



**BeanMeals**

Thinking beyond the can



# BeanMeals!

**A Recipe for Change!**

**Teacher Training**

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# Aims of the day



- Introduce you to BeanMeals & make the links to Food For Life Award (Food Education Criteria)
- Showcase an integrated and practical approach to learning in the classroom and outdoors
- Show how cooking and growing can be embedded into the curriculum (growing training date TBC)
- Take part in some cross curricular activities relating the BeanMeals – A Recipe for Change resource.



# What you will take away

- Ideas and resources to plan and implement BeanMeals activities back at school
- Increased confidence in delivering key messages around BeanMeals back in the classroom
- Curriculum resource full of ideas to get you started on your BeanMeals journey!
- Teaching video and supporting notes for teaching the Bean Balls recipe back at school



# BeanMeals!



The project involves Food for Life working with schools and families to determine how to promote healthy diets with bean based meals.

2 year project

The schools' involvement is part of a wider innovative research project led by Oxford University who will be collaborating with Warwick University, Hull University, Liverpool University and Herefordshire University and other experts in food systems. The project is fully funded by UKRI (UK Research and Innovation).

The project will look at all stages of the food system to see whether increasing the consumption of UK grown, bean based meals is viable. This will range from how the beans can be grown, the supply chain, and the end customer.



# What is your role?



- Support in the development and delivery of bean based activities/resources and introduce these into your teaching
- Encourage and educate the children about the importance of beans (plant-based proteins) in the diet
- Use strategies throughout the classroom to encourage the take up of the new bean meals
- Trial BeanMeals – A Recipe for Change back in the classroom to drive enthusiasm about beans!



**BeanMeals**  
Thinking beyond the can

**BEANMEALS**  
A RECIPE FOR  
**CHANGE**

Learning about  
Food through  
Cooking, Growing  
and Farming.



# Food Education Criteria

B3.0 We use the topic of healthy and sustainable food as a theme for assemblies.

B3.1 Our pupils take part in regular **cooking activities** that meet the Cooking and Nutrition of the Design and Technology programme of study and this is linked to our whole school approach to food.

B3.2 Our pupils have the opportunity to **grow and harvest food** and make compost and this is linked to wider learning.

B3.3 We organise an **annual farm visit**, and this is linked to wider learning

# Recipes

## Mean Bean Balls

Makes approx. 20 small balls

### Ingredients (allergens in bold>)

- 150g dried haricot beans – soak in boiling water for 1 hour and cooked for a further 1 hour until soft
- 2 tablespoons tomato puree
- ½ medium onion, grated
- 1 garlic clove, crushed, or 1 teaspoon garlic granules
- 2 teaspoons chopped parsley (fresh or dried)
- 1 teaspoon dried oregano
- 1 egg beaten
- 2 tablespoons **breadcrumbs**
- Rapeseed oil, for brushing
- Salt & pepper to season
- Grated cheddar cheese to garnish
- Cooked spaghetti or pasta

### Method

1. Preheat the oven to 180°C / Gas 4
2. Line a baking tray with greaseproof paper.
3. Place the beans, in their soaking water, in a large pan and boil for 60 minutes until soft. Drain and discard the water.
4. In a food processor or bowl (if using a hand blender) combine the beans & tomato puree. Pulse until chopped but not completely smooth.
5. Transfer the mixture to a medium sized bowl and stir in the grated onion, garlic, parsley, oregano, egg, breadcrumbs, salt & pepper until well combined.
6. Using your hands, make the mixture into small ball size shapes and space evenly on the tray.
7. Brush each ball with rapeseed oil using a pastry brush.
8. Bake until the bean balls are firm to the touch and golden brown, approx. 15 - 20 mins.
9. Serve with a fresh tomato sauce (separate recipe) & cooked pasta of your choice, topped with a sprinkle of grated cheddar cheese.



### Equipment

- Baking tray
- Pan
- Medium sized bowl
- Sieve
- Food processor or hand blender
- Grater
- Veg knife
- Tablespoon
- Teaspoon
- Fork
- Pastry Brush

### Recipe notes & tips

- Ready-made breadcrumbs quick to use, make yr own using add...

## Mixed Bean Soup

Serves 8

### Ingredients (allergens in bold)

- 1 onion, finely chopped
- 1 garlic clove, finely chopped
- 1 Tablespoon oil
- ½ teaspoon dried thyme
- ½ teaspoon smoked rosemary
- ½ teaspoon smoked paprika
- ½ teaspoon garlic granules
- 2 tablespoons tomato puree
- 1 can (400g) butter beans drained & rinsed
- 1 can (400g) kidney beans drained & rinsed
- 1 veg stock cube (to make 1 pint of stock)

### Method

1. Chop the onion & the garlic finely and add to the pan with the heated oil.
2. Cook until soft, but not brown.
3. Add in the thyme, rosemary, smoked paprika & garlic granules and stir.
4. Add the tomato puree and mix well.
5. Pour in the butter beans and kidney beans mixing well.
6. Pour in the pint of veg stock and cook for 2 mins.
7. Blitz with a hand blender until smooth.
8. Enjoy!

### Equipment

- Large pan
- Chopping board
- Vegetable knife
- Measuring jug
- Ladle
- Tablespoon
- Teaspoon
- Hand blender



## Heinz Style Baked Beans

Makes 8 portions

### Ingredients (allergens in bold)

- 300g cooked, drained haricot beans (dried beans must be soaked then cooked for at least 1 hour until tender)
- 400ml veg stock (1 stock cube)
- 200ml water
- 2 tsp Worcestershire sauce
- 2 tbsp tomato ketchup
- 2 tbsp tomato puree
- 1 tsp brown sugar
- 1 tsp cider vinegar
- ¼ tsp onion granules
- ¼ tsp garlic granules
- ¼ tsp ground black pepper
- 2 tsp corn flour dissolved in 40ml water

### Method

1. Place all ingredients in a pan (except beans) and stir, then add beans.
2. Bring to a boil, then lower heat and simmer for 20 minutes, without the lid.
3. Stir every now and then so the beans don't catch on the bottom of the pot.
4. Mix cornflour with water until combined. Pour into pan and stir.
5. Cook for 2 minutes until sauce thickens – it will thicken quickly.
6. Enjoy!



### Top Tips:

You could add a little spice to your beans by adding some chilli powder or curry powder for curried beans

Beans can be frozen once cooled

Don't confuse onion and garlic granules for onion or garlic salt – the recipe will be far too salty!

Serve these beans with a jacket potato or have as a side with omelette, fish or chicken dishes

You could experiment using different beans such as pinto, cannellini or borlotti beans!



# Plant Based Proteins

It is important for children to have a diet rich in protein to ensure good nutrition, growth & development.

Many schools and settings are starting to cut down on meat being served on school meal menus due to increased costs & supply issues.

To ensure children are getting good nutrition there are various ways of incorporating rich protein sources in the form of plant-based proteins into their diet.

Plant based proteins include:

- Peas
- Beans
- Lentils
- Chickpeas
- Edamame
- Seeds
- Quinoa



Capulet – white bean  
Godiva – brown bean

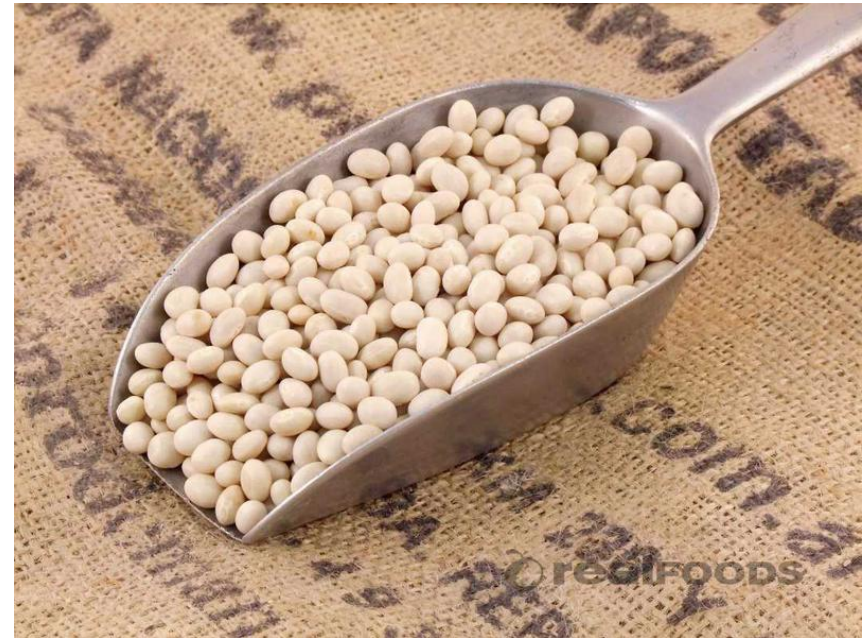
# Benefits of beans.....



With the cost-of-living crisis hitting individuals hard, the likes of these plant-based proteins will be making an appearance on menus more and more.

Plant based proteins are flavoursome, palatable, cheap, and easy to work with and have the following health benefits:

- Increase fibre in the diet
- Lowers the risk of cardiovascular disease & some types of cancers
- Benefits weight management – gives the feeling of fullness for longer
- Plant based proteins do not contain some of the less healthy compounds found in meat, including fat and cholesterol
- Provide plenty nutrients & antioxidants which improves health by supporting the immune system



# Lets Cook!!!!

Bean Balls  
Mixed Bean Soup  
Baked Beans





# Fussy Eaters

## Lunchtime & classroom

- Encourage all children to eat together at mealtimes and make meals happy, sociable occasions.
- If children refuse a food, don't force them to eat it, but leave it on a side plate near them so they become familiar with different foods at the table.
- Offer a choice of healthy options so children feel they have some control. For example, 'Would you like carrots or pepper sticks with your snack?'
- If children don't like different types of food being 'mixed up', serve small individual portions clearly separated on a plate.
- Involve children in food preparation and mealtimes.
- Ask fussier eaters to serve other children and encourage them to try new foods.
- Sit good eaters next to those who are more fussy eaters.
- Don't give up: keep offering new types of food, don't get upset if food are rejected, and be a good role model when it comes to eating a whole range of foods.

# Role Modelling & Positive Praise

Be the best role model you can be. Set good examples and your children will look up to you!

Children, staff, parents and friends can all be good role models. Children learn visually from a young age. Set good eating habits from the start.

Praise children positively.

Avoid negative comments or facial expressions.

Repetition is key.

Don't give up!







# Activities

- Food Systems
- Eatwell Guide
- Foods Around The World – Geography
- TastEd – Touch/Smell
- Bean Collage - Art



Thank you & welcome to the  
BeanMeals team!!!!

