

In celebration of the United Nations declaring 2016 The Year of Pulses, Manitoba Pulse and Soybean Growers and Agriculture in the Classroom – MB have created some curriculum linked resources that we invite you to use in your classroom.

Teacher Background Information

What Are Pulses and Why Are They Important?

Pulses are the group of crops that includes dry beans, dry peas, chickpeas, and lentils. They are high in protein, fibre and various minerals and vitamins. Pulses have been the cornerstone of global nutrition for centuries. They are very popular in the diets of people living in developing countries, but are increasingly becoming recognized as an excellent part of a healthy diet across the world.

Pulses are one of the most environmentally-friendly sources of protein that a farmer can grow. They require less energy and water than many other crops and produce fewer greenhouse gases. Pulses also have the added advantage of improving soil quality by fixing nitrogen back into the soil they grow in.

As a steady source of nutrition and soil sustainability, pulse crops play a major role in our global food security, a role which will only grow in the future. Whenever you or your students eat products made from pulses you are making a choice that is good for the environment.

International Year of Pulses

The United Nations has declared 2016 as the International Year of Pulses (IYP).

IYP will be marked in over 30 countries and celebrated through hundreds of initiatives across the world. It is an opportunity to raise global awareness and to celebrate the role that beans, chickpeas, lentils and other pulses play in feeding the world. Even more importantly, it will provide a moment in time to focus on the role that pulses play in advancing health and nutrition, food security and environmental sustainability.

Introduction to Pulses Student Material

Introduction to pulses materials

1. What are Pulses student reading sheet
2. Kid Bean Checks Your Understanding

These first introductory resources are to:

- help introduce pulses and the International Year of Pulses 2016 to your students
- provide background knowledge before completing other Pulse lessons

Hello! I'm Kid (short for Kidney) Bean and I'm "Peas"ed to meet you!

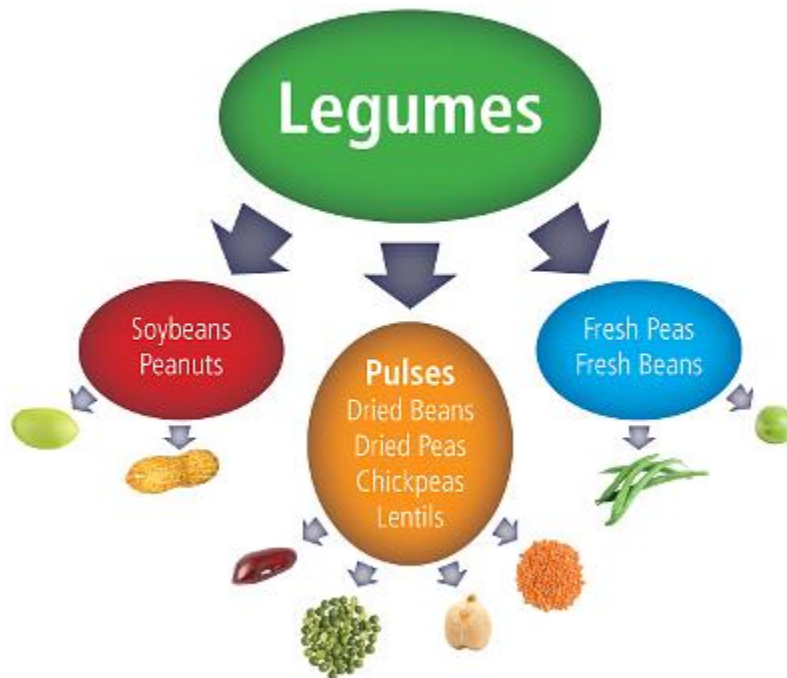
Have you ever had peas or beans for supper? Did they come in a shell that you cracked open to find the seed inside? Or did you just eat the whole thing, shells and seeds in one bite! Peas and beans are part of the legume family. Any seed that comes in a pod or a shell is a legume.

I want to tell you about some very special members of the legume family called pulses. We are so special that the United Nations has made 2016 the International Year of Pulses!



I'm so excited!

What are Pulses?



The legume family

Pulses are the tasty dry seeds from plants called grain legumes. Some examples of pulses are:

- chickpeas
- lentils
- dry beans
- dry peas

Maybe you have seen some of us! We are quite a colorful group! Can you recognize any of the following pulses?



Crops left to right: brown lentils, field peas, yellow peas, kidney beans, white peas, lentils, chickpeas

When grown by farmers for sale, we are called a crop – Pulse Crops! Canadian farmers are growing more pulse crops every year. Canadian pulses are sold to countries all over the world to be eaten as an important and tasty part of people’s diets.

We are more than just tasty. We are nutritious too! We have lots of fibre and protein to give you energy and to fuel your body. We also have minerals like iron and zinc and plenty of B vitamins. Plus we are low in fat. There are lots of recipes that use pulse crops – such as hummus and chilli – or you can eat us all by ourselves!



Kid Bean Checks Your Understanding



1. What are pulses?

2. Name 4 different pulses?

3. Why are pulses nutritious?

4. Why is Kid Bean so excited about 2016?
