

# Pre-K Legumes Around the World



## Created by:

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## Overview:

The class will learn about different cultures and ethnicities, and identify different foods from around the world. Students will make and taste hummus.

## Georgia Early Learning and Development Standards:

- CD-SS1: The child will demonstrate understanding of his/her family and an emerging awareness of their own culture and ethnicity
- CD-SS2: The child will demonstrate an understanding of his/her community and an emerging awareness of others' culture and ethnicity
- PDM2: The child will participate in activities related to nutrition

## Objectives:

- Students will identify where they are from on a map or globe
- Students will learn about legume dishes from around the world
- Students will help make and taste hummus

## Lesson Plan

\*Tip: to make this lesson more meaningful, ask parents about healthy foods that are traditional in their family's culture. Use this list to provide examples.

- Engage (whole group): 10 minutes
  - Introduce students to the map or globe. Talk about where we are now, and if they or their family is from somewhere else on the map.
  - Discuss the concept of cultures and ethnicities. Discuss that there are things that are the same about all people and things that are different. Explain that people eat different foods all over the world.

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- Introduce students to legumes, and provide examples:
  - Beans: black beans, kidney beans, garbanzo beans (chickpeas), lima beans, green soybeans (edamame), etc.
  - Lentils
  - Peas: green peas, snow pea, snap peas, split peas, blackeye peas
  - Peanuts
- Engage in conversation about how legumes are eaten in different ways all over the world.
- Explore/Explain (small group): 15 minutes
  - Allow children time to explore the map or globe with the teacher. Show the difference between land and water, and point out where we are now.
  - Go through traditional dishes from different regions, including some that represent students' culture and ethnicities in the class. Examples may include:
    - Brunswick stew: stew with lima beans from the southern United States
    - Chili: United States
    - Peanut Stew: West Africa
    - Dal: lentil stew from India
    - Edamame: boiled or steamed soybeans from China, Japan or Korea
    - Tuscan white bean soup: Italy
    - Refried beans: Mexico
    - Beans and rice: eaten in Mexico, the Caribbean, Spain, Africa, and many other places, but with different seasonings or flavors
    - Red bean ice-cream: Japanese dessert
  - Allow children to discuss dishes they eat at home with their family, ones they may eat in a restaurant, and ones they may have eaten when traveling
- Extend (whole group): 10 minutes
  - Explain that chickpeas (garbanzo beans) are a legume and are used to make a dish called hummus.
  - Hummus is eaten all over the world, but came from the Middle East (show on map).

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- Ask children if they have ever tried hummus. If so, ask questions like:
  - What did you dip into it?
  - Where did you try it? At home? A restaurant? At school?
- Explain that you can buy hummus already made at the grocery store, but that today they are all going to help make hummus.
- Have student volunteers help add all ingredients to the blender or food processor. Blend mixture until a thick paste is formed.
- Provide each child with a sample.