

## Week 2: Beans Hummus Dippers



**Purpose** To increase children's awareness, knowledge and opportunities to try new protein sources.

**Goals** By the end of this lesson, students will be able to:

1. List the characteristics of and benefits of eating beans.
2. Make a protein snack.
3. Students will be able to state the catchphrase of the day to share with family and friends.

***"Fiber is like a traffic cop -- it keeps you moving so you don't have to stop!"***

### Ingredients

(For 20 students=4 groups of 5 students & one Demo)

5 - 14.5-oz. can garbanzo beans (chickpeas), drained & rinsed (72.5 oz. total)	2.5 teaspoons salt
4 cloves garlic, minced	1.25 teaspoons ground black pepper
5 small lemons, zested & juiced	1.25 cups salsa
5 tablespoons olive oil	10 cups assorted veggie sticks
1.25 cups water	5 cups pretzel sticks

### Materials

#### For Chef Prep

1 cutting board  
1 chef's knife  
1 portion scoop (=1/4 cup)  
2-3 bus tubs for dirty dishes  
foodservice gloves  
marker  
blender or food processor  
tablespoon measure

#### For Kids' Cooking Demo

25 plastic small cups or bowls (1 per student plus demo)  
5 spatulas (1 per group of 5 plus demo)  
5 mixing bowls (1 per group of 5 plus demo)  
25 prep bowls w/lids (5 per group of 5 plus demo)  
25 plastic spoons (1 per student of 5 plus demo)  
napkins or paper towels  
sanitary wipes  
student handouts and crayons  
5 salad tongs

### Assembly

#### Ahead of time: Chef Prep

Set aside 1/2 cup of unmashed beans to show students the raw form. Blend or mash the garbanzo beans until smooth. Season with the salt and pepper and mix in. Mince the garlic. Zest and juice the lemons. Using the 1/4 cup portion scoop, fill 5 of the prep bowls with 4 scoops of blended garbanzo beans (1 cup); 5 of the prep bowls with 1/2 Tablespoon garlic, 1 tablespoon zest, 1 tablespoon Lemon Juice, 1 tablespoon oil and 1 scoop water; 5 of the prep bowls with 1 scoop salsa; 5 of the prep bowls with 8 scoops of veggie sticks (2 cups); and 5 of the prep bowls with 4 scoops of pretzel sticks (1 cup). Cover all of the bowls with lids and label. You can pack these in the bus tubs if needed. Refrigerate or pack in coolers with ice until demonstration time.

#### During Kids' Cooking Demo

**Set up (before kids arrive):** Each station (1 for you, and 4 groups of 5 students each) needs: 5 plastic cups or bowls, 1 mixing bowl, 1 spatula, 5 spoons, napkins or paper towel, 1 pair of salad tongs and each one of the 5 different prep bowls (1 with bean mixture, 1 with garlic, lemon oil and water, 1 with salsa, 1 with veggies, 1 with pretzels). Each student gets a handout. Put crayons in the middle of the table and give each student a napkin or paper towel.

**DEMO:** In the mixing bowl, use the spatula to mix together the bean mixture, garlic, lemon, oil and water mixture, and salsa. Mix together until blended well. Using the plastic spoons, portion the hummus into the plastic cups or bowls, then choose veggies and pretzels using the salad tongs for dipping. Enjoy!



## Nutrition Lesson Script

**Estimated Time** 15 minutes

**Lesson** *Facilitators will introduce themselves and introduce the topic.*

**(2 min)** *Set ground rules:*

1. Everyone stays in their groups and in their seats until asked to move.
2. No talking while facilitator is talking.
3. Everyone have fun!

Discuss the following information with the students:

1. Beans are a good source of protein. (Show whole garbanzo beans.)
2. So why eat beans?  
*Beans have fiber, which help with digestion and give you energy.*
3. (Say catchphrase)  
*"Fiber is like a traffic cop -- it keeps you moving so you don't have to stop!"*

**(7 min)** *Demonstration and Hands on Culinary Activity*

1. Make sure students watch the demo before they do it themselves.
2. Choose a student from the group as the "helper" to assist in the culinary activity.
3. Read the instructions step by step and have the "helper" demonstrate the culinary activity. Assist helper with mixing as needed.
4. Once demo is over, instruct the students to work in their groups to recreate the demonstrated activity. Volunteers should help where needed.

**(4 min)** *Coloring Activity (Do this while students are eating their snack.)*

1. Hold up coloring activity.
2. Ask children to follow the directions on the activity.
3. Children will color the traffic cop and complete the maze.
4. Remind students to throw away trash, recycle disposables when possible and put dirty dishes into the bus tubs.

**(2 min)**

*Review the following information with the students:*

1. Beans are a good source of protein.
2. So why eat beans?  
*Beans have fiber, which help with digestion and give you energy.*
3. (Say catchphrase)  
*"Fiber is like a traffic cop -- it keeps you moving so you don't have to stop!"*