

# Cool Beans with Alton Brown

1. Why are beans considered MAGIC? What do they deliver?

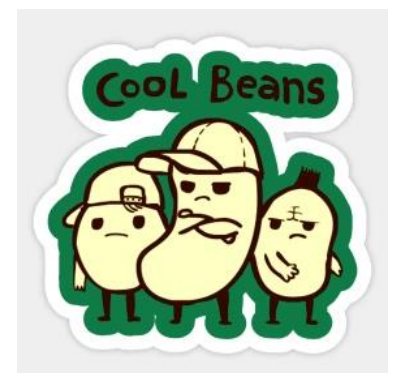
2. Beans belong to the \_\_\_\_\_ family.

3. How does Alton define legume?

4. There are \_\_\_\_\_ varieties of legumes, but only \_\_\_\_\_ are edible.

## 5. Steps to Bean Cookery

- #1: \_\_\_\_\_ this separates the bean from the rocks/sticks/dirt clods as well as from any that discolored, cracked or shriveled.
  - TRUE or FALSE: Cooking will improve a bad bean.
- #2: \_\_\_\_\_ this knocks off the dust and dirt
- #3: \_\_\_\_\_ optional, but helps to rehydrate the bean
  - TRUE or FALSE: Skipping this step will prolong cooking time.
  - TRUE or FALSE: Soaking beans that rise above the water line will explode.
- #4: \_\_\_\_\_ removes the water--this is optional
  - Beans known as the musical fruit! What causes the body to respond this way?
- #5: \_\_\_\_\_ Optional but adds to the flavor



**6. Identify 3 health and nutrition benefits of consuming beans.**