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Lesson #1
Introduction to pulse crops in Alberta and Canada
Subject Link: Grade 4 health – personal health

Objective:

The students will analyze the need for variety and moderation in a balanced diet.

Anticipatory set:

- Pass around Ziploc baggies of various pulses labeled with what is in each bag
 - o Examples of pulses grown in Alberta – purchase the pulses at the grocery store
 - Field peas (yellow or green peas), Dry beans (pinto, great northern, small red, black, or pink), Chickpeas, Faba beans, and Lentils (large green, small green, small red)

Materials:

- Blender
- Canada food guide
- White board and marker
- Ingredients to make hummus and crackers
- Hand out of 5 recipes
- Ziploc baggies of pulse samples

Procedure:

- Ask the class if they know what all of these seeds are called?
 - o *Pulses are edibles seeds of legumes like lentils, beans, peas and chick peas.*
- Ask the class if they have eaten any pulses before?
 - o *Give examples of common foods with pulses in it*
 - *Baked beans, hummus, chili*
- Explain to the class why pulses are a healthy decision for a balanced diet
 - o *Pulses are high in fiber, fat free, and sodium free. Therefore pulses are healthy and make you feel full longer*
 - o *They also help reduce heart disease and certain types of cancer and help with diabetes and healthy weight management*
 - o *Because pulses make you feel fuller you have more energy*
 - o *Pulses are an excellent alternative source of protein other than meat and are tasty and healthy*

- *It's recommended you eat 3 cups of pulses each week for a balanced diet*
- As a class make inferences about pulses by making a chart on the white board and voting yes or no
 - Pulses are: YES NO
 - Healthy choices
 - Can be eaten by vegetarians
 - Help you feel full longer
 - An alternative to meat
 - Can be used to make desserts like cookies

Explain to the class why the answer to all of the above are yes.
- Show the Canada Food Guide and look at the meat and alternatives for children aged 9-13.
 - *Determine that they need 1-2 servings per day of meat and alternatives*
 - *Brainstorm pulse foods that they could eat to meet their daily meat and alternative nutritional needs*
 - *Chili, hummus, beans, vegetable soup (ie minestrone), wasabi peas or other dried peas, chick peas in a salad*
- Make hummus in class and eat it with crackers
 - Show how easy and tasty it is to incorporate pulses into a healthy balanced diet
 - See hummus recipe

Closure:

Hand out 5 pulse recipes (including the hummus that was made in class) for the kids to make at home with their families.

Evaluation:

Informal: Listening to the students discussion about pulses and examples