

# Beans is How

A Schools Toolkit for World Food Day

[#beansishow](https://twitter.com/beansishow)



**Mark your calendars for  
World Food Day 2023!**





**Coming to you on 16th October**



 **Beans  
is How**



# What's inside?

-  Part 1: Background for Teachers
-  Part 2: Information for Children
-  Part 3: World Food Day Assets
-  Keep Momentum Going






# Part 1: Background for teachers




# About Beans Is How




-  Beans is How is a global campaign to double bean consumption for the benefit of all people including children.
-  Beans is How seeks to amplify and make visible the importance of beans as a simple, affordable solution to our global financial, health and environmental challenges.
-  We work with organisations all over the world to make our campaign goal a reality...



# World Food Day



World Food Day is celebrated annually on 16 October and aims to raise awareness of ongoing efforts to eliminate poverty, hunger, food insecurity and malnutrition.



This World Food Day, we'll provide schools with inspiration to spend time with children thinking about how the food we eat arrives on our plates, how it can keep us healthy and nourish the planet.



Through working across schools networks on World Food Day, we can help teachers and children super-charge their own bean knowledge, and reach more people on our journey to this ambitious goal.

**Beans are a simple, affordable solution to our global financial, health, and climate problems:**

**Beans are nutritious**

**Beans are affordable**

**Beans are climate friendly**


**Beans are versatile**

**Beans store & keep well**

**Beans are a farmer's friend**

**Beans are delicious**





**How do we get children to understand the food system?**

**How can we contribute to get better child nutrition outcomes?**

**How can we enjoy meals that don't cost the earth?**



**How can we tackle climate change from the dinner table?**



# Part 2: Information for Children





## The next two slides can be shared with children:

● As talking points in classroom activities.

● As talking points about healthy eating in school assemblies.

● As a standalone pieces of content for World Food Day:

- In school newsletters
- In school social media channels
- As handouts for children to take home



# TODAY is World Food Day!



## A GLOBAL RECOGNITION DAY

The United Nations holds this day every year to help people around the world celebrate food and raise awareness of the importance of sustainable food systems and what food means for our health.



## EVERY YEAR ON 16th OCTOBER...

...children, like you, celebrate World Food Day - in their schools, communities and their homes.



## WORLD FOOD DAY IN YOUR SCHOOL

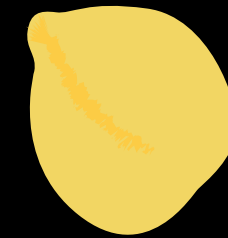
This year, YOU can be a part of World Food Day celebrations by joining in with the fun activities your school is providing.



# Did you know that beans can...



**Be used in many dishes!**  
Beans are used in meals, desserts, snacks, sauces, spreads and even drinks!



**Be found in hundreds of varieties!**  
There are hundreds of types of beans - HOW MANY can you name? Be sure to try local varieties.



**Improve people's nutrition**  
Beans contain key proteins, carbohydrates, vitamins and minerals for nutrition.



**Support affordable and healthy diets**  
Beans can come in lots of ways - dried, canned or jarred. Which ones have you tried?



**Reduce impact on climate change**  
Beans are good for our planet too! They improve our soils and water quality. Growing beans uses less water than some other crops.

# Part 3: World Food Day School Assets



Can you think of **ONE** way to make beans

**EXCITING?**

Here are **3** suggestions to try...

# School Pack

**ASSET 2: ART COMPETITION**

Slide 17

Slide 18

Slide 16

**ASSET 3: SHARABLE BEANS RECIPES**

**ASSET 1: FUN QUIZ!**

# Fun Quiz

## Instructions for teachers

The quiz is a fun and engaging way to learn about beans this World Food Day.

The quiz can be handed out to pupils in a lesson, as homework, as a take home activity or in before or after school club.

Why not share the winners in your regular assembly to highlight the great food knowledge of the winners.

**Bean Quiz**

**Question 1**  
Which of the following is not true?  
A) Beans are magical  
B) Beans are delicious  
C) Beans are how we celebrate

**Question 2**  
True or False: Beans are a type of vegetable

**Question 3**  
Which of the following is a benefit of eating beans?

**Question 4**  
True or False: Beans come in many different colours, shapes and sizes.

**Question 5**  
True or False: Beans grow underground, like potatoes.

**Question 6**  
Which of these is NOT a type of bean?  
A) Kidney Beans  
B) Jelly Beans  
C) Black Beans

**Question 7**  
True or False: Beans are a good source of energy and they can help us grow strong

**Question 8**  
True or False: You can eat beans in various dishes, including in soups, salads and even as a snack!

Beans is How

Click the link [here](#), for the fun quiz for pupils!



# Art Competition

Your school can hold an art competition to make beans exciting.

The art competition is a way for pupils to learn more about the range of beans that exist and give them inspiration for gaining more bean knowledge and also trying and tasting more varieties of beans.

The art competition can be given to children as a fun World Food Day take-home activity.

Why not showcase the winners in your school to keep the bean message alive past World Food Day.



**Art Competition**  
Celebrating World Food Day with Beans

The United Nations-declared World Food Day gives schools all around the world the opportunity to celebrate what amazing crops like beans can do for people and the planet. This year, our school is excited to celebrate World Food Day in partnership with the "Beans Is How" campaign, drawing attention to the delicious flavours and varieties, as well as the nutritional power of beans for our students, staff and their families. To make this celebration even more special, we invite our pupils to participate in our World Food Day Beans is How art competition!

In this creative art competition, children are encouraged to let their imaginations run wild as they bring beans to life in celebration of World Food Day. An art competition is a brilliant way for children to outwork multiple intelligences, expressing their creativity and having fun during World Food Day, while discovering more about the food and systems that sustain them.

Through art, we hope to inspire children to appreciate the role beans and other climate friendly crops play in nourishing our bodies and the planet.

 Beans is How

Click the link [here](#) for the art competition!



**Beans is How**

# Sharable Bean recipes

We have prepared bean recipes for you to talk about and use at home.

Recipes can be shared with children to take home as a handout.

Recipes can be used as a discussion prompt at school - get the class to vote - which is your favourite?

Why not ask your pupils to share back their experience of cooking these recipes at home.

**Preparation time:** 20 min **Cooking time:** 20 min **Serves:** 20

**White Bean Dark Chocolate Oat Bites**

*Chef Akeisha Hayde*  
Culinary Director, MIT  
Bon Appétit Management Company

**Ingredients:**

- 1 tablespoon chia seeds
- 3 tablespoons water
- 3 1/4 cups oatmeal, old fashion rolled oats
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon cinnamon, ground
- 1 teaspoon salt
- 1 1/2 cups or 15 ounce can cooked white beans, rinsed and drained
- 1/4 cup canola oil or other neutral oil
- 1/3 cup maple syrup
- 1/2 teaspoon orange zest
- 1/4 cup apple sauce
- 1/4 cup carrots, shredded
- 1 teaspoon vanilla extract
- 1/2 cup dates, pitted, and chopped
- 1/4 cup pumpkin seeds, toasted
- 1 cup 60 % dark chocolate, morsels

**Method:**

- Preheat oven to 350 °F. Line sheet pan with parchment paper.
- Mix chia seeds and water and set aside for 15 minutes. Process 1/2 of the oats in a food processor until it is a flour-like consistency. In a large mixing bowl, combine the remaining rolled oats, oat flour, baking powder, baking soda, cinnamon, and salt. Mix thoroughly.
- Place the white beans and oil in a food processor and process until creamy. Remove and add to oat mixture. Place the chia seed (with water), maple syrup, carrots, orange zest, apple sauce, and vanilla in a food processor. Puree until smooth. Add this mix to the oat and bean mixture and combine thoroughly.
- Fold in the dates, pumpkin seeds, and dark chocolate.
- Shape into 2 1/2-ounce balls. Flatten into a patty. Place them onto sheet pan to bake for 12-15 minutes, rotating pan halfway through.
- Cool Completely.

Double global beans consumption by 2028

**Beans is How**

Here is the [link](#) to the recipes!



**Keeping the  
momentum going**





# Keep the momentum up!

1

Share this toolkit with other teachers in your network!



2

Use the assets in this toolkit for ongoing engagement with pupils.



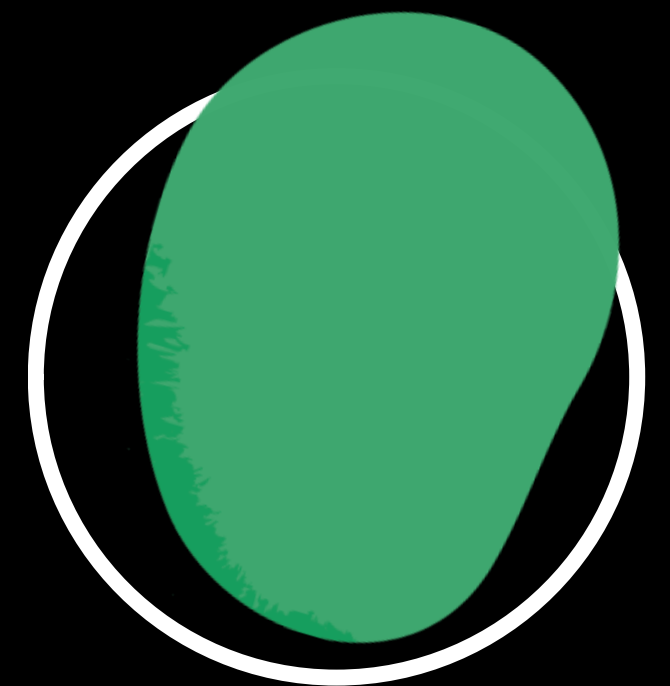
3

Spread bean-spiration via showcasing Quiz & Art competition outputs.



4

Bring Beans to Your Next school event!





# Beans is How

General Inquiries:

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**Thank you!**

