

BRAINY BROWN & WHITE WORD JUMBLE

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

BLACK BEAN
 BOSCH PEAR
 CHICKPEAS
 CAULIFLOWER
 COCONUT
 DATE
 JICAMA
 MUSHROOM
 NAVY BEAN
 ONION
 PINTO BEAN
 POTATO
 TURNIP



Try this fun experiment to watch, listen and learn all about the power of brown and white beans.

STEPS:

1. Fill the glass full of dry beans.
2. Add water to fill the glass to the top.
3. Place the glass in the center of the metal pan.
4. After a few hours listen for a “clink.” The beans will start to fall out of the glass and onto the pan.
5. Watch and listen as the beans grow more than two times their original size!

WHY DO BEANS EXPAND IN WATER?

The water softens the cells of the dry beans. This allows the water to soak up into the beans’ cells. The cells expand from the water and the beans grow.

ARE THE BEANS READY TO EAT?

Not quite yet. They need to be cooked. Here’s how:

1. Drain the soaked beans.
2. Put beans in a pot and add fresh cold water to just cover the beans.
3. Cover and simmer 1-2 hours until tender but not falling apart.
4. Drain and rinse.
5. Taste the beans. Do they taste the same or different than canned beans?

