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Name	Date 0	Class
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Chapter 31

Study Guide

Legumes, Nuts & Seeds

Directions: Read chapter 31, and answer the following questions. Later, you can use this study guide to review. 1. What are legumes? 2. Why are dry legumes more nutritious than fresh ones? 3. List two benefits of eating legumes. 4. Name all the nutrients present in legumes. 5. How do you obtain complete protein when eating legumes? 6. List three convenience forms of legumes. 7. How should you prepare legumes for cooking? What is the benefit of presoaking them? 8. Explain how to cook split peas. Why shouldn't split peas be soaked? 9. In general, how would you cook beans in a slow cooker?

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	Chapter 31 Study Guide (continued)
10.	List three benefits of eating tofu.
11.	List four suggestions for cooking with tofu.
12.	What are nuts? How are they used?
	Name two common "nuts" that wells aren't nuts
13.	Name two common "nuts" that really aren't nuts.
14.	Describe the nutritional content of nuts.
15.	List five forms of nuts.
16.	Explain how to store shelled nuts and nuts in the shell.
17.	What are seeds?
18.	List two ways to use seeds.

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Activity 1

Legumes, Nuts & Seeds

Picture This Soup

Directions: Find a recipe for multi-bean soup. Ask your teacher for a two-tablespoon sample of each of the legumes in the soup. Using plastic wrap, make a packet of each legume and attach it to a poster with the title of the soup written at the top and a statement that describes how nutritionally beneficial it will be to eat this soup. List the additional ingredients in the soup recipe on the poster. On the lines below, write the name of the recipe, the statement of benefits, and a list of the ingredients.

Name of Recipe					
Statem	Statement of Benefits				
List of	ngredients				
-					
-					

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Activity 2

Legumes, Nuts & Seeds

Seeking Truth in Advertising

Directions: Read each advertising slogan and determine whether it is true or false. Place a check mark in the space provided to the left of any true statements. If false, write a correction in the space provided below the statement.

 1.	Perk up your recipes with legumes, they are packed with flavor and nutrition!
 2.	Reduced price on split peas. Perfect for your Tex-Mex meals!
 3.	Special on "presoaked" beans! Save cooking time with no loss of nutrition.
 4.	Tofu the wonder food! Made from soybeans, it's the best protein and lowest in fat in the world of beans!
 5.	Bargain prices for the most popular nuts on the market: peanuts, walnuts, and pecans.
 6.	Add seeds to your salads and eat them as snacks. They add crunch and variety and, of course, nutrition!