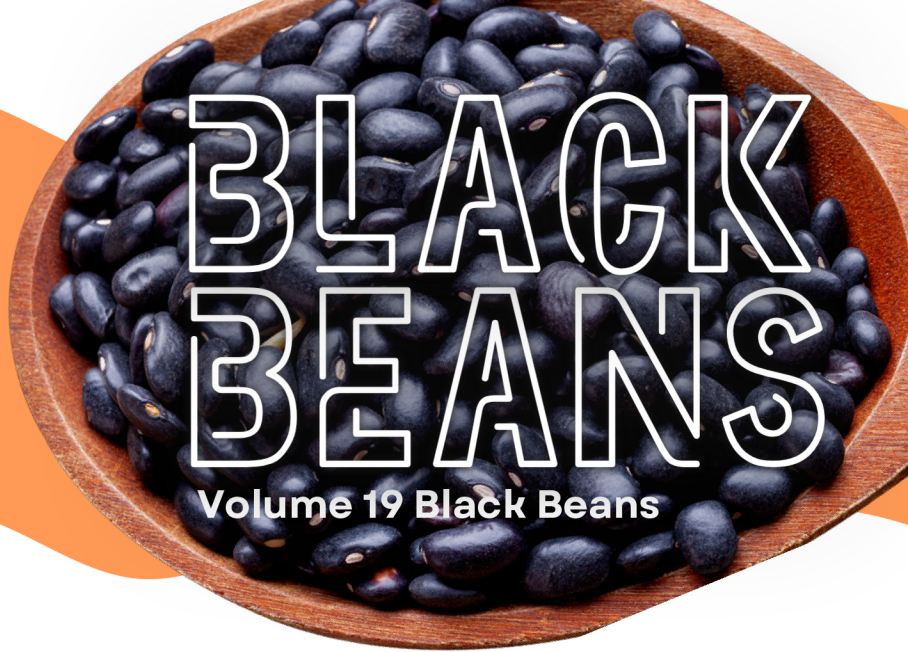


Nutraplanet Gazette



Vol 19

FOOD OF THE MONTH



Volume 19 Black Beans

Get ready for an awesome adventure into the world of black beans!

IN THIS ISSUE

Discover why these little powerhouses are more than just another food on your plate.



Find out how ancient civilizations used black beans on page 3



Don't miss our super-secret black bean brownie recipe on page 7!



Plus, become a real scientist with our bean growing experiment on page 10!

HEY! FOOD EXPLORERS



THE AMAZING BLACK BEAN

Black beans might look simple, but they're hiding some amazing secrets! These little nutritional superheroes belong to a special family called legumes - think of them as the cool cousins to peas and lentils.



DID YOU KNOW?

Black beans are not black black beans are deep purple!

INTERESTING FACT



These beans aren't just any ordinary food. They count as both a vegetable AND a protein. Here's what makes them super!

FIBER

Beans keep your digestion running smoothly.

VITAMINS

Beans contain B vitamins that provide a power-up like a video game

IRON

Beans give you energy for learning and playing

PROTEIN

One cup of beans has as much protein as two eggs!

MORE ABOUT BLACK BEANS



Imagine traveling back 7,000 years to Central and South America. You'd find the ancient Maya and Aztec people growing these beans alongside corn and squash. They called them the three sisters because they grew so perfectly together!



Black bean plants make the soil better for other plants by adding nitrogen to soil.

These tasty beans can be found all around the globe. Here are a few dishes on their journey.

CUBA

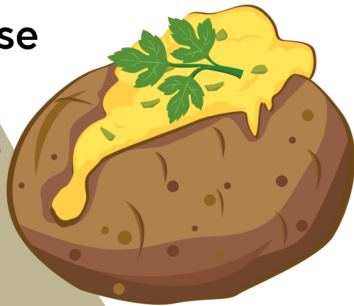


RICE AND BEANS

AMERICA TACOS AND BURRITOS



For a fun dish put black beans on a baked potato with melted cheese or add to corn, carrots and other vegetables.



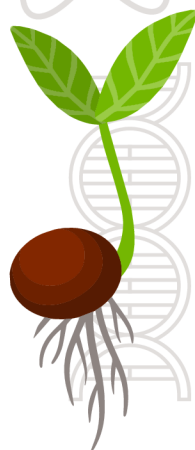
MEXICO BEAN DIPS AND SOUPS

watch!
ADVENTURES OF
TJ & NUTRITION SUPERHEROES



BEAN GROW

Which conditions are best for growing black beans?
light or dark?
Warm or cold? Let's find out!







ITEMS NEEDED:

- 60 black bean seeds
- 12 small plastic cups
- Potting soil
- Water
- Plastic wrap
- Rubber bands
- Marker
- Ruler
- Spray bottle
- Sunny windowsill or grow light
- A notebook

STEPS

1. Divide beans into 4 groups of 15 seeds each
2. Label your cups for each test condition.

 <i>Normal</i>	 <i>Dry</i>	 <i>Dark</i>	 <i>Cold</i>
Room Temp Water Light	Room Temp No Water Light	Room Temp Water No Light	Refrigerate Water Light

3. Use our special Observation Journal and Bean Growth Chart to track the following each day for 14 days:
 - a. How many seeds have sprouted?
 - b. Growth measurements
 - c. What color are the leaves?
 - d. Which beans look the healthiest?

**SHARE
YOUR
SCIENCE!**

Share pictures of your experiment
nutraplanet@gazette.com

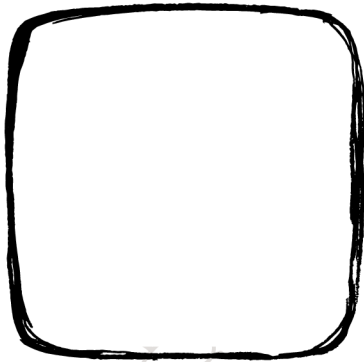


OBSERVATION JOURNAL

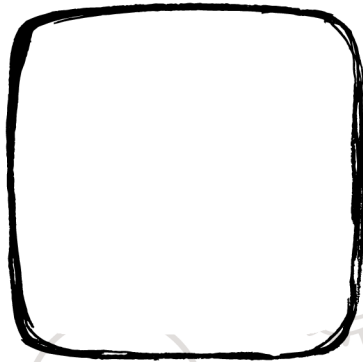
Collect the following information for 14 days.

**DATE.
DRAW.**

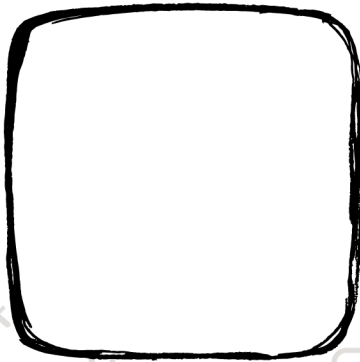
Draw the growth of the bean for each condition.



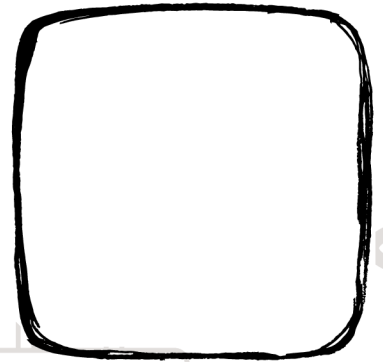
Normal



Dry



Cold



Dark



You can share pictures of your experiment each day with [@nutraplanetgazette](#)

CIRCLE.

What are the colors of the leaves and stems of each plant?

Normal

Dry

Cold

Dark

Leaves:
Stems:



THINK

1. What is the same and different about the plants today?
2. Which plants are growing?
3. What is your most interesting discovery today about plants?

BEAN GROWTH CHART

Day	Normal Group	Dark Group	Cold Group	Dry Group
1	Height: ____ Sprouts: ____	Height: ____ Sprouts: ____	Height: ____ Sprouts: ____	Height: ____ Sprouts: ____
2	Height: ____ Sprouts: ____	Height: ____ Sprouts: ____	Height: ____ Sprouts: ____	Height: ____ Sprouts: ____
3	Height: ____ Sprouts: ____	Height: ____ Sprouts: ____	Height: ____ Sprouts: ____	Height: ____ Sprouts: ____
4	Height: ____ Sprouts: ____	Height: ____ Sprouts: ____	Height: ____ Sprouts: ____	Height: ____ Sprouts: ____
5	Height: ____ Sprouts: ____	Height: ____ Sprouts: ____	Height: ____ Sprouts: ____	Height: ____ Sprouts: ____
6	Height: ____ Sprouts: ____	Height: ____ Sprouts: ____	Height: ____ Sprouts: ____	Height: ____ Sprouts: ____
7	Height: ____ Sprouts: ____	Height: ____ Sprouts: ____	Height: ____ Sprouts: ____	Height: ____ Sprouts: ____
8	Height: ____ Sprouts: ____	Height: ____ Sprouts: ____	Height: ____ Sprouts: ____	Height: ____ Sprouts: ____
9	Height: ____ Sprouts: ____	Height: ____ Sprouts: ____	Height: ____ Sprouts: ____	Height: ____ Sprouts: ____
10	Height: ____ Sprouts: ____	Height: ____ Sprouts: ____	Height: ____ Sprouts: ____	Height: ____ Sprouts: ____
11	Height: ____ Sprouts: ____	Height: ____ Sprouts: ____	Height: ____ Sprouts: ____	Height: ____ Sprouts: ____
12	Height: ____ Sprouts: ____	Height: ____ Sprouts: ____	Height: ____ Sprouts: ____	Height: ____ Sprouts: ____
13	Height: ____ Sprouts: ____	Height: ____ Sprouts: ____	Height: ____ Sprouts: ____	Height: ____ Sprouts: ____
14	Height: ____ Sprouts: ____	Height: ____ Sprouts: ____	Height: ____ Sprouts: ____	Height: ____ Sprouts: ____

**WHAT'S
NEXT?**

Put your bean plant in or start a garden!

BLACK BEAN BROWNIES

INGREDIENTS

2 cans black beans
(drained and rinsed)

1½ tsp vanilla extract

¾ cup cocoa powder (unsweetened)

1¼ tsp baking powder

¾ cup dark chocolate chips

3 large eggs

⅓ cup coconut oil

⅓ cup brown sugar

¼ tsp salt

ALTERNATIVES



¾ cup applesauce instead of eggs



Add spinach



INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Line a 9x9 inch (23x23 cm) baking pan with parchment paper and lightly grease with cooking spray.
2. Blend beans, eggs, oil, and vanilla until smooth in a large bowl.
3. Add sugars, cocoa, baking powder, and salt. Blend until it looks like cake batter
4. Stir in ½ cup chocolate chips
5. Pour into your baking pan
6. Sprinkle remaining chips on top
7. Bake 25-30 minutes.
Test with a toothpick
8. Allow the baking pan to cool completely when done.

WHAT?
**BEANS TASTING
LIKE FUDGE**
HOW?

Take a picture of your cooking
adventure and share it with us!

@NutraplanetGazette

#KidsCooking #TasteKitchen



INGREDIENTS

2 tbsp olive oil
3 cloves garlic (minced)
1¼ pounds lean ground beef
1 tbsp chili powder
1 tsp ground cumin
1 tsp smoked paprika
2 cans pinto beans (drained and rinsed)
½ cup low-sodium beef broth
Salt and pepper to taste
10 individual bags of baked corn chips

TOPPING INGREDIENTS

1½ cups reduced-fat
Mexican-blend cheese
½ cup sour cream
3 diced tomatoes
4 sliced green onions
OPTIONAL:
1 diced avocado
½ cup chopped cilantro
Hot sauce

ALTERNATIVES

Add extra seasonings

Use beans
instead of meatAdd crushed
tortilla chips**INSTRUCTIONS**

1. Heat oil in a large pan. Cook garlic for 30 seconds until it smells amazing!
2. Add beans and broth. Simmer 5-7 minutes until the liquid disappears
3. Season with salt and pepper
4. Add beef and all the special spices
5. Break up the meat like you're crushing rocks. Cook for 6-7 minutes until no pink remains
6. Gently open each chip bag and add the meat and bean mixture.
7. Top with your chosen ingredients



Keep chips crunchy
by adding toppings
just before eating



Take a picture of your cooking
adventure and share it with us!
@NutraplanetGazette
#KidsCooking #TasteKitchen



BEAN THERE DONE THAT

Can you find all 20 words related to beans?

E E I E R E B I F I E R K V
C N V S V R R G G A L N L E
L A B E A N D L R G B L O O
A I G N H V I Y A C A E R T
G R I E K E G C M T T M E U
S A R G C G E E E R E U T R
Y T O A A A S M A T G G S T
H E N N L N T I G R E E E L
T G E A B A I C E A V L L E
L E F M N M O G E E I S O S
A V I G I A N A R H E N H T
E D E L I C I O U S A H C A
H L A L M L N I E T O R P L
G T E T A L O F I T L N S K

Iron

Black

Bean

Vegan

Turtle

Digestion

Glycemic

Cholesterol

Vegetable

Heart

Healthy

Gram

Digestion

Folate

Stalk

Vegetarian

Fiber

Legume

Protein

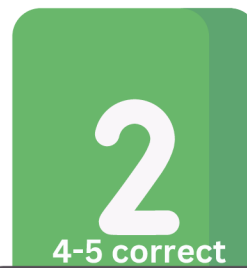
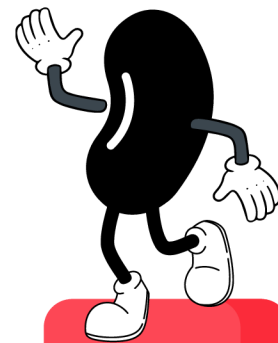
Delicious

TRIVIA

TEST YOURSELF

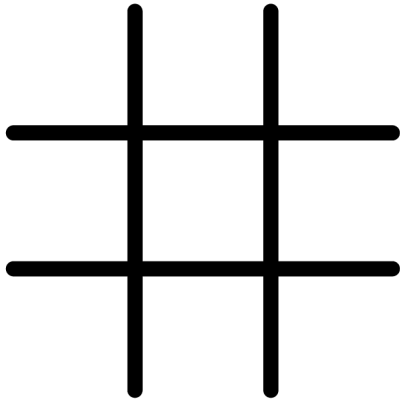
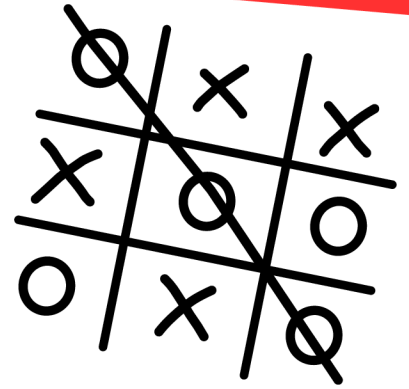


- How do black beans grow?
A) On trees
B) On bushes
C) Underground
D) In the ocean
- How many grams of protein are in one cup of cooked black beans?
A) 5 grams
B) 15 grams
C) 30 grams
D) 50 grams
- Which ancient peoples first grew "the three sisters"?
A) Romans and Greeks
B) Maya and Aztec
C) Egyptians and Persians
D) Chinese and Japanese
- What makes black beans their special color?
A) Food coloring
B) Soil type
C) Anthocyanins
D) Bean magic
- Black beans belong to which TWO food groups?
A) Fruits and vegetables
B) Grains and proteins
C) Vegetables and proteins
D) Dairy and proteins
- True or False: Black beans contain fiber, which is good for digestion.
- How long ago did people start growing black beans?
A) 100 years ago
B) 1,000 years ago
C) 7,000 years ago
D) 10,000 years ago



Tic-Tac-Toe

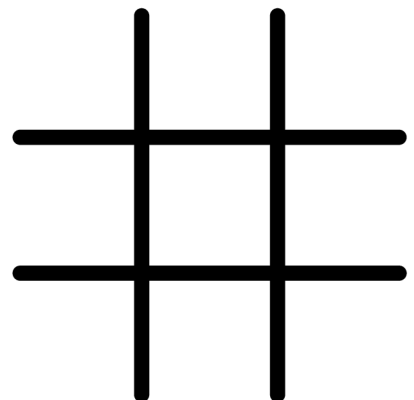
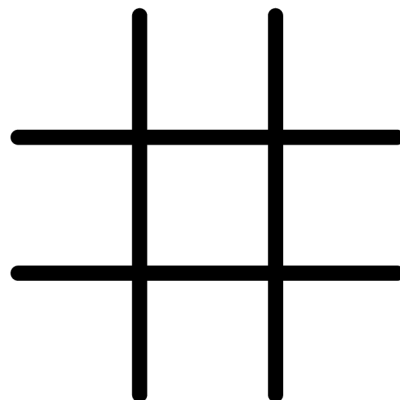
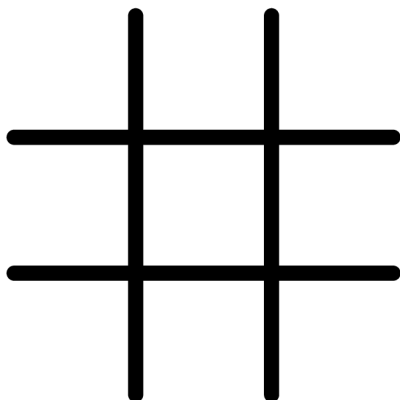
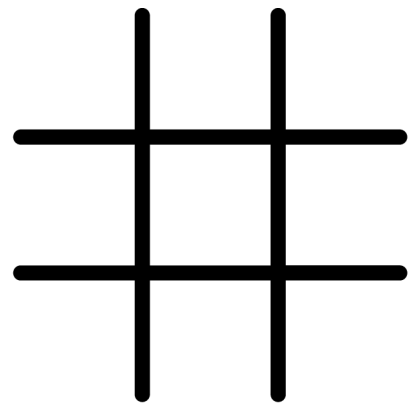
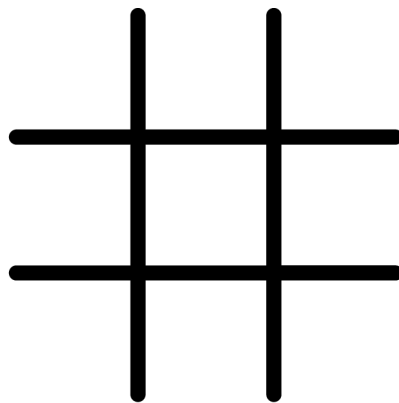
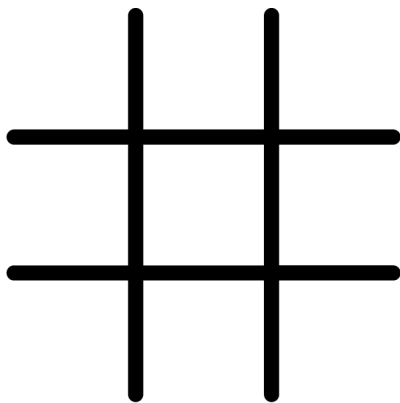
Taking turns with your partner, play a game of Tic Tac Toe with a goal of getting three in a row .



SCORE

Player 1

Player 2



WE VALUE YOUR FEEDBACK!

That's why we invite you to share your feedback about this issue. This survey will take a few minutes. Just click any question to begin. Thank you for making us a better gazette.

1 Did you enjoy this edition of the Nutraplanet Gazette?

- Yes, I loved it It was OK Not really Didn't read it

2 After reading, are you more likely to try the food of the month?

- Definitely Maybe Probably Not No way

3 Are you more likely to select the food of the month if you see it in the cafeteria?

- Yes, I loved it It was OK Probably Not No way

4 Do you feel that you know more about the food of the month after reading the Gazette?

- Yes, I learned a lot I learned a little Not really I didn't read

5 What topics would you like to see in future editions of the Gazette?