

Name _____ Date _____

Legumes Guided Notes

1. _____ are plants that have _____ with edible seeds in them.
2. Legumes grown in Idaho include beans, _____, chickpeas, and _____. Edible seeds are seeds that can be _____.
3. Legume plants have special bacteria living on their _____ that help them collect _____ which all plants need for growth.
Peas, lentils, and chickpeas are also called _____ crops.
4. Idaho is _____ in dry pea and lentil production in the United States.
Dry peas are dried in the sun and are _____ for faster cooking.
5. Chickpeas are also called _____.
6. Chickpeas are the key ingredient in _____.
7. Lentils provide more _____ than any other legume. Lentils, chickpeas, and split peas can go in the _____ food group or the _____ food group.
8. Most high protein foods do not have _____, but legumes like peas, lentils, and chickpeas have both.
9. Protein is used to _____ and _____ your body.
10. Iron is used to make hemoglobin, which is part of blood.
Hemoglobin in blood delivers _____ to all the parts of our body.

Name _____ Date _____

Legumes Guided Notes

1. Legumes are plants that have pods with edible seeds in them.
2. Legumes grown in Idaho include beans, peas , chickpeas, and lentils . Edible seeds are seeds that can be eaten .
3. Legume plants have special bacteria living on their roots that help them collect nitrogen which all plants need for growth.
Peas, lentils, and chickpeas are also called “pulse” crops.
4. Idaho is 4th in dry pea and lentil production in the United States. Dry peas are dried in the sun and are split for faster cooking.
5. Chickpeas are also called Garbanzo beans .
6. Chickpeas are the key ingredient in hummus .
7. Lentils provide more fiber than any other legume. Lentils, chickpeas, and split peas can go in the vegetable food group or the protein food group.
8. Most high protein foods do not have fiber , but legumes like peas, lentils, and chickpeas have both.
9. Protein is used to grow and repair your body.
10. Iron is used to make hemoglobin, which is part of blood.
Hemoglobin in blood delivers oxygen to all the parts of our body.