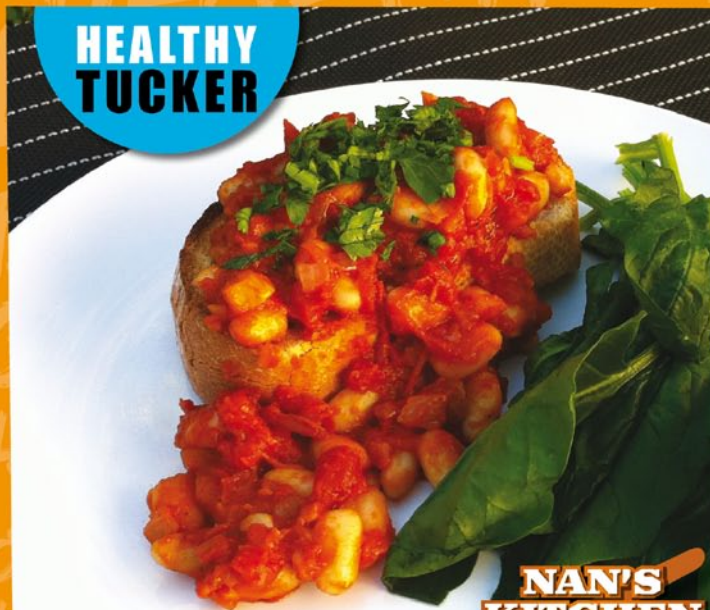


MY NAME

## 'Healthy Tucker Full of beans' page 25

### HEALTHY TUCKER



### Where you "bean"?

**NAN'S KITCHEN**  
with Nancia Guivarra

Just about all of us have been brought up on tinned baked beans. They are so convenient, but did you know they are also easy to make? Beans are so good for you because they're full of fibre and nutrition. In fact, cannellini beans have twice as much iron in them as red meat. Baked beans make a great filling breakfast that's also low in fat. To save time, make a huge pot (just multiply the recipe's ingredients by four) and freeze the beans in smaller portions, then you can just reheat them for breakfast. You can add any favourite ingredients you like... I'm keen on a bit of chilli but you can leave it out if you wish. I sometimes use a tin of 'four bean mix' instead of cannellini, or I add a tin of cherry tomatoes (or better yet fresh ones) for variety.

### Baked Beans (serves 4)

#### INGREDIENTS

- \* 1 large onion, finely diced
- \* 4 cloves of garlic, finely diced
- \* 2 tablespoons of olive oil
- \* 1 x 400 gram can of cannellini beans
- \* 1 x 400 gram can of diced tomatoes
- \* 1 teaspoon of dried chilli powder (or paprika)
- \* 2 teaspoons of chopped parsley, to garnish

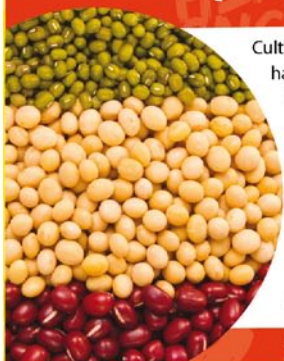


#### METHOD

- 1 Fry onion and garlic in olive oil for 2 minutes on medium heat.
- 2 Add beans and fry for another 5 minutes.
- 3 Throw in the tomatoes and chilli powder and simmer for 2 minutes.
- 4 Season with pepper and serve on wholemeal toast.

## FULL OF BEANS

### FOOD FOCUS



Cultures all over the world have been staying healthy by eating beans for thousands of years. In fact, green beans, which are the most common variety in Australian shops, grew wild in South America more than 5000 years ago.

The broad bean, which is flat and round like a thumbnail, were the only bean originating in Europe and were considered so valuable they were buried in pyramids with the Egyptian kings.

Most beans grow on bushes or on creeping vines (they're often seen covering a backyard fence). They're harvested young, before they ripen, when they are sweet and soft.

Beans are great for kids because they're full of folate for growing strong bodies, Vitamin C for boosting immunity and high in fibre for healthy digestion.






You can eat green beans raw in salads or steam them for a few minutes if you like them hot. Other bean varieties, such as red kidney beans and butter beans, often come in tins - these taste better if you rinse them in water before you use them in salads and cooking.

## ACTIVITY 1 MATCHING WORDS AND PICTURES

There are a lot of different types of beans.

**Match the names of these types of beans with their pictures.**

The first one has been done for you.

butter beans	
broad beans	
red kidney beans	
baked beans	
green beans	

## ACTIVITY 2 READING PICTURES

**In Australia, green beans are available all year round.**



Jun    Feb    Mar    Apri    May    June    July    Aug    Sept    Oct    Nov    Dec

= Best Value      = Available      = Generally Not Available

**Look at the information above and answer these questions.**

1. Can we buy green beans all year in Australia?

- YES  
 NO

2. In which months are beans cheapest?

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3. Are there any months when green beans are not available in Australia?

- YES  
 NO

## ACTIVITY 3 READING AND WRITING A SENTENCE.

Most beans grow on bushes.

Cut the sentence into its words.

Most	beans	grow	on	bushes	.
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Mix them up and match them with the words in the sentence.

Practise writing the sentence below.

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Draw some beans growing on a bush.



## ACTIVITY 4 SPELLING

Cut the word **beans** into its sound patterns.

Mix them up and put them back together.

b	e	a	n	s
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Practise writing beans three times.

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