



Brilliant Beans

Where do my beans come from?

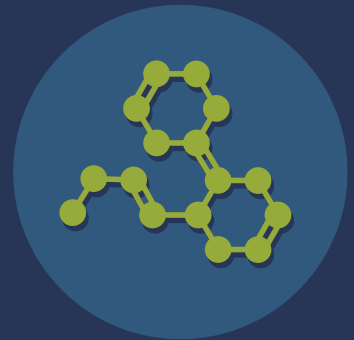


Beans are the seeds of a variety of different flowering plants. They grow in warm temperatures on vines. The vines sprout pods that take about 50 days to mature. We can eat the pods of some beans, such as snap peas or string beans, but others, like kidney beans or black beans, need to be removed from their pods.

Did you know that Australia is one of the top bean producers in the world?

There are many different types of beans. You can get them dried or already cooked in a can!

Beans are a good source of amino acids, 'building blocks' that your body uses to make protein.



There are 20 different kinds of amino acids and it's important that you eat all of them. **As beans don't contain all 20 types**, it's best to eat them with whole grains such as multigrain bread or brown rice to make sure that you consume all the amino acids.

Quiz

1. Are beans seeds or flowers?
2. How many different amino acids are there?
3. True or false: beans contain all 20 amino acids