

KITCHEN SCIENCE: LET'S EXPERIMENT

test your taste buds

Beans are good and good for us. They can be eaten in many ways. Match the picture with the correct food.

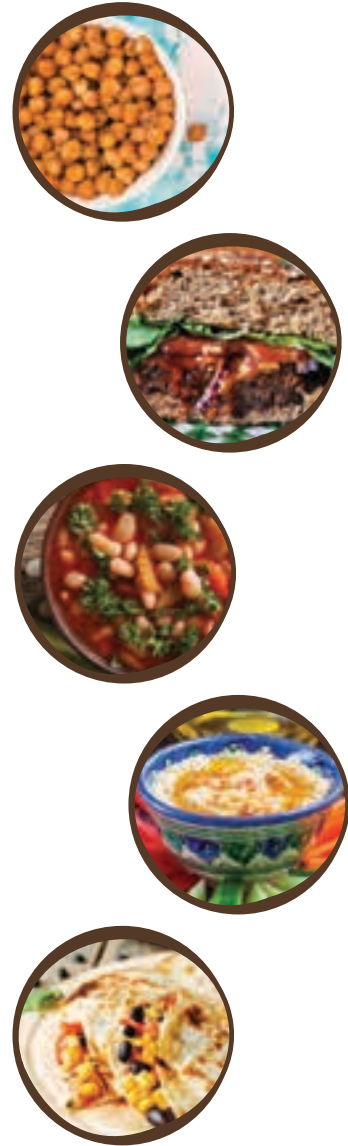
Tasty blended bean dip
GARLIC HUMMUS

Melted cheese & beans on a tortilla
BEAN QUESADILLA

Yummy patty made of beans & veggies
BLACK BEAN BURGER

Warm bean soup
WHITE BEAN CHILI

Savory, crunchy snack
ROASTED CHICKPEAS



Which of these foods have you tried? Which look yummy to you?

PLAY

white & brown word find

Can you find all of these wonderful white and brown fruits and veggies?

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

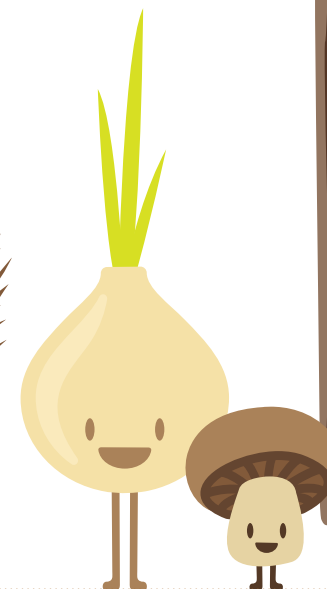
WORD BANK

- CAULIFLOWER
- MUSHROOM
- ONION
- SHALLOT
- PARSNIP
- KOHLRABI
- TURNIP
- JICAMA
- LENTILS
- BEANS
- ARTICHOKE
- DATES
- WATER CHESTNUT
- COCONUT

SILLY STUFF

FRUITY FACT ABOUT COCONUTS

A coconut is a fruit that is known as a drupe – that’s a funny name! Other fruits that are drupes are peaches, plums and cherries.



DID YOU KNOW?

There are over 75 kinds of mushrooms that glow in the dark? Whoa, cool! People have used these glowing mushrooms to help light their path through the woods.