

Activity 1

Legumes, Nuts & Seeds

Name That Legume or Seed

Purpose: To identify important legumes and seeds.

Directions: Read each description below. Write the name of the legume or seed that matches each description in the space provided.

- _____ 1. Small, lens-shaped legumes that come in red, brown, and green varieties.
- _____ 2. Tofu is made from this legume.
- _____ 3. Tiny, flat, beige seeds that have a nutty flavor and are used to make tahini.
- _____ 4. These greenish-white, flat, oval beans have a mild flavor and smooth, creamy texture; also called butter beans.
- _____ 5. Medium-size, oval seeds which are high in many nutrients, including vitamin E. They are often eaten as a snack.
- _____ 6. Popular in Middle Eastern cuisines, these medium-size, round, roughly shaped beans have a nutlike flavor and firm texture.
- _____ 7. Commonly used in soups, these legumes may be green or yellow and are skinned and split.
- _____ 8. Large, deep-red beans with a hearty flavor and firm texture. Traditionally used in chili.
- _____ 9. A seed with a white hull and dull-green kernel. The kernels are often used in Mexican cuisine.
- _____ 10. Medium-size, oval beans traditionally used in Southern cuisine.
- _____ 11. Used in soups, stews, casseroles, and salads. Varieties include: navy, Great Northern, and cannellini beans.
- _____ 12. Medium-size, oval beans with a mottled beige and brown skin that turn brown when cooked.
- _____ 13. Another name is “turtle beans.”
- _____ 14. A type of tofu that is used in puréed or blended dishes.

Activity 2

Legumes, Nuts & Seeds

Why Legumes, Nuts and Seeds?

Purpose: To explain the value of legumes, nuts, and seeds in the diet.

Directions: In the space provided, answer the items below to improve your knowledge about the value of legumes, nuts, and seeds in the diet.

1. What are the key nutrients found in legumes?

2. For the amount of money you spend, which gives you more protein, dollar for dollar, legumes or meat? Why?

3. What are the key nutrients found in nuts?

4. How can nuts be a beneficial part of your eating plan? List three ways to use nuts.

5. How are seeds used in the diet?

Activity 3

Legumes, Nuts and Seeds

Preparing and Cooking Legumes

Purpose: To review the basic techniques for selecting, preparing, and cooking legumes.

Directions: Read each statement below. Write the word or words that best complete each statement in the space provided to the left of each number.

Selecting & Preparing to Cook Legumes

- _____ 1. When you purchase legumes, look for those that are ___?___ and ___?___.
- _____ 2. Look for legumes with no visible ___?___ and a(n) ___?___ and ___?___.
- _____ 3. Before preparing them, store legumes in a(n) ___?___, ___?___ place.
- _____ 4. Inspect legumes for ___?___ and ___?___ material. Remove any pebbles and stems.
- _____ 5. Rinse legumes well in ___?___ water several times to wash off the field dust. Rinse until the water is ___?___.
- _____ 6. To soak legumes more quickly, use ___?___ cup(s) of water for every pound of legumes. Using a large pot, heat the water and legumes to ___?___, reduce the heat, and let ___?___ for 2 to 3 minutes. Remove from heat and set aside. Let legumes soak 1 to 4 hours.
- _____ 7. For a longer soak, use ___?___ cups of cold water for every ___?___ pound(s) of legumes and soak overnight.

Simmering Legumes

- _____ 8. For each pound of legumes, cover with ___?___ cup(s) of fresh, hot water. Cover to about ___?___ above the legumes.
- _____ 9. Add seasonings, but don't add ___?___ or ___?___ until legumes are tender.
- _____ 10. ___?___ the pot. Bring to a boil, reduce the heat, and ___?___ until legumes are tender.
- _____ 11. Test legumes ___?___ for doneness.

Activity 4**Legumes, Nuts and Seeds****Nut Facts**

Purpose: To review the basic facts about nuts.

Directions: Read each statement below. Write the word or words that best complete each statement in the space provided to the left of each number.

- _____ 1. These small, oval-shaped nuts have a thin, tan, half-opened shell and pale green kernel when mature. They are popular in Middle Eastern, French, and Italian cuisines.
- _____ 2. With an oval shape and light brown, soft shell, these nuts have a delicate and slightly sweet flavor. These nuts are used to make marzipan.
- _____ 3. These medium-size, crescent-shaped nuts have a sweet, buttery flavor and tender texture. They are sold only shelled because the shell is toxic.
- _____ 4. These small, oval-shaped nuts have a thin shell and ivory-colored kernel. They have a delicate flavor and crisp texture.
- _____ 5. An important ingredient in Thai and African cuisines, these are technically a legume but are used the same as nuts.
- _____ 6. Large, triangular-shaped nuts with a hard, dark brown shell and white kernel.
- _____ 7. With a distinctive, buttery flavor and tender texture, these nuts are large and oval-shaped with a smooth, thin, tan shell and light brown kernel.
- _____ 8. These large and round nuts have a beige shell and a light brown kernel. They are used in main dishes, salads, baked goods, and as snacks.
- _____ 9. Grown in Hawaii, California, and Florida, these grape-sized nuts have a slightly sweet, buttery flavor and tender texture.
- _____ 10. Also called filberts, these nuts are grown in temperate climates.
- _____ 11. These nuts have no shell, but retain their skins.
- _____ 12. These nuts store well and keep as long as a year.