Beans is How
A Schools Toolkit
#beansishow
What's inside?

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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...
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:
  - In school newsletters
  - In school social media channels
  - As handouts for children to take home
Did you know that beans can...

- **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?

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

- **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.

- **Be used in many dishes!**: Beans are used in meals, desserts, snacks, sauces, spreads and even drinks!
Part 3: School Assets
Can you think of ONE way to make beans EXCITING?

Here are 3 suggestions to try...
School Pack

ASSET 2: ART COMPETITION

ASSET 1: FUN QUIZ!

ASSET 3: SHARABLE BEANS RECIPES
Fun Quiz

Instructions for teachers

The quiz is a fun and engaging way to learn about beans.

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.

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 given to children as a fun take-home activity.

Why not showcase the winners in your school to keep the bean message alive.

Click the link here for the art competition!
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.

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!
General Inquiries:

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Thank you!