

## Bean Research Worksheet ANSWERS

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### HISTORY:

1. How long ago were common beans domesticated and where?  
7,000 years ago in Peru and southern Mexico
2. Locate on a map where common beans were first domesticated.  
Find Peru, southern Mexico, Andes, Europe, Africa, Asia
3. How long ago were soybeans cultivated and where?  
2838 b.c. in China
4. American Indians grew 3 products together called the “Three Sisters.” What were they and how did they help each other?  
Corn (Maize), Squash, and Beans. Beans planted at base of corn stalks and would use corn stalk as a bean pole. Beans would provide nitrogen for the corn to grow. Squash was planted between corn stalks to get shade and help keep animals from getting to the corn.

### SCIENCE:

1. Define a Legume: A plant that produces a fruit called a POD.
2. The fruit of a legume is a \_\_\_\_\_. pod
3. Dried Seeds of Legumes are called \_\_\_\_\_. pulses
4. Name 2 kinds of legumes: Forage and Grain
5. What are forage legumes used for and name one. Feeding domestic animals; Red Clover
6. What are grain legumes used for and name one. Human Consumption; beans
7. What kind of crop provides the most food source in the world? Grasses or Cereals
8. When crops are rotated with legumes to support the soil, what element are the legumes giving back into the soil that is necessary for most crops to be successful. Nitrogen
9. Is a peanut a nut or a legume? It is a legume.

### ECONOMICS:

1. The country that is the world leader in production of dried beans is \_\_\_\_\_.  
United States
2. Why are soybeans called by some as “economically the world’s most important bean?”  
Vegetable protein for people; ingredients for chemical products like paints, fertilizers, insect sprays, etc.
3. What is the term for farmers wanting to save money and crops if they would do this regularly in their field?  
Crop Rotation (using legumes)

**HEALTH:**

1. Beans are said to help control weight. How can they do that?  
They are **HIGH** in dietary fiber and protein; and **LOW** in fat and calories
2. Vegetarians can use beans to get what important nutrient? **PROTEIN**
3. What needs to be combined with beans to make a complete protein? Rice or a cereal grain.
4. Name 4 health benefits of eating beans.  
Weight Control; Moderates sugar for Diabetics; Contributes to good Heart Health;  
May reduce risk of Colon Cancer
5. Why does gas get produced from beans in our bodies? It is the result of bacteria in the large intestine trying to break down “non-digestible” carbohydrates
6. True or False: Dried beans are complete proteins. False
7. How can you keep beans from causing gas in your body? When you soak dried beans, change the water several times. Eat beans more frequently and your body adjusts to the beans. Use a commercial digestive-enzyme.
8. Name at least 3 things your body needs that you get from eating beans.  
B vitamins, potassium, and fiber
9. What is the difference between soluble and insoluble fiber? Soluble fiber absorbs water in the body and insoluble fiber does not change as it moves through the body.
10. Fill out this chart about 14 varieties of beans:

<b>Name of Bean</b>	<b>Where it's from</b>	<b>Something special about it</b>
Adzuki	Asia	Red color– used in special meals
Large Lima	Lima, Peru	Green color - Buttery flavor
Pink	Caribbean region	Pink color
Green Baby Lima	Peru	Used in Japan to make desserts
Small Red	Caribbean	Eaten with rice
Dark Red Kidney	Northern USA	Kidney-shaped; popular in USA/Europe
Black	Costa Rica/Cuba	Sweet tasting, mushroom flavor
Light Red Kidney	Caribbean; Portugal; Spain	Large, kidney-shaped pink bean
Navy	Boston	Boston Baked Beans, used in the US Navy for years
Cranberry	Northern Italy and Spain	Flavor of chestnuts
Black-eyed	Africa	White skin with small black eye
Pinto	USA	Most widely produced in USA
Great Northern	North American	Popular in France and Mediterranean
Garbanzo or Chickpeas	Middle East and India	Most widely consumed legume in the world