



Directions:

Ask students the following questions in **RANDOM ORDER**. Students will find the answer to questions on the BEAN-GO cards.

- ✓ Keep track of which questions have been asked by placing a checkmark after asking.

B	E	A	N	GO
Benefits	Enjoy	About	Nutrients	
The best markers are beans!				

Benefits

- ⋮ Dry beans are a good source of complex carbohydrates and dietary fiber. They are also naturally low in fat, which may help prevent chronic diseases. Because of this, people who consume dried beans have a <BLANK>.

Answer: Reduced risk of heart disease, diabetes and cancer

beaninstitute.com/bean-nutrition-overview/
usdrybeans.com/health-nutrition

- ⋮ Dry beans are a good source of fiber. Fiber adds bulk to our diet and makes us feel full faster, which helps people <BLANK>.

Answer: Maintain a healthy weight

medlineplus.gov/dietaryfiber.html

- ⋮ Dry beans are rich in soluble fiber, meaning they soak up water in our bodies to help create solid, regular bowel movements. Because of this, consuming dried beans is said to <BLANK>.

Answer: Support a healthy gut or GI tract

beaninstitute.com/bean-nutrition-overview

- ⋮ When compared to meat products, dry beans have this benefit for people's budgets.

Answer: Low cost per serving

beaninstitute.com/bean-nutrition-overview

- ⋮ Dry beans are good sources of protein, complex carbohydrates, fiber, antioxidants, vitamins, folate, iron and other minerals. All these nutrients mean dry beans are <BLANK>.

Answer: Nutrient-rich

usdrybeans.com/health-nutrition

About

- ⋮ This Nebraska dried bean is known for being used in thick soups and rice dishes or Mexican, Caribbean and Latin American side dishes.

Answer: Black bean

nebraskadrybean.nebraska.gov/dry-beans-101

- ⋮ This type of bean is often used in chili.

Answer: Dark red kidney bean

Enjoy

- ⋮ The U.S. Dietary Guidelines for Americans recommends eating this amount of legumes.

Answer: 1-3 cups per week

beaninstitute.com/bean-nutrition-overview

- ⋮ Dry beans are a versatile ingredient, which means they can be incorporated into <BLANK>.

Answer: Breakfast, lunch and supper

- ⋮ Great northern, pinto, light red kidney, black, pink, navy and garbanzo are just some of the <BLANK> of dried beans grown in Nebraska.

Answer: Many varieties

- ⋮ In Nebraska, you can get dried beans from a local producer during any month. This means that local, dried beans are available

Answer: Year-round

education.ne.gov/wp-content/uploads/2023/02/Seasonality-Chart.pdf

- ⋮ There are many ways to cook with dried beans. What are three ways?

Answer: Boiled, fried or baked

- ⋮ This Nebraska dried bean is also known as the chickpea.

Answer: Garbanzo bean

- ⋮ This type of dried bean is flat and creamy white in color. It is known for a rich, buttery taste.

Answer: Baby lima bean

usdrybeans.com/industry/bean-varieties

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Nutrients

- ⋮ Dry beans are a rich source of this mineral, which is essential for the production of hemoglobin, a protein in red blood cells.

Answer: Iron

medlineplus.gov/iron.html

- ⋮ Dry beans are a good source of fiber. Fiber adds bulk to our diet and makes us feel full faster, which helps people <BLANK>.

Answer: Maintain a healthy weight

medlineplus.gov/dietaryfiber.html

- ⋮ Dry beans are known for having this nutritional characteristic, which makes a great choice for people who want to reduce their risk of heart disease.

Answer: Fat-free

- ⋮ Dry beans are a good source of this nutrient, making it a good choice for people who need meat alternatives in their diet.

Answer: Protein

beaninstitute.com/bean-nutrition-overview

- ⋮ This nutrient is only found in plant-based foods and is needed to help with digestion. The nutrient also helps reduce the risk of chronic diseases.

Answer: Fiber

- ⋮ A waxy, fat-like substance is found in the cells of our body. Too much of this substance can cause blood clots in arteries leading to heart attacks. Dried beans do not have this substance, so you'll see dried beans advertised as being <BLANK>.

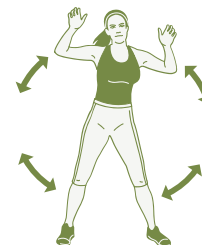
Answer: Cholesterol-free



Learn more at:
education.ne.gov/ns/farm-to-school

GO! Physical Activities

⋮ 10 jumping jacks



⋮ 10 toe touches



⋮ 10 head rolls



⋮ 10-second jog in place



⋮ 10-second stretching



Farm to School
NEBRASKA

Nebraska-Grown Proteins

BEAN STOCK

 **NEBRASKA**
DEPARTMENT OF EDUCATION

Among all the things to love about beans — they're delicious, affordable and packed with protein — they're also really important to our state's economy. Nebraska is one of the top producers of beans in the entire country. And there's so much more to explore about beans.

As a part of the Nebraska Department of Education's Farm to School program, Beanstock aims to celebrate beans and educate students about plant-based proteins and specialty crops with engaging, informative and inspiring lessons and activities for middle and high school students.

Learn more at:
education.ne.gov/ns/farm-to-school



 Benefits	 Enjoy	 About	 Nutrients	 GO
Reduced risk of heart disease, diabetes and cancer	1-3 cups per week	Baby lima	Iron	10 jumping jacks
Maintain a healthy weight	Breakfast, lunch and supper	Dark red kidney	Fat-free	10 toe touches
Support a healthy gut or GI tract	Many varieties		Protein	10 head rolls
Low cost per serving	Year-round	Garbanzo	Fiber	10-second jog in place
Nutrient-rich	Boiled, fried or baked	Black	Cholesterol-free	10-second stretching

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Benefits	Enjoy	About	Nutrients	
Low cost per serving	Boiled, fried or baked	Dark red kidney	Fat-free	10 head rolls
Maintain a healthy weight	1-3 cups per week	Garbanzo	Protein	10-second jog in place
Support a healthy gut or GI tract	Many varieties	FREE SPACE	Fiber	10-second stretching
Nutrient-rich	Year-round	Black	Cholesterol-free	10 jumping jacks
Reduced risk of heart disease, diabetes and cancer	Breakfast, lunch and supper	Baby lima	Iron	10 toe touches

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Benefits	Enjoy	About	Nutrients	
Low cost per serving	Year-round	Black	Fiber	10-second jog in place
Nutrient-rich	Boiled, fried or baked	Baby lima	Cholesterol-free	10-second stretching
Reduced risk of heart disease, diabetes and cancer	1-3 cups per week		Iron	10 jumping jacks
Maintain a healthy weight	Breakfast, lunch and supper	Dark red kidney	Fat-free	10 toe touches
Support a healthy gut or GI tract	Many varieties	Garbanzo	Protein	10 head rolls

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Nutrient-rich	Breakfast, lunch and supper	Black	Fat-free	10 head rolls
Maintain a healthy weight	Boiled, fried or baked		Cholesterol-free	10 toe touches
Low cost per serving	1-3 cups per week	Garbanzo	Fiber	10-second jog in place
Reduced risk of heart disease, diabetes and cancer	Year-round	Baby lima	Iron	10-second stretching

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Maintain a healthy weight	Many varieties		Iron	10 toe touches
Support a healthy gut or GI tract	Year-round	Garbanzo	Protein	10 head rolls
Low cost per serving	Breakfast, lunch and supper	Black	Fiber	10-second jog in place

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Benefits	Enjoy	About	Nutrients	
Maintain a healthy weight	Boiled, fried or baked	Dark red kidney	Cholesterol-free	10 toe touches
Support a healthy gut or GI tract	Breakfast, lunch and supper	Garbanzo	Iron	10 head rolls
Low cost per serving	1-3 cups per week	FREE SPACE	Fat-free	10-second jog in place
Nutrient-rich	Many varieties	Black	Protein	10-second stretching
Reduced risk of heart disease, diabetes and cancer	Year-round	Baby lima	Fiber	10 jumping jacks

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Nutrient-rich	Boiled, fried or baked	Black	Cholesterol-free	10-second stretching
Reduced risk of heart disease, diabetes and cancer	1-3 cups per week	Garbanzo	Protein	10 head rolls
Support a healthy gut or GI tract	Breakfast, lunch and supper		Fiber	10-second jog in place
Low cost per serving	Many varieties	Dark red kidney	Iron	10 toe touches
Maintain a healthy weight	Year-round	Baby lima	Fat-free	10 jumping jacks

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Nutrient-rich	Boiled, fried or baked		Protein	10 toe touches
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Among all the things to love about beans — they're delicious, affordable and packed with protein — they're also really important to our state's economy. Nebraska is one of the top producers of beans in the entire country. And there's so much more to explore about beans.

As a part of the Nebraska Department of Education's Farm to School program, Beanstock aims to celebrate beans and educate students about plant-based proteins and specialty crops with engaging, informative and inspiring lessons and activities for middle and high school students.

Learn more at:
education.ne.gov/ns/farm-to-school



B	E	A	N	GO
Benefits	Enjoy	About	Nutrients	
Maintain a healthy weight	Boiled, fried or baked	Dark red kidney	Fat-free	10-second stretching
Nutrient-rich	Breakfast, lunch and supper	Black	Cholesterol-free	10 toe touches
Support a healthy gut or GI tract	Many varieties	FREE SPACE	Protein	10 head rolls
Low cost per serving	Year-round	Garbanzo	Fiber	10-second jog in place
Reduced risk of heart disease, diabetes and cancer	1-3 cups per week	Baby lima	Iron	10 jumping jacks

Farm to School
NEBRASKA

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DEPARTMENT OF EDUCATION

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