 2

### Make a Beanie Baby

CD-SC3: The child will demonstrate knowledge related to living things and their environments

CD-SC1: The child will demonstrate scientific inquiry skills

This experiential learning activity will help children observe how a seed germinates, growing roots and a shoot. "From Seed to Plant" by Gail Gibbons is a helpful book to buy or borrow for this activity.



#### Materials:

- A book, illustration or video about seeds and plants
- 1 plastic sandwich bag with zip top per child
- 2 cotton balls per child
- 1 bean per child (like pinto beans)
- Optional: [Greenhouse template](#) from Kay Sommer

#### Instructions:

1. Read a book or show an illustration or video about how seeds sprout and grow into plants.
2. Pass out one plastic sandwich bag to each child.
3. Soak cotton balls in water, then squeeze out excess. Give each child two cotton balls to place inside their bag.
4. Place a bean on top of the cotton balls.
5. Seal the bag. If using the Greenhouse template, have children decorate their greenhouse, then staple or tape the bag to the back so the seeds are showing.
6. Hang in a window that gets a lot of sun.
7. Ask the children to predict what might happen to the bean.



### Watch It Grow

CD-SC3: The child will demonstrate knowledge related to living things and their environments

A few times each week, **observe** the beanie baby with the children. Ask:

- What happened to the bean?
- Can you identify the roots? The shoot? Are there any leaves?
- What do you think will happen next?

Children can draw a picture of their beanie baby, and older children may be able to label the parts: the seed, the roots, the shoot, the leaves.

**Observe** means to watch carefully to learn more about something.

# April's Harvest of the Month: Legumes

## Week 3

### Legumes Around the World

CD-SS1: The child will demonstrate understanding of his/her family and an emerging awareness of their own culture and ethnicity

CD-SS2: The child will demonstrate an understanding of his/her community and an emerging awareness of other's culture and ethnicity

Legumes are eaten all over the world and in many different ways. Before completing this activity, find out if and how families prepare legumes that are part of their family's culture and incorporate that into your lesson.

#### Materials:

- World map or globe
- Book, pictures or video about foods eaten around the world
- One or more legume dish(es) to try

#### Discussion Points:

- Culture is behaviors shared by a group of people. This can include the foods they eat, the language they speak, the holidays they celebrate, the clothing they wear, the sports they play, and more.
- There are many different cultures in the world. While people in a culture are the same in many ways, they are different from each other too.
- Legumes are an important food for many cultures around the world.



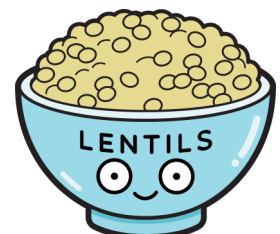
**Culture** is behaviors shared by a group of people.

#### Activity:

- Use the map or globe, and the book, pictures or videos to talk about different parts of the world and culture. Incorporate the culture of the children and staff in your program, and in your community.
- Host a taste-test to try one or more legume dishes from around the world. Ideas and recipes are below:

#### Legumes Around the World:

- [Black-eyed peas](#) are commonly eaten in the Southern United States, especially on New Years Day
- [Three sisters soup](#) is a Native American dish made with beans, corn and squash
- Chickpeas (also called garbanzo beans) are used to make [hummus](#), which originated in the Middle East
- Beans and rice are served throughout [North](#) and [South America](#), [Spain](#), [Africa](#), [India](#) and many other places, but with different seasonings and flavors added
- [Edamame](#) is boiled or steamed soybeans and popular in China, Japan and Korea
- [Dal](#) is a lentil stew eaten in India
- [White bean pasta](#) and soup are commonly eaten in Italy
- [Beans on toast](#) is a popular breakfast in England
- [Frijoles Refritos](#) (refried beans) are popular in Mexico



# April's Harvest of the Month: Legumes

## Week 4

### Legume Counting

CD-MA1: The child will organize, represent, and build knowledge of number and quantity

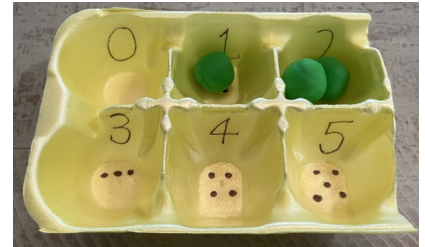
Practice math skills with this food-based learning activity:

#### Materials:

- Empty egg cartons
- Green art dough

#### Instructions

1. Label the egg carton compartments with dots or numerals to align with the child's math skills. This may be single dots in each compartment for toddlers, numerals with dots going from 0-5 for young preschoolers, and numerals 0-10 for older preschoolers.
2. Show children how to roll the dough into balls to look like a pea.
3. Instruct children to put a corresponding number of peas in each section of the egg carton.



### Georgia Caviar

PDM2: The child will participate in activities related to nutrition

CD-MA3: The child will explore and communicate about distance, weight, length, height and time

Recipes are an opportunity to practice math skills through counting and measuring ingredients.

#### Ingredients:

- 4 cups black-eyed peas (or 2, 15 oz cans, drained and rinsed)
- 2 cups cooked corn (or 1, 15 oz can, drained and rinsed)
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- 1 small, sweet onion, chopped
- Optional: fresh cilantro or parsley, torn into small pieces
- 1/4 cup sugar, 1/4 cup white vinegar, 1/4 cup vegetable oil (or substitute Italian dressing)



#### Instructions

1. Allow children to help chop, tear and measure ingredients, and combine into one large bowl.
2. Place the sugar and vinegar in a saucepan over medium heat, and stir until sugar is dissolved. Remove from heat and whisk in oil.
3. Pour the dressing over the bean mixture, and stir to combine.
4. Refrigerate for about an hour before serving. Drain off any excess dressing and serve with crackers or tortilla chips.