

Beans Around The World

Fact:

- ❖ By regularly eating legumes/beans or pulses you are not only being good to your body but the environment as well!
- ❖ Legumes are an excellent source of iron but should be eaten with foods rich in vitamin C, such as: oranges, berries, tomatoes, broccoli, red capsicums etc.
- ❖ 1 serve legumes = ½ cup cooked legumes

Carbon Footprint:

- ❖ **Reduce your carbon footprint by 44%** - by eating healthy food that is locally grown and organic.
- ❖ **Reduce your carbon footprint by 40%** - a vegetarian diet including moderate amounts of milk and eggs.
- ❖ **Reduce your carbon footprint by 20%** - by limiting the amount of meat products you eat and eating more plant-based foods.

Representing Countries:

France, Greece, Sweden, Spain, Mexico, Peru, Egypt, Lebanon, Kenya, Morocco, India, Japan, Indonesia, Italy, Jamaica, South Africa.

Legumes, Beans and Pulses- same, same but different??

The name bean was originally known as a broad bean but is now used to mean the same as a legume or pulse. This means that the name bean, legume or pulse are known as the same thing. Confused?

To make it simple, below is a list of commonly known beans.

- ❖ kidney bean
- ❖ pinto bean
- ❖ navy bean
- ❖ lima bean
- ❖ butter bean
- ❖ mung bean
- ❖ broad bean
- ❖ chickpea
- ❖ lentil

See if you can think of any more?