

# Manager's Corner

## Legumes in School Meals

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# Institute of Child Nutrition

## The University of Mississippi

The Institute of Child Nutrition was authorized by Congress in 1989 and established in 1990 at the University of Mississippi in Oxford and is operated in collaboration with The University of Southern Mississippi in Hattiesburg. The Institute operates under a grant agreement with the United States Department of Agriculture, Food and Nutrition Service.

### **PURPOSE**

Improve the operation of child nutrition programs through research, education and training, and information dissemination.

### **VISION**

Lead the nation in providing research, education, and resources to promote excellence in child nutrition programs.

### **MISSION**

Provide relevant research-based information and services that advance the continuous improvement of child nutrition programs.

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service through an agreement with the Institute of Child Nutrition at the University of Mississippi. The contents of this publication do not necessarily reflect the views or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. government.

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Suggested Reference Citation:

Institute of Child Nutrition. (2019). *Manager's corner: Legumes in school meals*. University, MS: Author.

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February 27, 2019

## Table of Contents

Professional Standards .....	1
Introduction .....	1
Lesson Overview—Questions .....	3
Legume Identification in School Meals .....	5
Legume Identification in School Meals Answer Key .....	7
References .....	9



## Professional Standards

### GENERAL NUTRITION – 1300

**Employee will be able to understand the *Dietary Guidelines for Americans*, USDA's food guidance system concepts and general nutrition principles.**

1310 – Relate the Dietary Guidelines and USDA's food guidance system (such as MyPlate) concepts to the goals of school nutrition programs.

1320 – Understand general nutrition concepts that relate to school meals, such as whole grains, sodium, etc.

## Introduction

*Manager's Corner: Legumes in School Meals* is designed for managers to use in training their staff. Each lesson is roughly 15 minutes. *Manager's Corner: Legumes in School Meals* provides a method for empowering managers to train their staff. This lesson plan contains the following:

- learning objective,
- statement explaining the importance of the topic,
- list of materials,
- instructions on how to present the information,
- questions to ask staff, and
- an activity to strengthen or refresh the knowledge of the staff.



## Lesson Overview—Questions

**Objective:** Identify food sources, nutrient considerations, health benefits, and menu suggestions for legumes.

**Why it is important:** It is important to identify food sources, nutrient considerations, health benefits, and menu suggestions in order to understand the necessity of the legume subgroup.

### Materials:

- **Legumes Classification** (mini-poster located at [www.theicn.org](http://www.theicn.org))
- **Legumes in School Meals Food Sources, Health Benefits, and Nutrients** (mini poster located at [www.theicn.org](http://www.theicn.org))
- **Materials included in this document:**
  - **Legumes Identification in School Meals**
  - **Legumes Identification in School Meals Answer Key**

### Instruction:

Ask the staff to answer the Questions for the Staff included in this training. Facilitate the activity.

### Questions for the Staff:

- **What food sources are considered to be legumes?**  
**Answer:** Food sources for legumes include: kidney beans, pinto beans, black beans, lima beans, garbanzo beans (chickpeas), white beans (Great Northern beans), mung beans, navy beans, pink beans, red beans, soybeans, edamame (green soybeans), lentils, and split peas. For reimbursable school meals, legumes may be credited as a meat/meat alternate or as a vegetable component. However, one serving of the same type of bean or peas cannot count toward both food components in the same meal.
- **What nutrients do legumes contain?**  
**Answer:** Legumes are a great source of protein. Legumes provide a significant amount of fiber, iron, zinc, folate, and potassium.

- **What are the health benefits for individuals consuming legumes?**

**Answer:** Health benefits for legumes include:

- Lower intake of calories due to a low calorie food source
- Reduced risk of heart disease which includes heart attack and stroke
- Protection against certain cancers
- Reduced risk of heart disease, obesity, and type 2 diabetes due to a high fiber diet
- Lowered blood pressure, reduced risk of kidney stones, and decrease in bone loss due to rich potassium source

- **What are some menu suggestions for legumes?**

**Answer:** Some menu suggestions for legumes include hummus, chili, black bean wrap, bean dip, baked beans, corn and black bean salad, refried beans, a variety of bean and pea soups, and cooked beans or peas as a side dish.

**Activity Instructions:**

- Ask staff to complete the **Legume Identification in School Meals** using the above information and the **Legumes Classification** mini-poster. At the conclusion of the activity, review the **Legume Identification in School Meals Answer Key**.

## Legume Identification in School Meals

**Instructions:** Review the list of beans and peas, and indicate which items are legumes.

<p>Beans, garbanzo or chickpeas (dry, canned, whole, includes USDA Foods or dry, whole)</p> <p><b>Legumes</b>  <input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p>Beans, black, turtle beans (dry, canned, whole, includes USDA Foods and dry, whole)</p> <p><b>Legumes</b>  <input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p>Beans, black-eyed (or peas) (dry, canned, whole, includes USDA Foods or dry, whole, includes USDA Foods)</p> <p><b>Legumes</b>  <input type="checkbox"/> Yes <input type="checkbox"/> No</p>
<p>Peas, field (canned with snaps)</p> <p><b>Legumes</b>  <input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p>Bean sprouts (canned; fresh, mung or fresh, soybean)</p> <p><b>Legumes</b>  <input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p>Beans, navy or pea, dry, whole, includes USDA Foods</p> <p><b>Legumes</b>  <input type="checkbox"/> Yes <input type="checkbox"/> No</p>
<p>Beans, great northern (dry, canned, whole, includes USDA Foods or dry, whole, includes USDA Foods)</p> <p><b>Legumes</b>  <input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p>Beans, kidney (dry, canned, whole, includes USDA Foods or dry, whole, includes USDA Foods)</p> <p><b>Legumes</b>  <input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p>Beans, pinto (dehydrated; dry, canned, whole, includes USDA Foods or dry, whole, includes USDA Foods)</p> <p><b>Legumes</b>  <input type="checkbox"/> Yes <input type="checkbox"/> No</p>
<p>Bean soup (dry beans, canned, condensed, (1 part soup to 1 part water) or dry beans ready to serve)</p> <p><b>Legumes</b>  <input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p>Peas, green (canned, includes USDA Foods or fresh, shelled; frozen, includes USDA Foods)</p> <p><b>Legumes</b>  <input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p>Beans, pink (dry, canned, whole, includes USDA Foods or dry, whole, includes USDA Foods)</p> <p><b>Legumes</b>  <input type="checkbox"/> Yes <input type="checkbox"/> No</p>
<p>Beans, red (small, dry, canned, whole, includes USDA Foods or small, dry, whole, includes USDA Foods)</p> <p><b>Legumes</b>  <input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p>Peas, sugar snap (frozen, whole)</p> <p><b>Legumes</b>  <input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p>Beans, soy (edamame; dry, canned, shelled or dry, shelled)</p> <p><b>Legumes</b>  <input type="checkbox"/> Yes <input type="checkbox"/> No</p>

<p>Lentils, dry</p> <p><b>Legumes</b>  <input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p>Peas, pigeon, green (frozen, immature)</p> <p><b>Legumes</b>  <input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p>Peas (dry, split or dry, whole)</p> <p><b>Legumes</b>  <input type="checkbox"/> Yes <input type="checkbox"/> No</p>
<p>Beans, wax (canned)</p> <p><b>Legumes</b>  <input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p>Beans, lima (dry baby, whole, includes USDA Foods; dry, canned, Green, whole, includes USDA Foods or dry, fordhook, whole)</p> <p><b>Legumes</b>  <input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p>Pea soup (dry peas, canned, condensed (1 part soup to 1 part water)), includes cream of pea soup or dry peas, canned, ready-to-serve)</p> <p><b>Legumes</b>  <input type="checkbox"/> Yes <input type="checkbox"/> No</p>
<p>Beans, green (canned, cut, includes USDA Foods)</p> <p><b>Legumes</b>  <input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p>Bean products (dehydrated, refried beans; dry beans, canned, includes USDA Foods)</p> <p><b>Legumes</b>  <input type="checkbox"/> Yes <input type="checkbox"/> No</p>	

## Legume Identification in School Meals Answer Key

**Instructions:** Review the list of beans and peas, and indicate which items are legumes.

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