

Give Dry Peas, Lentils, and Chickpeas a Chance!

They're good for you and tasty, too!

*An education kit to teach healthy eating for grades 2-6
Courtesy of the USA Dry Pea & Lentil Council*

Healthy eating habits start when children are young. That's why nutrition is part of the elementary curriculum. This kit, from the USA Dry Pea & Lentil Council, provides you with a variety of tools to make teaching about good nutrition both informative and fun!

Here's what you'll find:

- **Three comic books** featuring the characters Tase T. Lentil, Dan D. Pea, and Chel C. Chickpea
- **Four educational, skill-based worksheets** that teach nutrition facts, vocabulary, fact and opinion, and more
- **A colorful poster** that features the characters and reinforces good nutrition concepts
- **Reproducible versions of the characters and poster** to use as coloring sheets or to create crafts

Incorporate these tools into your science lessons, feature them during annual events (see page 2), or invite students to use them during free time or as morning work. Your students will gain skills and knowledge about healthy lifestyles!



www.pea-lentil.com

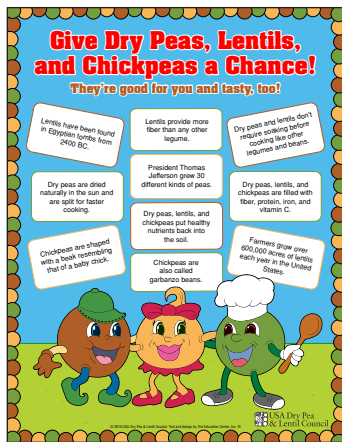
Three clever comics for teaching students about good nutrition and healthy choices!



Each comic features a fun character, including Tase T. Lentil, Dan D. Pea, and Chel C. Chickpea. These colorful characters teach students about healthy living and good nutritional choices through captivating stories. Print a comic for each student or place the comics in your reading area. They'll help students build

- vocabulary
- reading comprehension
- nutrition knowledge
- understanding of healthy eating choices

To use them, print the two pages for each comic. Then fold the pages together so the cover is on the front, pages 1 and 2 are inside, and page 3 is on the back. Students will have fun while learning!



“Give Dry Peas, Lentils, and Chickpeas a Chance!” poster

Add a little fun to your classroom decor with this colorful educational poster. It features lots of educational facts about good nutrition and healthy eating and reinforces the information covered in the worksheets and comics. Print it on one 11" x 17" page or two 8½" x 11" pages. Add it to a bulletin board, feature it in your science area, or copy the mini version on the back of this guide for students to color.

Incorporate these free materials into annual events such as

- National Nutrition Month (March)
- Eat Better, Eat Together Month (October)
- Vegetarian Month (second full week in October)
- National School Lunch Week (October)
- National Split Pea Soup Week (November)

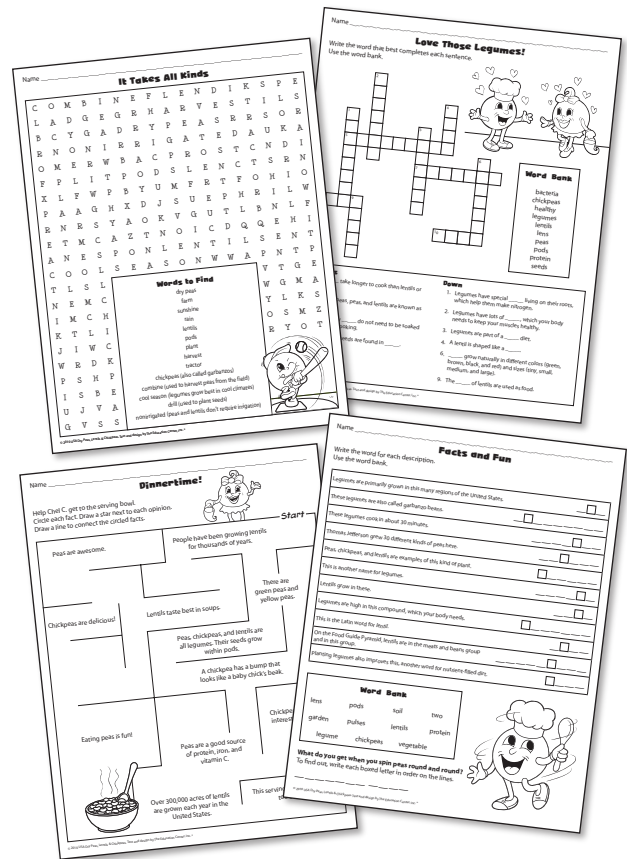
Did you know?
The National Lentil Festival is held in August each year in Pullman, WA. Events include a lentil cookoff and the Tase T. Lentil 5K Fun Run!

Four educational, skill-based worksheets to reinforce students' nutrition knowledge

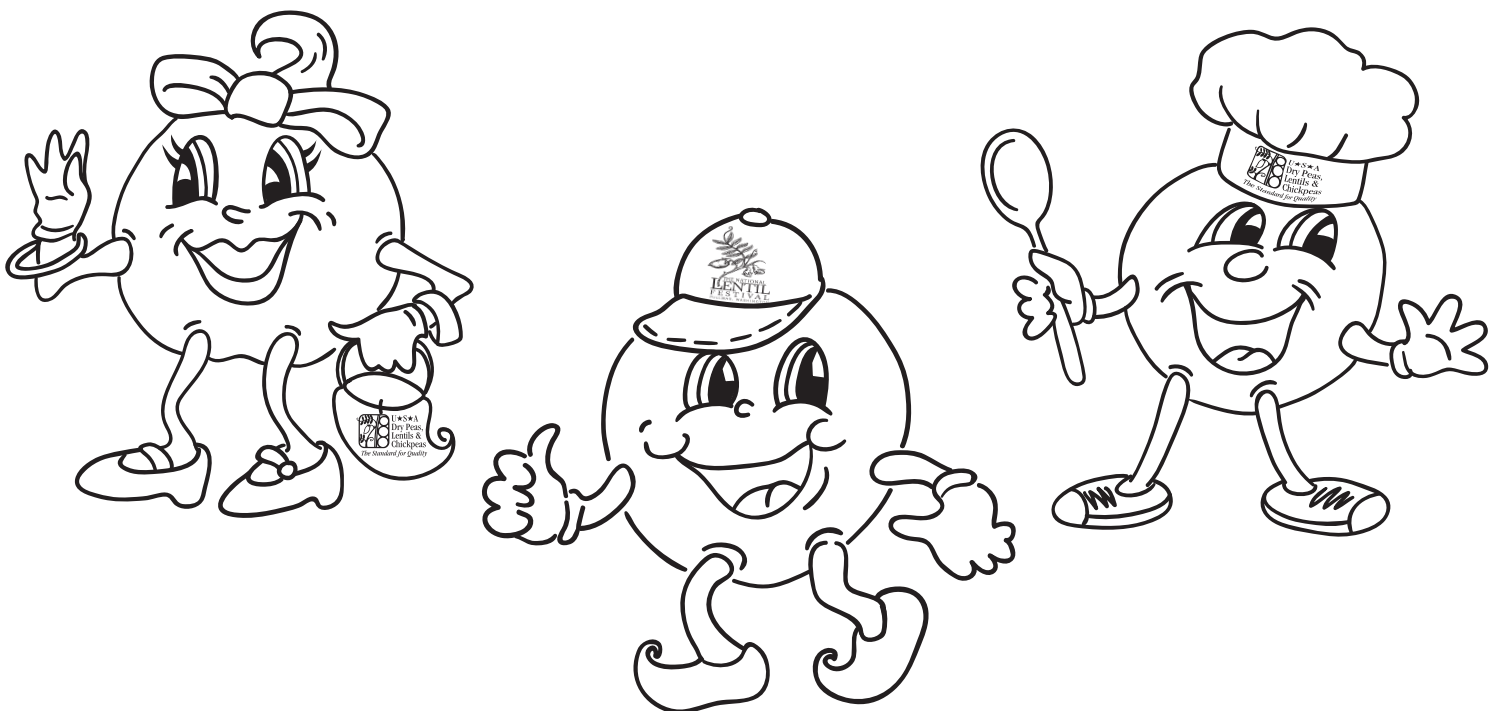
These flexible worksheets fit right into your curriculum! Students learn valuable skills like

- nutrition facts
- vocabulary
- fact and opinion
- problem solving

Each page includes a handy answer key. Incorporate the worksheets into your units, use them as morning work and free-time activities, or feature them during annual events like those listed in the box to the left.



Invite students to use construction paper, fabric scraps, glitter, and other materials to decorate these characters. To make simple puppets, cut out each character and attach a craft stick to the back.



Give Dry Peas, Lentils, and Chickpeas a Chance!

They're good for you and tasty, too!

Lentils have been found
in Egyptian tombs from
2400 BC.

Lentils provide more
fiber than any other
legume.

Dry peas and lentils don't
require soaking before
cooking like other
legumes and beans.

Dry peas are dried
naturally in the sun and
are split for faster
cooking.

President Thomas
Jefferson grew 30
different kinds of peas.

Dry peas, lentils, and
chickpeas are filled with
fiber, protein, iron, and
vitamin C.

Dry peas, lentils, and
chickpeas put healthy
nutrients back into
the soil.

Chickpeas are shaped
with a beak resembling
that of a baby chick.

Chickpeas are
also called
garbanzo beans.

Farmers grow over
600,000 acres of lentils
each year in the United
States.

