

Beans Investigation: Teachers' notes



BeanMeals
Thinking beyond the can



Learning outcome:

Investigate the food miles travelled by food and understand this impact on the environment.

Understand the health benefits of beans.

Understand the transition of dried beans to beans in cans.

Session:

1. Ask the following questions:
 - Who likes beans?
 - Who has had baked beans? In the last week?
 - Who has had/tried other types of beans?
 - Do you know why beans are healthy for you?
They contain:
 - Fibre, which is good for your heart
 - Low amounts of fat
 - High amounts of protein, which helps you grow
 - Carbohydrates and protein to help create a balanced meal
 - Minerals and nutrients.
2. Hold up the tin of baked beans and a bag of dried haricot beans at the same time.
 - What processes have the dried beans been through to get them into a tin?

Create the world...Ask volunteers to hold their beans in the country of origin.

3. Ask the 7 volunteers to come to the front, giving each volunteer a different pack of dried beans.
4. Ask the rest of the children to imagine the room is a world map and note where the major continents are.
5. Ask each child in turn to read out their variety of bean and its country of origin, and then go and stand in their country / continent (ensure that the Godiva and Capulet beans (Warwick Uni beans) are last to be read out).
6. Ask what is different and special about the Warwick Beans. Discuss food miles - for more information, please visit: www.foodforlife.org.uk/skills/farming/climate-change/food-miles
7. Discuss growing conditions for beans and that the Godiva and Capulet beans (Warwick Uni beans) have been developed for coping with the UK climate – notably a short summer and short months of sunlight. Ask pupils to estimate how long it takes for the Warwick beans to grow (approx. 100 days). Discuss when beans would be planted (May/June) and when they would be ready to harvest. This could be turned into an additional question. Choose a date in May, add 100 days, when would they be ready to harvest? Discuss how dried beans are also 'bean' seeds and a bean plant with many other beans growing on it can be grown from a single bean.
8. Discuss that all the beans in the baked beans that we eat come from all over the world and then are canned in UK.



You will need:

- Seven volunteers!
- A tin of Baked Beans
- Packets of dried beans: butter beans, blackeye beans, red kidney beans, mung beans, haricot beans, cannellini beans, UK grown beans, Godiva and Capulet beans from Warwick University (all with country of origin clearly labelled – see photo above)