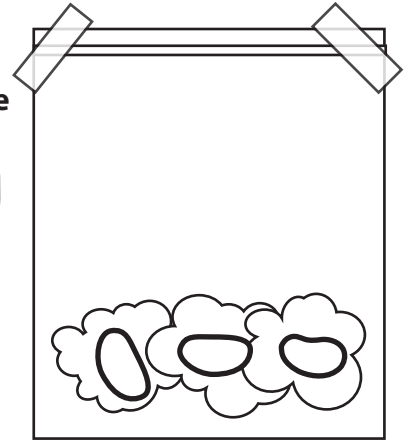
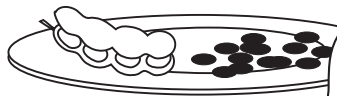


Beans in a Bag



Snack on some green beans or refried beans while you observe how they grow.



You will need: dried pinto beans, canned or fresh green beans, cotton balls, water, resealable bag, sunny window, tape, paper plate

1. Discuss how the seeds are different from green beans you've eaten.
2. Dampen 3 cotton balls with water and put the balls, along with 3 seeds, into a bag, sealing the bag shut.
3. Put green beans on a plate. Look inside the beans. What do you observe? Taste and discuss.
4. Tape the bag on a sunny window.
5. Check the bag once a day. What changes do you observe?

DID YOU KNOW?

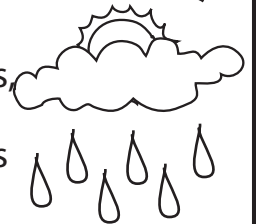
When you pick beans from a vine, they are as "close to the source" as you can get. They are minimally processed and healthier for you. You can't see it happening, but when you eat beans, your body gets 2 of the fuels you need -- proteins and carbohydrates.

SONGS TO SING

Act out the roles of the farmer, seed, sun and water as you sing.



This is the way we plant the seeds,
plant the seeds, plant the seeds,
This is the way we plant the seeds
so early in the morning.



This is the way we water the wheat
(repeat each verse as above)

This is the way the sun shines down

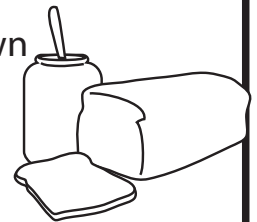
This is the way we pick the wheat

This is the way we grind the flour

This is the way we bake the bread

This is the way we eat the bread

(Search for "Here we go round the mulberry bush" online for this tune.)



BOOKS WE LOVE

Rainbow Stew by Cathryn Falwell. Lee & Low Books, 2013.

Lola Plants a Garden by Anna McQuinn. Charlesbridge, 2017.

Compiled and edited by GrowingGreat
Illustrated by Dennis Smith



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