

“Ann’s Creative Corner”

Project #1-1 Bean Update!

- Watch how the bean plant flowers.
- Examine flower carefully
- What colour are they?
- Next note the small beans starting to grow!
- When large enough, you can pick them
- Eat them raw.
- Eat them cooked (boil for a short until tender)
- Add them to you soup or Stew.
- Add them to pasta, think of other ways to add them to your meal such as salad (leafy greens or pasta)

Take a walk and get some fresh air. Look at the community gardens as there are plenty of vegetables there! Probably some Beans!

Art: Make a new bean picture using, various paper shaped beans, tissue paper, earth/soil, markers, crayons.....

