










BEANS & LEGUMES

Use the information from "Food For Today" to help you complete the chart.

Name	Picture	Description	Flavor & Texture	Culinary Uses (2 minimum)	Cook Time	Have you eaten this before?
Black Beans						
Kidney Beans						
Garbanzo Beans/ Chickpeas						
White Beans						



Name	Picture	Description	Flavor & Texture	Culinary Uses (2 minimum)	Cook Time	Have you eaten this before?
Bake-Eyed Peas						
Pinto Beans						
Lima Beans						
Lentils						
Split Peas						

Which cost less: dried or canned beans? _____

One pound of dry pinto beans costs \$1.79. What is the cost per ounce? _____

A name brand 15 oz. can of pinto beans costs \$1.69. What is the cost per ounce? _____

A store brand 15 oz. can of pinto beans costs \$1.19. What is the cost per ounce? _____

If the one pound bag of dry pinto beans makes 12 (½ cup servings) of cooked beans, what is the cost per serving? _____

If the name brand can of pinto beans makes 3.5 (½ cup servings) of cooked beans, what is the cost per serving? _____

If the store brand can of pinto beans makes 3.5 (½ cup servings) of cooked beans, what is the cost per serving? _____

