

Ohio SNAP-Ed Adult & Teen Programs

Liven Up Your Meals with Legumes

Task Topic: Protein Foods

Task Title: Liven Up Your Meals with Legumes

Teaching Message(s):

- ☒ Eat plant-based protein foods like beans, lentils, soy, or nuts.
- ☒ Use MyPlate to make healthy food choices with a limited budget.
- ☒ Make meals using mostly whole ingredients like vegetables, raw meats, rice, etc.

Resources: Adapted from ChooseMyPlate.gov, *Dietary Guidelines*, and the US National Library of Medicine

Objectives for the Task:

1. Name three kinds of legumes that are widely available in the US.
2. List two health benefits of eating plant-based proteins such as legumes.

Materials needed for the Task (including Handouts):

- Recipe Cards – Legume Recipes for Anchor
- Fact Sheet – Facts about Four Types of Legumes

Food and Equipment for Demonstration and Sampling:

- Bags of dried legumes: dried peas, lentils, and black beans
- Can of garbanzo beans

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/>

General Materials List:

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

Preparation:

- Tape the four recipes to separate flip chart paper pages. Hang them up around the room. Place yellow and blue Post-It notes at each of the four stations.
- Set out the bags and/or can of dried legumes at each station.



THE OHIO STATE UNIVERSITY

OHIO SNAP-Ed PROGRAM

Revised 08/17/15

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 talk about legumes, a class of foods that includes beans, dried peas, and lentils. Legumes are a powerhouse of protein and other key nutrients. They are low-cost and versatile in many recipes. Before we begin today's lesson, let's spend a moment to talk about the importance of physical activity. Strength training is one type of activity that helps build muscle, or lean body mass. The more lean body mass you have, the higher your metabolism, which means you burn energy even when you are not being active. Increasing your lean body mass also makes you stronger, which makes it easier for you to do your activities associated with daily living. You don't need a gym membership or fancy weight equipment. A couple of hand weights – or even cans of soup – will work just fine. Aim to do strength training exercises 2 days a week, for at least 20 minutes at a time.

Physical activity guidelines can be found at the following websites:

- Office of Disease Prevention and Health Promotion: 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/

Anchor

Around the room I have posted 4 different legume recipes on flip chart paper. Visit each station and discuss what you think about the recipes. For each recipe, vote whether you would like to try the recipe (yellow Post-It note) or would not like to try it (blue Post-It note). Talk about why you voted the way you did.

After participants cast their votes, point out the recipe/s that received the most number of favorable votes (yellow Post-It notes) and the recipe/s that received the most number of unfavorable votes (blue Post-It notes).

Add

Pass out a copy of the Fact Sheet – Facts about Four Types of Legumes to each participant.

Legumes are large, fleshy, colorful plant seeds and include beans, peas, and lentils. Beans and other legumes are an important source of plant-based protein. The *Dietary Guidelines* encourage people to eat more plant-based proteins as a way to cut back on unhealthy solid (saturated) fats as well as to increase dietary fiber intake. For a person consuming a 2,000 calorie diet, the *Guidelines* recommend 1 ½ cups of legumes (beans and peas) per week.

Legumes are similar to meat in nutrients, but with lower iron levels and no animal fats. The high protein and other nutrients in legumes make them a great option in place of meat and dairy products. Vegetarians often substitute legumes for meat.

Legumes are full of many kinds of nutrients, including calcium, potassium, iron, folate, and B-vitamins. They are low in calories, but make you feel full due to their high fiber content. A half-cup of cooked black beans will give you about 8 grams of fiber, which is almost 1/3 of the recommended daily amount. They are wonderful for people with diabetes since they do not increase your blood sugar very much. The body digests the carbohydrates in legumes slowly, over time, providing steady energy for the body, brain, and nervous system. Eating more legumes as part of a healthy diet can help lower blood sugar, blood pressure, heart rate, and other heart disease and diabetes risks. Beans and legumes contain antioxidants that help prevent cell damage and fight disease and aging.

Beans, lentils, and peas come in many options, are budget-friendly, and are available in most grocery stores, either in canned or dry forms. Legumes can be prepared in many ways, making them interesting ingredients to include in the kitchen. This fact sheet shows some interesting facts about four common types of legumes: dried peas, lentils, black beans, and garbanzo beans (also called chickpeas). You can see the Nutrition Facts for a one-half cup serving of the four types of legumes.

Apply

Pass out one copy of the Fact Sheet, Characteristics of Beans to each participant. Invite participants to read aloud about each type of bean, or read them to the participants if there are no volunteers.

As I recently mentioned, the *Dietary Guidelines* recommend that adults eat 3 servings (which is 1 ½ cups) of beans each week. As a way of introducing today's lesson, you looked at four recipes that use beans and voted whether or not you would want to try them. Each recipe featured a different type of bean: red kidney beans, black beans, pinto beans, and garbanzo beans (also called chickpeas). Let's look at the nutrition information about these beans.

If you look at the Nutrition Facts labels on your handout, or on the food packages here, what do you notice about the protein and fiber content? What other nutrients are provided by a serving of beans? Does this change a lot in the different varieties of beans?

Knowing now about the nutrition information for beans, let's revisit the recipes featured in



today's lesson. Which of these kinds of beans do you think your family would try? How might you include them in a meal you prepare for your family? What would their reaction be?

Away

Write down a legume you would like to make for your family. How will you prepare this food? What ingredients might you need to make this dish?

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?

