



BEANS

- Beans are an important part of diets all over the world, and have been cultivated for thousands of years.
- Beans are in the legume family, which includes flowering plants such as peas, peanuts, lentils and clover. Legume plants have seed pods that split along the sides when they are mature. Dry beans are the seeds that grow inside the pods.
- Beans are high in protein, important for our muscles and growth. Protein also helps us feel full.
- Beans have lots of iron just like meat. Iron is a main component of the protein hemoglobin, which carries oxygen in your blood.



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ART: Bean Mosaics

Supplies needed:

An assortment of dry beans of different colors, paper, and glue.

Directions:

Share with students that a mosaic is art made by gluing small objects of different colors to a surface to create a pattern or picture. You can make mosaics out of pieces of colored glass or stone. Hundreds of years ago, many ancient civilizations made beautiful mosaics in this way on walls and floors. Today we are going to make mosaics using different kinds of beans (on paper not on the walls)!

Make sure students put their name on the back of their paper so that you can keep track of whose mosaic is whose.

Students might want to plan their design before they start to glue. They can arrange the beans to see how they like them, or sketch with a pencil and then glue the beans over their drawing.



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