



Windy Loves... Green Beans!



Sneak Food Talk into Daily Routines!!

Point out healthy foods in the grocery store or in grandma's garden. Make up games that include healthy foods. "Let's pretend we are squirrels eating yummy peaches of this tree", or "Let's pretend to open a restaurant. Are you cooking any vegetables today, chef?" Try to avoid talking about unhealthy foods, such as "I can't wait for the birthday cake this afternoon!" Avoid using sweets as a reward. Talk about healthy food choices. Teach which foods are "anytime foods" and "sometimes foods."

Did You Know...Green Beans Are?

- Fat Free, Cholesterol Free, Sodium Free
- Low in calories
- Great source of fiber
- Green beans taste best when they are thinner than a pencil
- Also called string beans and snap beans.

Cook at Home

Snip- Snap Green Bean Salad

Ingredients

- Leafy lettuce, such as Romaine
- Fresh green beans, trimmed
- Bottled salad dressing, such as ranch dressing

Directions

Child:
Use scissors to cut green beans and lettuce into bite-sized pieces into salad bowl.

Parent:
Ask child to name other healthy foods that are green they can eat.

Child:
Toss to mix.

Parent:
Top with salad dressing.

Both:
Eat and enjoy! Play a short round of "I spy something that is green" (like our green beans and lettuce).

Learn with Cooking

While you are preparing fresh green beans, use the time to teach new words, math, and healthy eating.

Explore Green Beans!

Math: Ask children to guess how many seeds they think might be inside a green bean pod. Open the bean and **count** the seeds. Was the child's guess correct? Do as many times as the child likes. Record the number of guesses and correct guesses. Were they right "**most**" of the time or "**some** of the time"? Have them sort green beans from the **shortest** to the **longest**?

New words: Have your child look closely at the green beans. Teach words to describe green beans – color **green**, **smooth**, **bumpy**, **fuzzy**, **short** or **long**. Teach the parts of green beans – **pod**, **green beans**, "**string**".

Healthy eating: Green beans are an "anytime food." They can be eaten raw or cooked. We can buy them fresh, in cans, or frozen. Frozen and fresh are best to limit salt.

Library Books about Green Beans and Healthy Food

Reading and talking about books the best way to school success. Take a trip your local library and let your child pick a book or two about healthy foods.

Beans by Gail Saunders-Smith

From Seed to Plant by Gail Gibbons

Green as a Bean by Karla Kuskin

Growing Vegetable Soup by Lois Ehlert

How Groundhog's Garden Grew by Lynne Cherry

One Bean by Anne Rockwell

Up, Down, and Around by Katherine Ayers

Vera's Baby Sister by Vera Rosenberry

Water, Weed, and Wait by Edith Hope

