



Thinking,
Problem-Solving,
and Decision-Making

Areas of Learning

- The World Around Us
- The Arts

Learning Intentions

We are learning:

- how to grow peas and beans;
- how to build a 3D structure to support peas and beans;
- to have fun with words and create a rap;
- about the journey of peas from farm to fork; and
- to use our senses to taste a range of vegetables.

Throughout the activities links to the curriculum skills have been signposted.



Get Growing! Grow Your Own Peas and Beans

Tell the children they will be planting peas and beans. Provide them with the seed packets for different varieties of peas and beans, for example podded peas, mangetout, sugar snap peas, French beans and runner beans. Read the information on the packet and in particular the instructions for planting.

Remember! Some pea/bean varieties can be planted in containers and some in beds. Peas and beans favour weed-free, moist, fertile, well-drained soil which has had plenty of well-rotted compost dug through it for extra nutrients.

Talk about the need to protect and support your peas and beans:

- As peas and beans grow upright, they will need support because the plant stems are not strong enough to support the growing plants.
- Birds love the little pea and bean seeds, so netting will be needed.

Look at images of different plant supports on the interactive whiteboard.

Before sowing the seeds a plant support will need to be in place. Invite the children to make their own wigwam supports.

Note: Container plant wigwams may be made in the classroom, but if the plants are to be placed in a raised bed in the garden then the wigwam support will need to be built in the bed.

Key



Using ICT



Using Maths



Communication



Thinking,
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How to make a wigwam support

Instructions

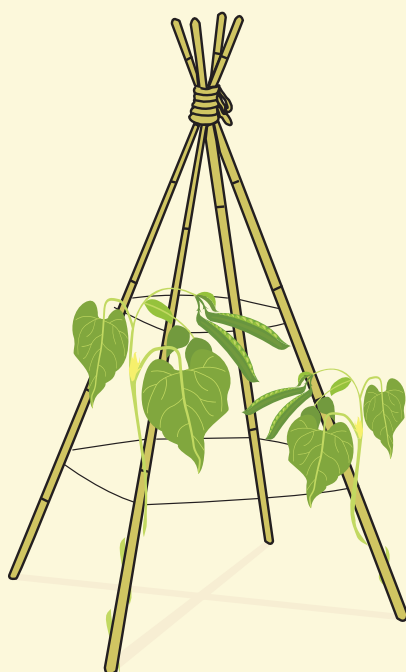
1. Fill the container with soil.
2. Mix through some compost.
3. Firmly push in at least three bamboo canes, spaced equally around the inside. The number of bamboo canes needed will depend on the size of the container.
4. Tie the top of the canes together at the top with string.

Warning: Be very careful at this point as the canes could spring apart and hurt someone.

5. Weave the string around the wigwam from top to bottom. As the canes get further apart, wind the string around the inside of each cane for extra support.
6. Tie the string off at the end.

Explain that the pea and bean tendrils will attach themselves to the string and climb up.

Once the wigwam is in place then the peas can be planted. Water the seeds to help germination. Make plant labels and position them beside the plantings. Finally, to keep the birds from eating the seeds, netting can be placed over the containers, wigwams or beds.





Being Creative

Get Inspired!

Write a Peas and Beans Rap

Show the children clips of rap music on the interactive whiteboard, for example the following from YouTube:

- [The Fruit Rap – a Rap for Kids](#)
- [“Vegetable Rap” – Song for Kids](#)

You could also read the lyrics of the [Dairy Council Food and Fitness Rap](#) (available at www.dairycouncil.co.uk) together.

Get the children to work in pairs or groups to compose their own rap. Give the children **Resource A** and provide time for them to write their rap on whiteboards so revisions are quick and easy.

Important points to focus on:

- What is the message you are telling your audience?
- What are the lyrics? Keep them short!
- Write one verse and one chorus and repeat it!
- Get a good rhythm!
- Write a catchy chorus!



Take one group's rap to demonstrate how the lyrics could be sung, for example if the lines were:



Peas and beans they are good,
A healthy, happy family food.
The legumes can be round
The legumes can be long
Join in with our healthy song...



Remind the children words can be louder, softer, high and low pitched. Simple percussion instruments can be added such as bongo drums, maracas, cabassas and guiros.

Extension Exercise

Allow the children time to experiment with instruments or music composing software that complements their rap. Add actions and dance moves.

After a few rehearsals, ask the children to give their group a band name and record the children performing their rap onto the computer.





Managing
Information

Get cooking!

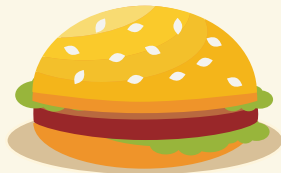
Make Healthy Veggie Burgers

Before you make your veggie burgers, watch the [video](https://www.youtube.com/watch?v=qnhqkhEVZuI) about the journey of frozen peas from farm to fork. <https://www.youtube.com/watch?v=qnhqkhEVZuI>

Discuss the key information and sequence the pea's journey. Ask the children to write a recount of the journey of the pea to show what they have learned.



Veggie Burgers



Ingredients

- 200 g frozen sweetcorn
- 200 g frozen peas
- 200 g frozen broad beans
- 1 teaspoon parsley
- 75 g plain flour, plus extra for dusting



Method

1. Defrost a variety of frozen vegetables (including peas and beans) for about 10 minutes.
2. Add the defrosted vegetables, parsley and flour to a food processor and blitz to a rough paste. If a food processor is not available, use a fork and/or a potato masher.
3. Divide and shape the paste into equal-sized burgers, roughly 2 cm thick. Dust the burgers with flour to coat.
4. Allow the burgers to firm in the freezer for 10 minutes, then put them in the fridge until ready to cook.

Heat a little olive oil in a large frying pan over a medium heat. Add the burgers and cook for 10 to 12 minutes, turning halfway until cooked through and golden. Sample the burgers and use a range of vocabulary to describe the taste.

Explain that this recipe could be used as part of a healthy balanced diet.

Locate where peas and beans are found on [The Eatwell Guide](http://www.foodafactoflife.org.uk) (see www.foodafactoflife.org.uk) and explore the importance of eating fruit and vegetables every day.

Allow children to consider ideas about how to serve the burgers, for example in a wholemeal burger bap, in a pitta pocket or with sweet potato wedges and salad.

Resource A

Information to consider when writing the lyrics for your Peas and Beans Rap:

Peas, mangetout peas, sugar snap peas, French beans, runner beans and other beans all belong to a family of plants known as legumes.

Peas originated many thousands of years ago in Central Asia and the Middle East.

Peas were found in Egyptian tombs.

Peas and beans contain calcium and iron, fibre and protein, which are good for bones, for energy and to make our bodies work.

Peas are easily frozen.

Appearance – shape, size and colour

Taste

Where they come from

How they grow

When and what you can eat them with

