

## Ohio SNAP-Ed Adult & Teen Programs Benefit with Beans

<b>Task Topic:</b>	Protein Foods
<b>Task Title:</b>	Benefit with Beans
<b>Teaching Message(s):</b>	<input checked="" type="checkbox"/> Use MyPlate to make healthy choices with a limited budget. <input checked="" type="checkbox"/> Eat plant-based protein foods like beans, lentils, soy, or nuts. <input checked="" type="checkbox"/> Use food labels to make better choices.
<b>Resources:</b>	Adapted from ChooseMyPlate.gov, <i>Dietary Guidelines</i> , and the US Dry Beans Council

### Objectives for the Task:

1. Name two health benefits of eating beans.
2. Describe one difference between dried beans and canned beans.

### Materials needed for the Task (including Handouts):

- Fact Sheet – Eat More Beans!
- Food Labels for Burger Patties (printed on card stock)
- Recipe Cards – Cowboy Caviar (Bean Salsa)
- 1 bag dried black beans
- 1 can of black beans

### Food and Equipment for Demonstration and Sampling:

- Bean Salsa ingredients:
  - 1 can each: kidney beans, black beans, corn, crushed tomatoes (15 oz. each)
  - 1 can chopped green chilies (4 oz.)
  - 1 small white onion
  - 3 limes (or small bottle of lime juice)
  - Oil, salt, and pepper
- Small strainer
- Large plastic container (for completed salsa recipe storage)
- Bag of tortilla chips (yellow, white, or blue)
- Plastic forks and knives
- Napkins and paper plates

Some ingredients may not be available in your area. Feel free to make ingredient substitutions as necessary. If you decide to make a recipe substitution, please use a SNAP-Ed approved recipe from the What's Cooking? USDA Mixing Bowl website:

<http://www.whatscooking.fns.usda.gov/>



THE OHIO STATE UNIVERSITY

OHIO SNAP-Ed PROGRAM

Revised 08/18/15

**General Materials List:**

- Flip chart paper
- Thought box
- Highlighters
- VOICE principles
- Post-it notes
- Markers
- Masking tape
- Participant evaluation forms
- Index cards
- Pens
- Name tags

**Preparation:**

- Prepare the bean salsa recipe ahead of time according to the recipe instructions. Use the beans from the bag of dry beans that will be part of the lesson.
- Set out the bean salsa, tortilla chips, bowls, spoons, and napkins on the table next to the cans and bag of beans. Place a stack of the Bean Salsa recipe cards next to the dish
- Print out the Food Labels for Burger Patties. Cut out each Nutrition Facts label and mount to card stock (or simply print on card stock). Tape to a wall in the room.

**Key Points to Review:**

- Introduce yourself. Give brief description of the program (program name, length of sessions, duration of program).
- Include your purpose as the facilitator (i.e. to introduce ideas that are supported by research, to give them the tools to make informed decisions about areas that affect their health & nutritional needs, and to identify topics that might be covered based on the curricula used in the program).
- Review the V.O.I.C.E. Principles.
- Ask participants to sign in on the SNAP-Ed sign-in sheet.
- Remember to pass out the appropriate participant evaluation form at the end of the session, making sure to read the questions out loud to the participants.

**Transition:**

Last time we met, we discussed.... We also .... Who would like to share an example of ...?

Today, we will explore the many health benefits of eating beans. Beans give us energy because they are a good source of lean protein and complex carbohydrates, which maintains and supports our muscles so we can do various physical activities. What are some physical activities you like to do, and how might including beans – or other lean protein sources – help you do these things? What are some other benefits of getting physical activity every day? Call out some answers.

*Physical activity guidelines can be found at the following websites:*

- Office of Disease Prevention and Health Promotion: [www.health.gov/paguidelines/](http://www.health.gov/paguidelines/)
- CDC: <http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>
- President's Council on Fitness, Sports, and Nutrition: [www.fitness.gov/be-active/physical-activity-guidelines-for-Americans/](http://www.fitness.gov/be-active/physical-activity-guidelines-for-Americans/)



Anchor

Think of a time you were offered a dish that contained beans. What kind of beans were in the dish? What was your reaction? Did you try it? What was your experience like? Call out your responses.

Add

Beans are one of nature's most perfect foods. Beans are a great source of protein, fiber, and vitamins and minerals. Plus, they tend to be low in fat. Because of this, a diet rich in beans may help reduce our risk of heart disease, obesity and diabetes. In addition to the health benefits of eating beans, there are cost benefits as well. Beans are very affordable; the weekly 1 ½ cup recommendation costs less than a dollar a person!

Let's take a quick poll: How much beans should we eat each week? *Allow for a few responses from participants.*

The Dietary Guidelines recommend that the average adult eat at least 1 ½ cups of beans each week, which is about 3 servings. However, most Americans eat less than 1 complete serving each week. If you are not used to eating beans, start off slowly and gradually increase how much you eat to avoid stomach pain and flatulence. Other strategies to reduce gassiness include using the quick hot-soak method to soften dry beans, then using fresh water to cook the drained, soaked beans.

Beans are versatile and can be used in lots of different recipes. You can use them to replace the animal-sourced proteins like beef or chicken in chilis, tacos, casseroles, or soups. The least expensive beans come dried and in bags. *Hold up sample bag of dried beans.* These can usually be found close to the rice in grocery stores. The key to using dried beans is planning ahead. If you plan on using beans for a meal, soak them in water overnight and they will be ready to cook the next day. Cooking up a large batch of beans and freezing what you don't use is a great time and money saver.

Beans also come in cans. *Hold up sample can of beans.* Canned beans have all the great benefits of dried beans, but they don't require as much advanced preparation. They are usually found by the canned vegetables. Canned beans are slightly more expensive than dried beans and are often high in sodium. If you prefer to use canned beans, rinse them under running water before cooking to reduce the sodium.

I have prepared a simple bean salsa recipe for you to taste. I'd like to invite you to come up and try this salsa and comment about it. You can also take a copy of the recipe if you would like to make this at home.

What are your questions about the benefits of beans?

Apply

*Invite participants to gather around the area where the two burger patty food labels are posted.*



Here we have two Nutrition Facts labels: one for a ground beef hamburger patty made from 80% lean ground beef, and one for a commercial brand of black bean veggie burger. What do you notice about the calories, total fat, and saturated fat when you look at each label? What about protein and iron? What other differences stand out to you?

Scan down and look at the price of each patty. We typically think of ground beef as being less expensive than veggie burgers, but as you can see, this is not the case.

Putting together what you learned about the nutrition and cost of each patty, what are your thoughts about using beans in place of ground beef for some of your meals? What other ways might you incorporate beans into food you prepare for your family?

### Away

Think about a meal you might make for your family that includes beans. What kind of beans would you use in that meal? How would your family react to having this meal?

### **Facilitator's Notes:**

### **Facilitator's Checklist:**

- ☐ Have I gathered all of the pertinent materials needed for the lesson?
- ☐ Did I spend the requisite amount of time covering each targeted message?
- ☐ Did I apply the principles of adult learning to my program?
- ☐ Did I create a comfortable and functional learning atmosphere?
- ☐ Did I fill out a Program Log with the necessary program information?
- ☐ Did I ensure that all participants signed the sign-in sheet?
- ☐ Did I read the survey instrument out loud to the participants?
- ☐ Did I collect all requisite survey instruments needed for today's lesson?

