

# Munch Minute

EASY INFORMATION FOR PARENTS



## BEANS & LEGUMES

Kidney beans, chickpeas, black beans, white beans, romano beans, edamame/soy beans and lentils. They are all very good for you!

### Did you know?

Beans are full of fibre, iron, vitamin B1 and protein. They give us lots of energy and help our muscles grow big and strong.



How do you like to eat your beans?