

BEAN BINGO



Target audience: adults or older youth



Developed by:

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Before the lesson

- Photocopy and cut out numbers 1 to 24 and place them in a bowl, hat, etc. (Keep the original sheet with the lesson.)
- Have small prizes available for the winners. (If you play to the end, everyone will have a “blackout” because the answers are on every card.)
- Distribute one bingo card to each player. You may wish to laminate the cards so they last longer. (You can use erasable markers to mark the cards if laminated.)
- Distribute pennies, dry beans, buttons, pieces of paper, etc., to players to mark their bingo cards.
- Optional snack: Black Bean Brownies (*see recipe on “Now Serving: Beans!” handout*).

Rules

- Ask a participant to draw the numbers and ask the questions. To expedite, the leader can draw and ask the questions.
- Read the question that corresponds to the number drawn.
- The answers will be on the bingo cards. Give the players 10 seconds to figure out the answer before you tell them the answer. After you give them the answer, allow them time to mark it on their card with a penny, button, etc. Reinforce the correct answer by providing some additional information.
- A “bingo” occurs when a person gets five across, diagonal or down and calls out “Beango!” The leader should check the card to make sure it’s a “bingo.” Continue to play until “blackout” if desired. Or try these variations: four corners, stamp or kite. (You may wish to create a poster showing the variations.)
- If you have limited time to play, you can choose the questions/answers you want to highlight ahead of time and just include the numbers of those questions in the “hat.”
- To “bingo” in a blackout game, the winner must have every space on his or her card filled.
- If you choose to play a variation game other than blackout, the only way to win is to fill the spaces that correspond to the game you choose. For example, if you are playing for a kite, the only way to win is to get a kite in any of the corners. If someone gets five across, diagonal or four corners, it’s not a bingo because the participants are playing for a kite.

Game questions:

1. What type of bean shares its name with an organ in the body?

Answer: Kidney bean

These kidney-shaped beans are inexpensive and provide 45 percent of your daily fiber in one cup.

2. What should be done with dry beans before cooking with them?

Answer: Wash, remove stones and soak

Wash beans to remove dirt, sort beans to remove stones and any odd-shaped beans and soak beans to rehydrate them to allow for even cooking.

3. What component of beans may help reduce cholesterol levels?

Answer: Soluble fiber

Soluble fiber found in beans has been shown to have cholesterol- and lipid (fat)-lowering effects in the body.

4. What B vitamin found in beans may help reduce the risk of birth defects among infants?

Answer: Folate

This B vitamin is essential for cell growth and reproduction and is found in foods such as beans and fortified grains or in a multivitamin.

5. How much folate, a vitamin found in beans, is recommended daily for women of childbearing age?

Answer: 400 micrograms

400 micrograms is recommended daily for women of childbearing age to reduce the risk of neural tube defects.

6. What component of beans helps reduce the risk of chronic diseases and certain cancers?

Answer: Antioxidants

Antioxidants are substances found in some foods that help protect the body against free radicals and other environmental factors such as smoking.

7. What spotted bean shares its name with a horse?

Answer: Pinto bean

These beans are especially popular in Mexico and the southern United States and commonly are used in chilis, burritos and refried beans.

8. Beans are part of which plant family?

Answer: Legume

The legume family is made up of beans, peas and lentils.

9. What part of the legume plant is the bean?

Answer: Seed

Beans are the seed portion of the legume plant. Despite their small size, beans provide many nutritional benefits.

10. Recommended amounts for bean intake are dependent on what three factors?

Answer: Age, gender and activity level.

To find what amounts are right for you, visit *www.MyPlate.gov*.

11. What essential nutrient used by the body for growth and repair is found in beans?

Answer: Protein

Beans are packed with protein. Most beans, such as navy, black and pinto beans, contain on average 7 to 10 grams of protein per ½ cup and soybeans contain 14 grams per ½ cup.

12. What diet would benefit from adding beans by providing a nonmeat source of protein, iron and B vitamins?

Answer: Vegetarian

Beans provide an excellent source of protein, iron and vitamins for vegetarians.

13. What food group(s) do beans belong to in MyPlate?

Answer: Protein Foods and Vegetable groups

Beans can be counted toward either group. Generally, people who eat meat regularly count beans toward their vegetable total.

14. How many known bean varieties are available worldwide?

Answer: 13,000

More than 13,000 bean varieties are known worldwide. Originally domesticated in Central and South America approximately 7,000 years ago, beans now are grown all over the world, including in North Dakota.

15. What is the only bean that provides a complete source of protein?

Answer: Soybean

Nutritionally packed and extremely versatile, these beans are used to make cooking oil and soy products.

16. What bean is more commonly known as the chickpea?

Answer: Garbanzo bean

Garbanzo beans often are used in Middle Eastern and Mediterranean cuisine such as hummus and soup.

17. What red speckled bean may be confused with the fruit?

Answer: Cranberry bean

The cranberry bean is speckled red with a distinct nutty flavor and often used in soups and stews.

18. Beans are a good choice for people with this disease by helping control blood sugar.

Answer: Diabetes

Beans are a good source of complex carbohydrates, which the body digests slowly, helping to control blood sugar.

19. Beans are a great option for people trying to manage or lose weight because they contain little to no what?

Answer: Fat

Naturally low in fat, beans also are an excellent source of protein and fiber, key factors in weight management.

20. How are serving sizes for the Protein Foods Group measured?

Answer: Ounce equivalents

¼ cup of cooked dry beans is equal to 1 ounce equivalent.

21. What are serving sizes for the Vegetable Group measured in?

Answer: Cups

½ cup of cooked dry beans is equal to one serving for the Vegetable Group.

22. What forms can beans be found in at the grocery store?

Answer: Canned or dry

In the store, beans can be either canned or dry. Canned beans provide a quick option for cooking because they don't have to be soaked.

23. What can be substituted for all or part of the fat in baked goods such as brownies?

Answer: Beans

Replacing the fat in recipes with beans is an easy way to add extra nutritional benefits to your favorite treats.

24. What is another name for the soybean that is used in side dishes, salads, etc.?

Answer: Edamame (ěd'ə-mă'mā)

Used for centuries in Asia, edamame is gaining in popularity in the United States. Edamame can be added to salads or side dishes or lightly salted and eaten as a snack.

For more information on this and other topics, see: www.ag.ndsu.edu

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