



BEANS, BEANS, SORT THOSE BEANS!

TYPE OF ACTIVITY: Math

KEY CONCEPT: Eat a variety of foods



OBJECTIVES:

- › Children will classify beans into different groups.
- › Children will estimate how many beans are in each container.
- › Children will count the beans in their cup.

MATERIALS:

- › A variety of dried beans (pinto, garbanzo, kidney, black, Great Northern, etc.)
- › Small cups
- › Egg cartons, ice cube trays, or other containers for sorting



Safety Note – This activity requires careful supervision. Be aware that beans are a choking hazard. Before distributing beans, remind children that beans belong on their paper or the table only.

PROCEDURE:

1. Set-up: Place a variety of the different beans into cups for the children. It does not matter how many of each bean you use.
2. Show children a cup full of different types of beans. Remind children that beans are in the protein group. Encourage them to talk about the beans. Suggested phrases:
 - a. Did you know beans come in all different sizes and colors? What colors are the beans in your cup?
 - b. Which bean is the biggest? The smallest?
 - c. Have you ever eaten beans?
3. Show the children the containers for sorting. Explain that they can sort the beans into different groups. As children sort, help them identify the different types of beans. Talk about the colors, shapes, and sizes of the beans. Suggested phrases:
 - a. Put the beans that look alike together.

Day 3: Proteins

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- b. Put each type of bean in a different container.
 4. Once the children have sorted the beans, ask them to estimate how many beans are in their cup, and then encourage them to count them. Suggested phrases:
 - a. How many black beans do you think you have? Let's count them.
 - b. You guessed seven, but there are actually nine. Is seven more or less than nine?
 5. Allow children to continue sorting beans in any way they choose

ADAPTATIONS/EXTENSIONS:

Nutrition: Make a mixed bean soup and invite the children to taste and talk about how the different beans taste. Share the recipe with parents to try at home.

