

ACTIVITY**Name That Legume**

Directions: The beans referred to in the Meat & Beans food group are legumes. Identify the foods in the list below that are or that contain legumes. Mark the legume foods by writing an X on the line provided.

- _____ 1. lentils
- _____ 2. alfalfa sprouts
- _____ 3. peanuts
- _____ 4. hazel nuts
- _____ 5. split pea soup
- _____ 6. tofu
- _____ 7. pinto beans
- _____ 8. green beans
- _____ 9. chili with kidney beans
- _____ 10. black-eyed peas
- _____ 11. yogurt
- _____ 12. canned pork and beans
- _____ 13. garbanzo bean salad
- _____ 14. sunflower seeds
- _____ 15. peanut butter sandwich
- _____ 16. bean dip
- _____ 17. hummus
- _____ 18. black beans and rice

ACTIVITY

Eating Eggs, Beans, and Nuts for Good Health

Directions: In addition to protein, other nutrients you need are provided by eggs, beans, and nuts. Under each heading in the chart, list the nutrients for which that food is a source. Choose the nutrients from the list that follows. You will not use all of the nutrients listed, but you will use some nutrients more than once. You will not need all the lines provided.

- | | | | | |
|-----------------------|--------|------------------|-----------|-----------|
| | | Nutrients | | |
| amino acids | fiber | other B vitamins | vitamin A | vitamin E |
| calcium | folate | phosphorus | vitamin C | zinc |
| complex carbohydrates | iron | potassium | vitamin D | |

Eggs	Beans	Nuts
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Directions: For each of the portions listed in column one, write the number of ounces (or grams) of meat that the portion equals. Refer to Chapter 26 for examples of the portions that equal 1 ounce (28 grams) of meat.

Portion	Equivalent in ounces (grams) of meat
1 brown egg	_____
1/2 cup (125 mL) egg substitute	_____
1/2 cup (125 mL) cooked lentils	_____
4 tablespoons (60 mL) peanut butter	_____

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ACTIVITY

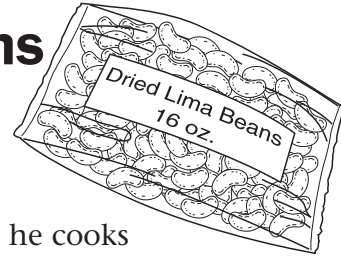
“Eggcellent” Cooking Methods

Directions: Eggs can be prepared in many ways to quickly serve as a meal or snack. Match each procedure in the left column with the correct name of the preparation method from the right column. Write the letter of the name in the space provided. Do not use any letter more than once.

Procedures	Names
_____ 1. Fry eggs slowly in covered pan. Do not turn, do not break yolks.	A. baked
_____ 2. Fry eggs slowly in covered pan. Turn once, but do not break yolks.	B. hard-cooked
_____ 3. Break eggs in bowl, then slip into a greased baking dish. Put in 325°F (163°C) oven until set.	C. omelet
_____ 4. Place unshelled eggs in a pan of water. Bring to a boil and turn off heat. Let stand for 15 minutes.	D. over-easy
_____ 5. Beat eggs with a little milk or water. Cook in a hot skillet. Don't stir during cooking. Let the mixture set into a flat shape. When it is set, fold it over.	E. poached
_____ 6. Place unshelled eggs in a pan of water. Bring to a boil and turn off heat. Let stand for 5 minutes.	F. scrambled
_____ 7. Beat eggs with a little milk or water. Cook in a hot skillet. Don't stir during cooking.	G. soft-cooked
_____ 8. Bring a saucepan of water to a boil; reduce to a simmer. Break the egg into a bowl and gently slip the egg into the simmering water. Simmer until cooked.	H. sunny side up

Legumes

Solving Legume Problems



Directions: Read each situation described below. Answer the questions on the lines provided.

1. Adam cooked dried pinto beans for supper. He cooked them like he cooks green beans—for 10 minutes in the microwave. No one could eat the pinto beans. What did Adam do wrong?

2. Lateesha is making dinner for her family. Her mother told her to use the rest of the tofu in the refrigerator. She had planned to serve a Mexican casserole made with ground beef, tortilla chips and dip, and a green salad. How might Lateesha use up the tofu with this menu?

3. Connor has been put on a low-sodium diet for his blood pressure. He has always eaten a lot of canned beans. Can he continue to eat them on his diet? Explain your answer.

4. Danielle is cooking dried black-eyed peas for supper. She uses the last of an opened package and opens a new package to have enough for her family. When she eats her serving, she discovers that some of the peas are tender while some are not. What could have caused this problem?

5. The soup recipe Jesse made called for $\frac{1}{2}$ cup cooked kidney beans. He decided to just cook the beans in the soup, so he put the $\frac{1}{2}$ cup of dried beans directly in the broth. When the soup was done, there were way too many beans in it. Why did this happen?

Legumes

Legume Calculations



Directions: Fill in the chart by calculating price per ounce of the legumes listed below. Then answer the questions on the lines provided.

Legume	Processing	Size	Cost	Unit Cost
Great Northern Beans	Dried	2 lb.	\$0.86	1. _____
Great Northern Beans	Canned	15 oz.	\$0.51	2. _____
Kidney Beans	Dried	1 lb.	\$0.68	3. _____
Kidney Beans	Canned	15 oz.	\$0.56	4. _____

5. Is it accurate to directly compare unit prices of dried and canned beans? Explain.

6. The canned beans are about the same price. How would you decide which to buy?

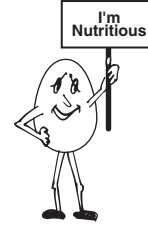
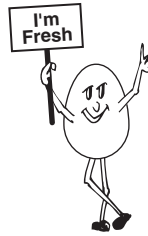
7. What are the advantages of buying dried legumes?

8. What are the advantages of buying canned legumes?

Eggs

Buying Eggs

Directions: Answer the following questions on the lines provided.



1. Curt is buying eggs for baking a cake and some cookies. Large eggs cost 92 cents a dozen while small eggs are 79 cents a dozen. Which size eggs should he buy? Why?

2. Carrie is looking at eggs in the supermarket. The store is having a sale on eggs and has extra cartons of eggs sitting in the aisle beside the refrigerated egg case. Does it matter if Carrie takes her carton from the aisle display or the refrigerator case? Why?

3. Emma is buying eggs for her family's use. The large eggs cost 99 cents a dozen while the medium eggs cost 90 cents. Which eggs are of better quality? Why?

4. It usually takes Brad about a month to use a carton of eggs. He's thinking about buying three cartons while they are on sale. Should Brad do this? Why or why not?

5. The supermarket where Tracy is shopping has cracked eggs for 1/2 price. Should she buy them? Why?

Eggs

Using and Cooking Eggs

Directions: Read each situation described below. Answer the questions on the lines provided.

1. Ryan became very ill after eating homemade ice cream. Could the ice cream have caused his illness? Explain your answer.

2. Kiara is making a salmon loaf. The recipe calls for an egg. Kiara thinks it is odd that a salmon loaf would contain an egg. Why is the egg included in the recipe?

3. Cody cracked an egg on the side of a bowl in which he was mixing cookies. He got eggshell in the cookie batter when he added the egg. What should he have done to prevent this?

4. Katherine is making a meringue for a pie. The recipe says to beat until the egg whites form soft peaks. What should Katherine use to beat the eggs? How will they look when they reach the soft peak stage?

5. Alec wanted to make scrambled eggs. He put the eggs in the pan and stirred them. Then he let them cook. He was very disappointed with the results because the eggs looked like a flat pancake. What should he have done? Why?
