

# Study Guide

## Legumes, Nuts & Seeds

**Directions:** Read chapter 31, and answer the following questions. Later, you can use this study guide to review.

1. What are legumes?

---

---

2. Why are dry legumes more nutritious than fresh ones?

---

---

3. List two benefits of eating legumes.

---

4. Name all the nutrients present in legumes.

---

---

---

5. How do you obtain complete protein when eating legumes?

---

---

6. List three convenience forms of legumes.

---

---

7. How should you prepare legumes for cooking? What is the benefit of presoaking them?

---

---

8. Explain how to cook split peas. Why shouldn't split peas be soaked?

---

---

9. In general, how would you cook beans in a slow cooker?

---

---

(Continued on next page)

Chapter 31 Study Guide (continued)

10. List three benefits of eating tofu.

---

---

---

11. List four suggestions for cooking with tofu.

---

---

---

12. What are nuts? How are they used?

---

---

13. Name two common “nuts” that really aren’t nuts.

---

---

14. Describe the nutritional content of nuts.

---

---

---

15. List five forms of nuts.

---

---

16. Explain how to store shelled nuts and nuts in the shell.

---

---

17. What are seeds?

---

---

18. List two ways to use seeds.

---

---

---



# Activity 2

## Legumes, Nuts & Seeds

### Seeking Truth in Advertising

**Directions:** Read each advertising slogan and determine whether it is true or false. Place a check mark in the space provided to the left of any true statements. If false, write a correction in the space provided below the statement.

- \_\_\_\_\_ 1. Perk up your recipes with legumes, they are packed with flavor and nutrition!  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
- \_\_\_\_\_ 2. Reduced price on split peas. Perfect for your Tex-Mex meals!  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
- \_\_\_\_\_ 3. Special on “presoaked” beans! Save cooking time with no loss of nutrition.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
- \_\_\_\_\_ 4. Tofu the wonder food! Made from soybeans, it’s the best protein and lowest in fat in the world of beans!  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
- \_\_\_\_\_ 5. Bargain prices for the most popular nuts on the market: peanuts, walnuts, and pecans.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
- \_\_\_\_\_ 6. Add seeds to your salads and eat them as snacks. They add crunch and variety and, of course, nutrition!  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_