

Kids' Club Bean-Tastic Activities



Join the
Birmingham
Food
Revolution



Get ready for the Full of Beans mission!

We're on a mission to help everyone discover how amazing beans and pulses are. They may be small, but they are MIGHTY! They are super for our bodies, great for the planet, affordable, convenient, and delicious too!

We have created many Full of Beans activities and resources to help people discover, explore and celebrate beans and pulses through growing, tasting and cooking.

The Kids' Club Bean-Tastic Activities resource includes activities you can do with children and young people in after school clubs, holiday clubs and youth groups. It gives children and young people the chance to explore beans through creative and active games, as well as learning fun facts about why they are good for our bodies and the planet.

Materials

You don't need any materials for many of these activities. For some you'll need pens, pencils and paper, and others require space to run around. The one exception is a game where you'll need dried beans and spoons.



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Chapter 1

Get Set!

Full of Beans warm-up game

15
mins

How to play

- This is an active game so you need a large enough space for children to spread out – can be indoors or outdoors.
- It's the perfect game to play during breaks or at the start or end of sessions with groups of any size.
- Before you start, demonstrate the actions for each bean (ask young leaders or helpers to help demonstrate).
- Once the group knows the actions, the leader or volunteer calls out different bean names in a random order and the children follow the correct action.



Full of Beans warm-up game

Jelly Bean
Wibbly wobble

Broad Bean
Arms out to the side with slow and heavy movements

French Bean
Wave and say "Bonjour!"

Jumping Bean
Jump up and down on the spot

Runner Bean
Running on spot

Bush Bean
Trek wearily across the hot ground as if in the outback

Baked Bean
Fan yourself as if you're really hot from being in the sun

Butter Bean
Skating and slipping about

Bean Pole
Hold an invisible pole and look up straining to see how high it is

Coffee Bean
Stir a mug of coffee

Chilli Bean
Shiver as if cold

Bean Pod
Hold arms up and clasp hands together over head, puff cheeks out, as if you're a pod full of beans

Mixed Beans
Let the children choose which bean & action they all want to do – perfect to end the game

Chapter 2

Creative Activities

2
hours

RECIPE/MENU DESIGN

Create 3 bean dishes for a menu (one breakfast, lunch and dinner item) and then draw/design each dish. Make sure to include delicious sounding descriptions and to label each ingredient. Encourage the children to use their imagination and to have fun bringing their dishes to life through drawing!



2
hours

CREATE AN ADVERT

Work in Bean Teams to plan out a TV or radio advert promoting the new menu and the bean recipes that have been created. What delicious descriptions can you use to make sure new customers want to come and sample these dishes? Perform your advert in front of the group/other Bean Teams.



1
hour

DESIGN A POSTER

Work in Bean teams to design a poster for your restaurant to promote your newly created bean dishes from the previous activity. What colours/logos will you use? Make sure the poster communicates a clear message and highlights things such as special offers.



2
hours

CREATE A SONG

Work in your Bean Teams to create a song celebrating all the things beans do for our bodies and the planet. Once finished, perform your songs to the rest of the group. Use the 'fuel your body with the power of beans' and 'beans and pulses create a happy planet' fact sheets to give you ideas.



1
hour

WRITE A POEM

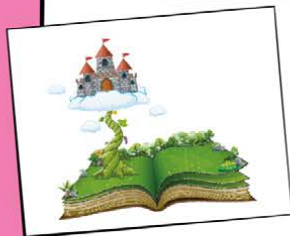
Write an acrostic poem about Full of Beans (where the first letter of each line spells out a word or message) or create a rhyming poem about beans and pulses. Try to include as many different bean varieties as possible.



1
hour

WRITE A SHORT STORY

Write a story that includes beans and pulses. For example, be inspired by the story of Jack and the Beanstalk.



Design your planet

Drawing activity

Ask the children and young people to use their imagination to draw a planet where beans and pulses have superhero powers that protect the environment and make the planet happy.

Think about what the planet would look like and what powers the beans and pulses would have.



Full of Beans Word Search

Words can be found in any direction (including diagonal) and can overlap each other. Use the word bank below.

O A T T E Q V S T R O N G D S
R K L T A R Z X T F B Y A L P
P E R W L P V R F A S T Q R Q
M U H Z T N A T V E I H G I R
N O I E X E E N A R A L L A T
D D E H H N C Z R I Z Z D J H
K Y O E M N M E R T Q E W E I
T J G U B A J Y L L U F A M Y
W J Z N A W M S Y V Y L G Z Z
E P P N O O A J F W T A B U Q
P A W R H L Q U A H A E S H Z
K N G N I T S M Y Y I H F E G
T E E T H F D B O N E S R C I
H B X E N E R G Y K O E H A J
L P R H W W X I S E L C S U M

Wordbank

- | | | | |
|------------|----------|------------|-------------|
| 1. healthy | 5. grow | 9. teeth | 13. play |
| 2. heart | 6. long | 10. tall | 14. energy |
| 3. fast | 7. bones | 11. hair | 15. heal |
| 4. full | 8. run | 12. strong | 16. muscles |

Chapter 3

Activities and games

20
mins

BEAN AND SPOON RACE

The same as an egg and spoon race...
but with beans!

What you need

- Beans (dried ones work best)
- Spoons
- Space to run a race



Instructions

1. Children line up ready to have a race.
2. Each child has a spoon with a bean on it.
3. They hold the spoon with one hand, and the other hand has to go behind their back.
4. When you say go, they race to the finish line. Whoever gets there first, and still has their bean on their spoon, wins!



I WENT TO THE SHOP AND I BOUGHT...BEAN EDITION

Instructions

1. Follows the same pattern as the "I went to the shop and I bought..." game, except instead of using different shop items, all the items can be different types of beans.
2. This is where children sit in a circle and take turns, for example:
 - I went to the shop and I bought kidney beans....
 - I went to the shop and I bought kidney beans, and jelly beans....
 - I went to the shop and I bought kidney beans, and jelly beans, and broad beans....
3. Each player must remember the previous order whilst adding their own new addition to the end of the previous sequence. The game keeps going until someone gets the sequence incorrect (in which case the game restarts) or everyone in the circle has had a go and there have been no mistakes. Some beans are listed in this booklet if you need ideas.

WHO AM I? FOOD EDITION

Instructions

1. Each child secretly chooses a food item (try to encourage them to choose a bean or pulse) without revealing it to the others. Once everyone has chosen an item of food, they can take turns being the "mystery food".
2. The mystery food child can stand or sit at the front of the group. The other children will take turns asking yes or no questions to try and guess what food they are. They can only respond with yes or no. The children who are guessing can ask questions like "are you a fruit?" or "am I usually eaten as a snack?".
3. Once the food item is correctly guessed, the child who guessed correctly will become the next mystery food. Continue until all children have had the chance to be the mystery food.

Chapter 4

Quiz time! The Full of Beans quiz

Put the children and young people into teams and get them to write their answers down on a piece of paper. Teams can then mark each other's answers at the end.

Round 1

1. What is a legume?

Answer: It's a plant that grows pods.

2. What is the name of the storybook character who grows a giant beanstalk using some magic beans?

Answer: Jack

3. Name a legume pod or seed that we eat fresh (rather than dried).

Answer: Accept the following answers... peas, runner beans, green beans, broad beans, string beans, French beans, mangetout, sugar snap peas.





4. What is a pulse?

Answer: It's a dried seed.

Pulses are seeds from legume pods that have been left on the plant to dry out before harvesting.

5. Name four types of pulses.

Answer: Beans, chickpeas, lentils and peas. (Give a point for each)

6. In 2022, The Jelly Bean Factory removed one flavour of jelly bean from their range of 36 different flavoured beans. What was the flavour they removed? Was it

- A. Strawberry
- B. Blueberry
- C. Cinnamon
- D. Baked Bean?

Answer: C. Cinnamon



Round 2

1. If there's a food you're not sure that you like, how many times do scientists say you have to try it to start liking it?

Answer: 10-15 times. (*Teams with an answer between 10 and 15 get a point.*) Sometimes when we try a new food we don't know what to think about the taste and texture. Our brains say, "what's this?!" However, the more we try it, the more familiar it becomes, and the more we start to like it. We just need to train our taste buds to start liking it!

2. True or false, beans count as one of your five a day of fruits and vegetables?

Answer: True. Around 3 tablespoons of beans counts as a portion of fruit and vegetables because they are high in fibre.

3. True or false, beans and pulses are a type of protein, along with meat, eggs, nuts and seeds?

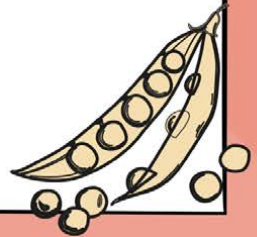
Answer: True. Beans and pulses are a fantastic source of protein, they have lots of nutrients our bodies need, and they are low in fat, salt and sugar.



4. What do beans and pulses help our bodies do? Name as many as you can remember.

Answer: (Give a point for each of the following answers – up to 11 points)

- 1 Grow tall
- 2 Build strong muscles
- 3 Build strong teeth and bones
- 4 Grow long hair
- 5 Help us feel fuller for longer
- 6 Give us energy slowly so we have enough fuel for the day
- 7 Run fast
- 8 Play all day long
- 9 Get better when we get hurt
- 10 Help our tummies digest food
- 11 Keep our hearts strong and blood pumping



5. The longest-ever green bean was grown in America in 1996. It won the Guinness World Record! How long was this green bean in centimetres? (Hint: It's between 50 and 150cm.)

Answer: 121.9 cm/48.75 inches. (Team with answer closest to the answer wins the point.) This is the size of a 7 year old!

Round 3

1. The Guinness World Record for the heaviest ever runner bean was broken in the UK in 2022 during the National Giant Vegetables Championships in Worcestershire. How heavy in grams was this runner bean? (Hint: It's between 100 grams and 200 grams)

Answer: 176 grams or 6.2 ounces. That's about the weight of a mobile phone. *(Team with the closest answer wins the point)*

2. What are the three ways beans can be stored?

Answer: Dried, canned, or frozen. *(Give a point for each)*



3. True or false, dried beans need to be soaked in water before they can be cooked and eaten?

Answer: True. Dried beans need to be soaked for a few hours, or overnight, to make them ready to be cooked. This makes them soft enough to eat.

4. What do beans and pulses do for our planet? Name as many as you can remember.

Answer: (Give a point for each of the following answers – up to 5 points)

- 1 Make our soil better
- 2 Support better farming methods
- 3 Use less water
- 4 Release fewer gases/help stop climate change
- 5 Protect natural habitats and nature



5. How many cans of baked beans would it take to fill up an Olympic size swimming pool? (standard approximately 400 gram size cans)

Answer: 6,281,407 cans. Six million, two hundred and eighty one thousand, four hundred and seven cans. (Team with closest answer wins the point)



Round 4

1. What colour are the most commonly found butter beans?

- A. White or cream**
- B. Brown**
- C. Red**
- D. Purple**

Answer: A. White or cream

2. Beans and pulses are a great source of fibre. What does fibre help with?

- A. Keeping our tummies happy.**
- B. Helps us see in the dark.**
- C. Helps us grow taller.**
- D. Helps us run faster.**

Answer: A. Keeping our tummies happy.

3. Which country produces the most chickpeas each year?

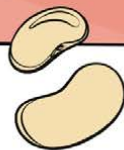
- A. India**
- B. Mexico**
- C. Australia**
- D. Turkey**

Answer: A. India



4. What is the texture of cooked lentils?

- A. Crispy
- B. Soft and tender
- C. Crunchy
- D. Chewy



Answer: B. Soft and tender





Chapter 5

Jokes

Bean jokes...

Challenge the children and young people to come up with their best bean jokes!

Joke

My friend Jack claims that he can communicate with legumes

Jack and the beans talk!

Joke

Why did the leaf go to the doctor?

It was feeling green!

Joke

What's a gardeners favourite book?

War and Peas

Joke

How do you address an audience full of pulses?

Ladies and lentil-men...

Joke

What did one chickpea say to the other?

Hummus a tune!

Joke

Why can't you trust a legume with a secret?

They always spill the beans!

Joke

I lost one pea from my plate at dinner the other day

It was an escape-pea!

Joke

Why did the cheerful gardener refuse to plant legumes?

Because they can be so grum-pea!



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A Birmingham Food Revolution Initiative
Find out more at [birmingham.gov.uk/FoodRevolution](https://www.birmingham.gov.uk/FoodRevolution)

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