



# Vegetable Spotlight



## GREEN BEANS

### VEGETABLE SUMMARY

**SYG Variety:** Bush Beans - Provider, Dragon's Tongue  
Pole Beans - Kentucky Wonder

**Growing Seasons:** Summer (Bush Beans can also be grown in Fall)

**Maintenance:** Green beans don't like to be crowded, so you'll want to thin seedlings to stand about 4-6" apart shortly after they sprout. Watch this quick "[How to Thin](#)" video to learn more. Pole variety beans will need a trellis or support to vine up, but bush varieties are shorter and will be just fine without.

**Harvest:** Green beans can be harvested continually throughout the summer growing season. Watch this quick "[How to Harvest Green Beans](#)" video to learn more.



SEEDS



SEEDLINGS



FULLY GROWN  
PROVIDER



FULLY GROWN  
DRAGON'S TONGUE

**Nutrition Facts:** Green beans are a great source of **lutein**. Lutein is a phytonutrient that helps the body keep skin, eye, and brain cells healthy. Green Beans are also a good source of the vitamins A, C, and K as well as other nutrients like manganese and fiber.

**Recipes:** Green beans are delicious eaten raw straight from the garden, but also make a great addition to this [recipe for Rad Rabbit Wraps](#).

**Book Recommendations:** *How a Seed Grows* by Helene J. Jordan, Illustrated by Loretta Krupinski

# GROWING GREEN BEANS MOVEMENT ACTIVITY

## MATERIALS:

- *How a Seed Grows* by Helene J. Jordan

*Optional: Carpet Squares, Towels, or Mats (one per student)*

## SUMMARY:

In the book, *How a Seed Grows*, we learn all about the different stages a bean seed goes through when it's growing into a bean plant. Pretend to be a bean and act out growing into a bean plant.

## ACTIVITY:

1. After reading the book, *How a Seed Grows*, instruct students to spread out. Laying towels, mats or carpet squares down for each student is a good way to keep kids spread out and in their own space.
2. Next, explain that students will pretend to be bean seeds. Demonstrate the different movements and perform them together as a class.
  - Bean Seed - curl up in a ball on the floor
  - Bean Root - sit up with legs stretched out straight and wiggle your feet
  - Bean Shoot - keep your legs stretched out and raise your arms towards the sky
  - Bean Leaves - stand up and put your hands on your hips, flap your arms like leaves in the wind
  - Bean Flowers - while standing up straight, raise your hands to make a circle around your face
  - Green Beans - still standing up straight, reach your arms out wide and wiggle your fingers to show little green beans growing on the plant.
3. Once you've reviewed all the movements, tell students to go back to their bean seed pose. Remind them that seeds need soil, water, and sun to grow. Explain that the floor is soil, the sun is out and you (the teacher) will be walking around pretending to water all the little bean seeds. As you walk around, tell students they can go through the different movements they just practiced. Remind them that bean seeds grow at different times, so it's ok if not everyone is on the same movement.
4. Wrap the activity up by going out to your garden and checking on the beans growing on your garden. What stage are they in? Are there any beans ready to harvest and taste? Water and weed your garden as needed.

## KELS AND MISSOURI EARLY LEARNING GOALS:

### KANSAS:

CA.p3.1a: Explores moving all body parts in isolation.

CA.p3.1b: Explores cross lateral movements.

### Missouri:

VI.B.4.a.: Represents observations through pretend play.

VI.B.4.b.: Represents observations through music and movement.

