

THE LEGUMES: HEALTHY FOOD



A cura delle classi 4^a A e B della scuola Don Saverio Valerio
di Gravina in Puglia (BA) con l'insegnante Francesca Leone

LA MAGIA DEI LEGUMI

COLTIVARE LA DIDATTICA PER LA SOSTENIBILITÀ

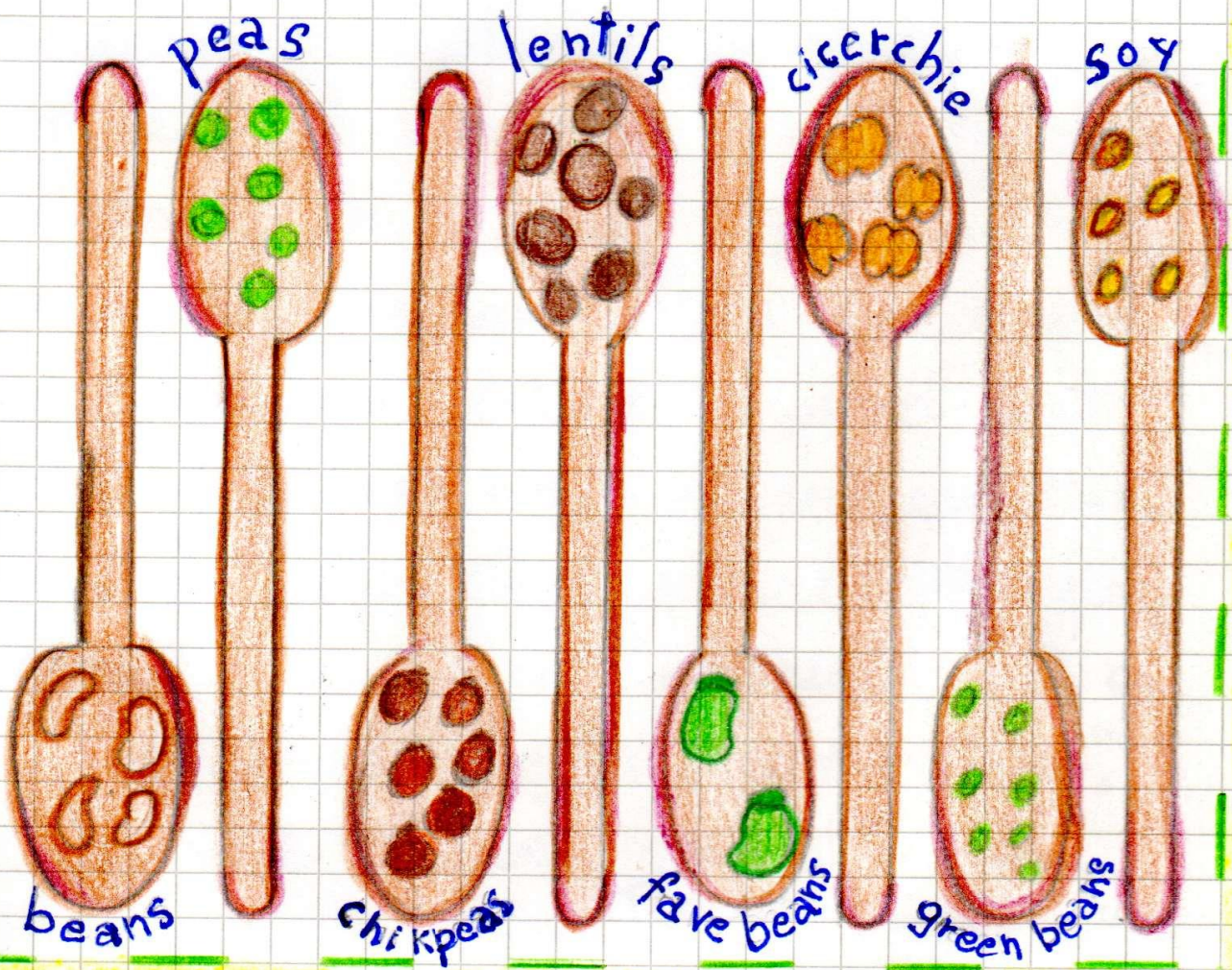
ANDRIANI EDU

ANDRIANI
Natural Innovators

natural
sustainable

Rete Dialogues

THE LEGUMES: HEALTHY FOOD



THE RIGHT FOOD



CAREFUL!

To each right correspond a duty...

WHAT IS THE FOOD?

- A way to provide and support people
- Something negative
- Something that has to do with the gluttony

FOOD is a fundamental **RESOURCE** because it's the way through which the human body can actually survive.

Right To Food and Nutrition



WHO ARE THE LEGUMES?

LEGUMES are seeds of several plants of the **FERBACEAE** family and they come in:

Dried



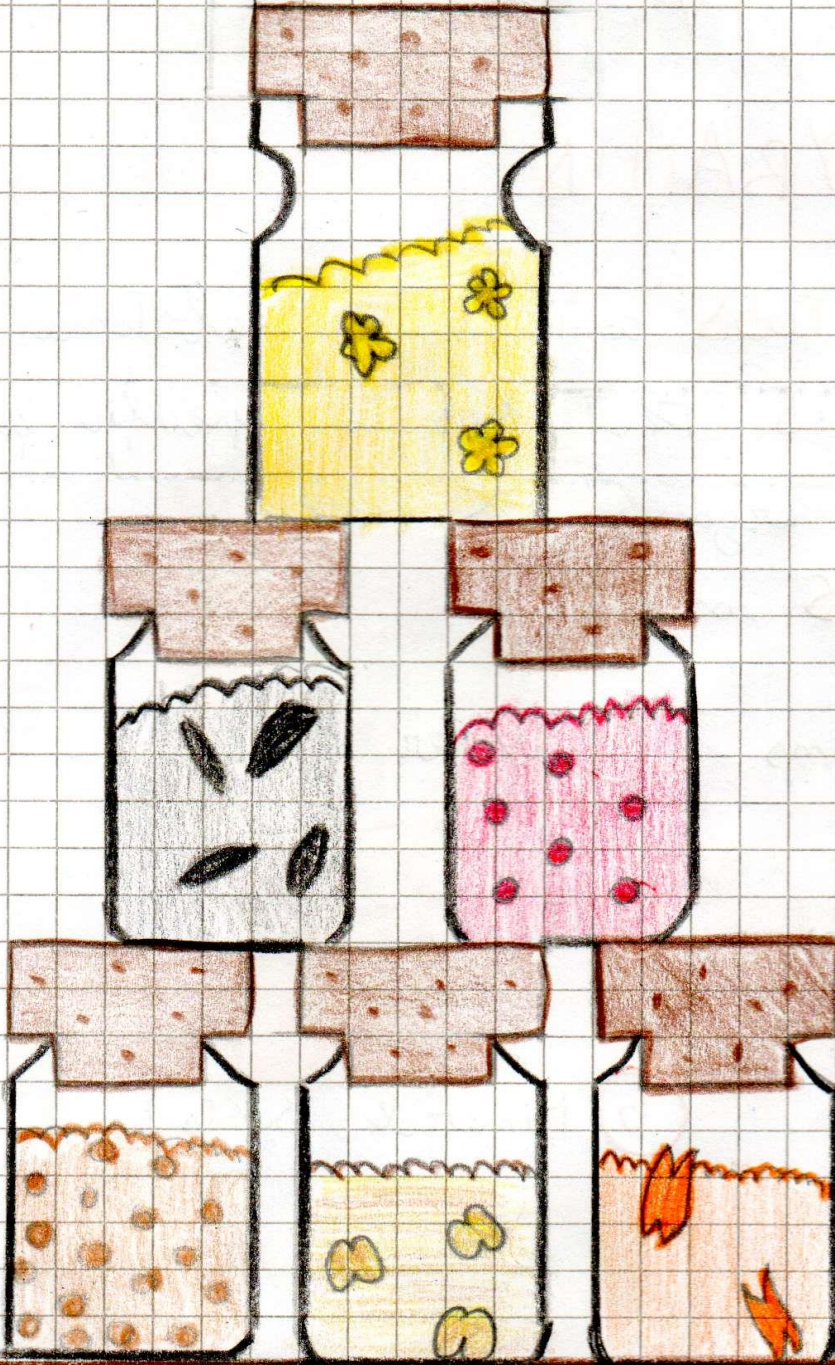
Peas, Soy
Beans
Fava beans
Lentils
Chickpeas
Licinix

Fresh



Peas
Beans
Fava beans
Soy
Green beans

MANY SEEDS...



THE LEGUMES IN THE HEALTHY FOOD PYRAMID

Each FOOD contains a substance called NUTRIENTS that has a specific function in our organism.

LEGUMES contain

- ① Vitamins
- ② Proteins
- ③ Fibres
- ④ Water
- ⑤ Iron
- ⑥ Mineral salts

DO YOU KNOW

WHERE ARE

LEGUMES

IN THE PYRAMID

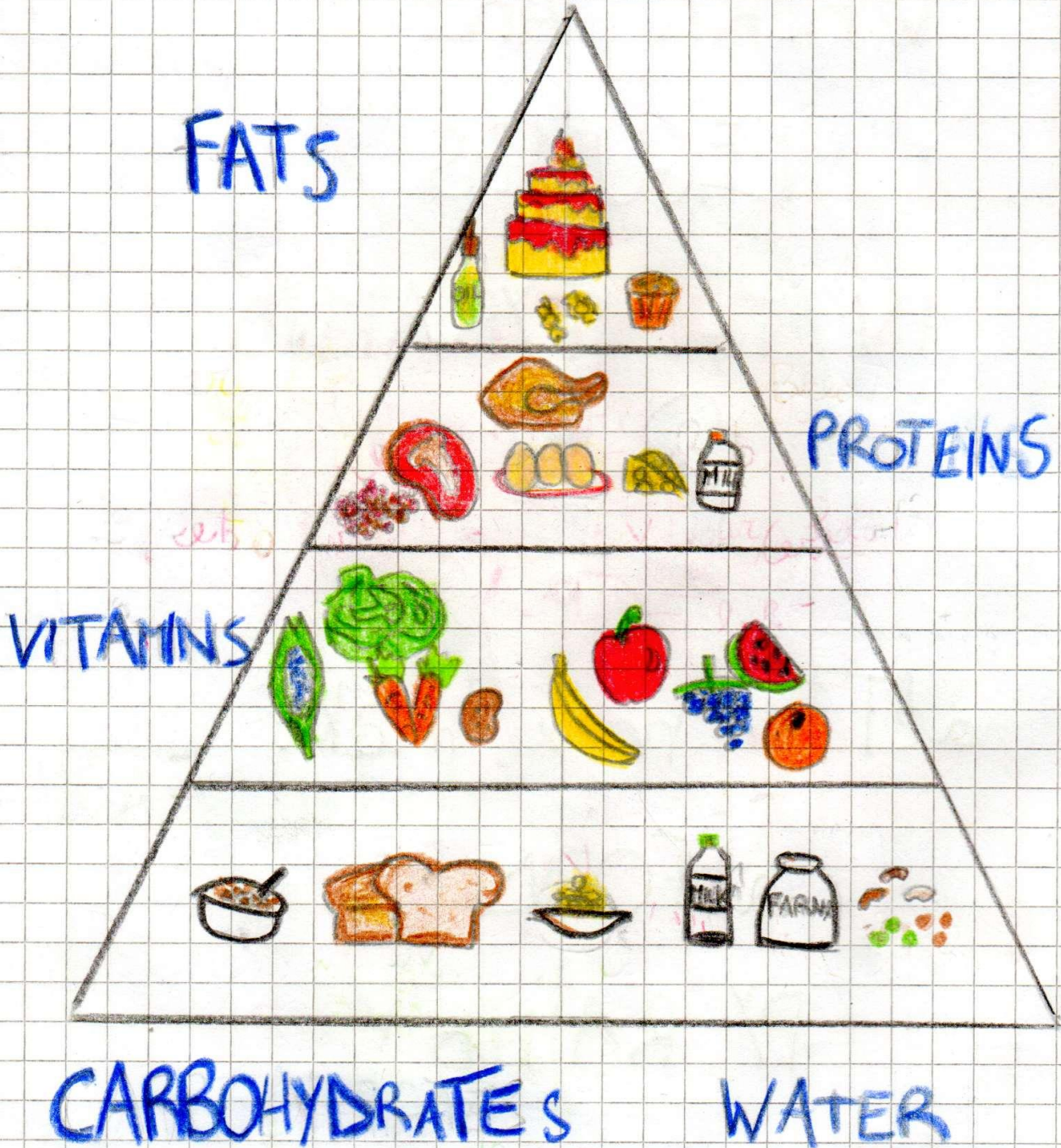


let's now make

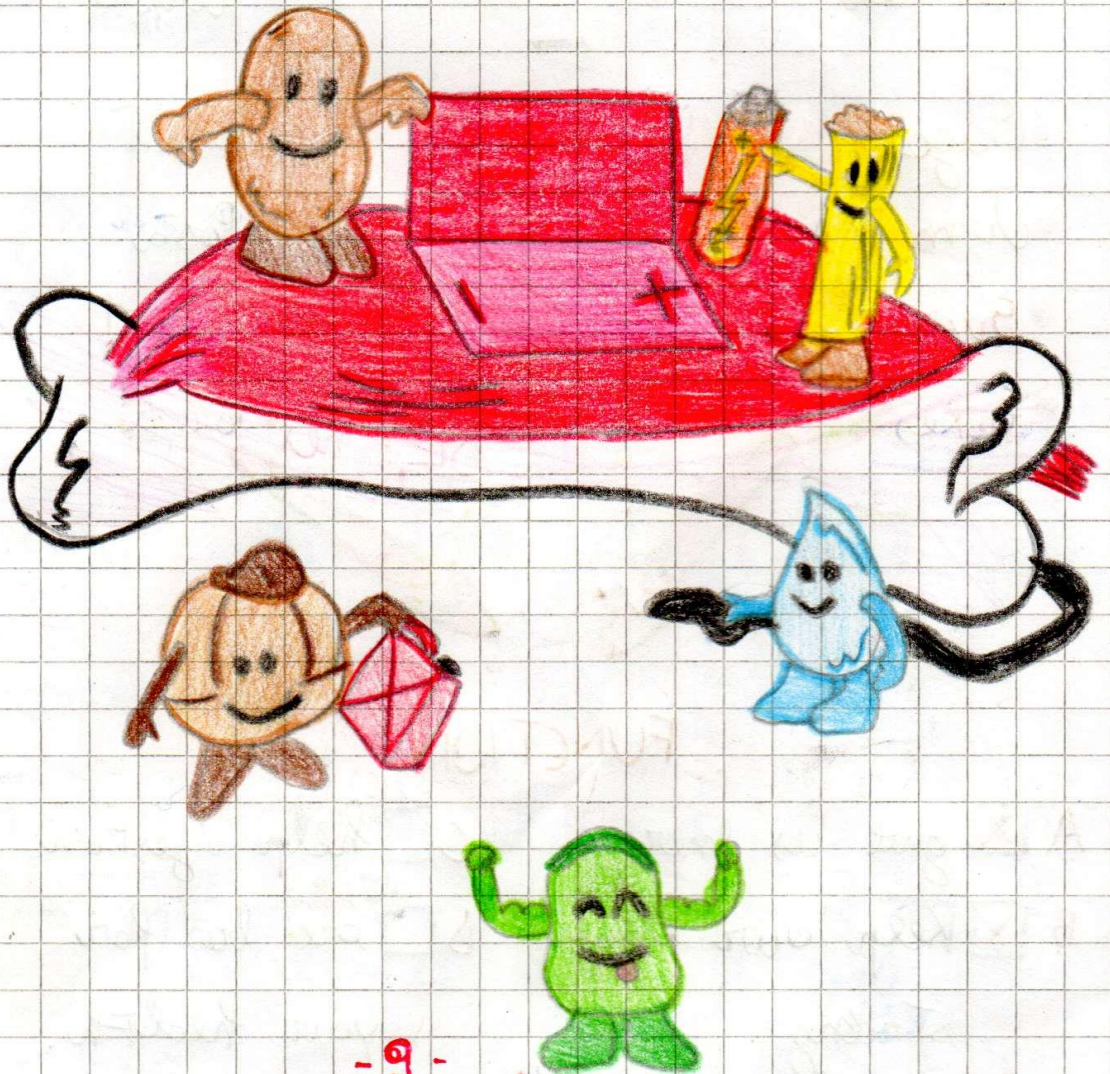
a FOODS

PYRAMID! 

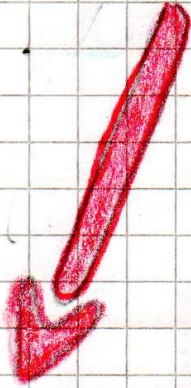
Draw how the different FOOD!



CARBOHYDRATES ...



... Come in two types :



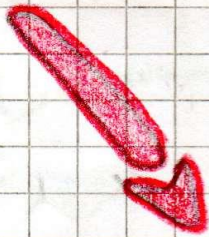
Simple

- Sugar
- Jam
- Sweets
- cakes



Complex

- Bread
- Pasta
- cereal
- Potatoes



FUNCTION

A give us energy

C help digestion

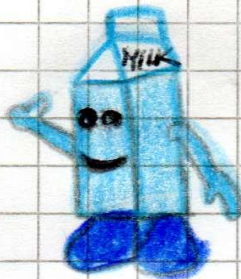
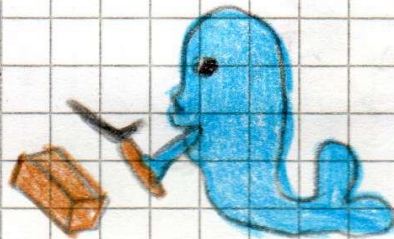
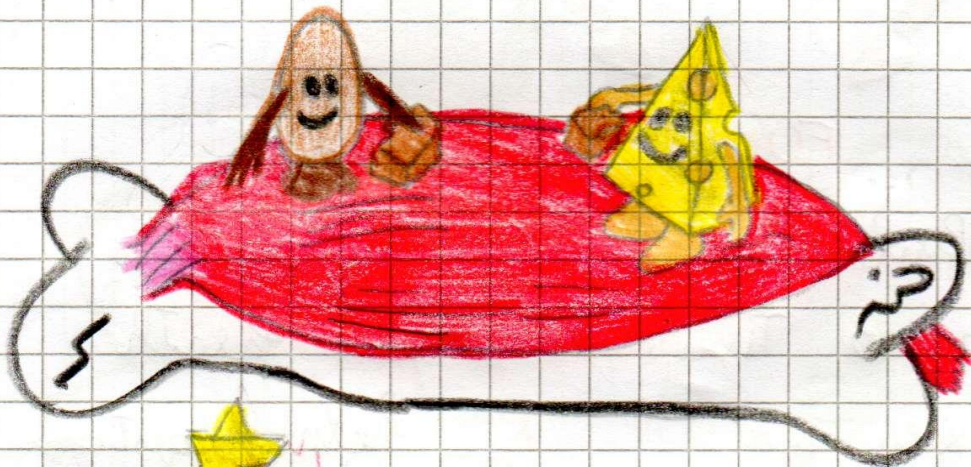
B Keep our bones

D are bad for

strong

your health.

PROTEINS...



... You can find them
in?

• meat

• cheese

• legumes

• fish

• milk

• eggs



FUNCTION

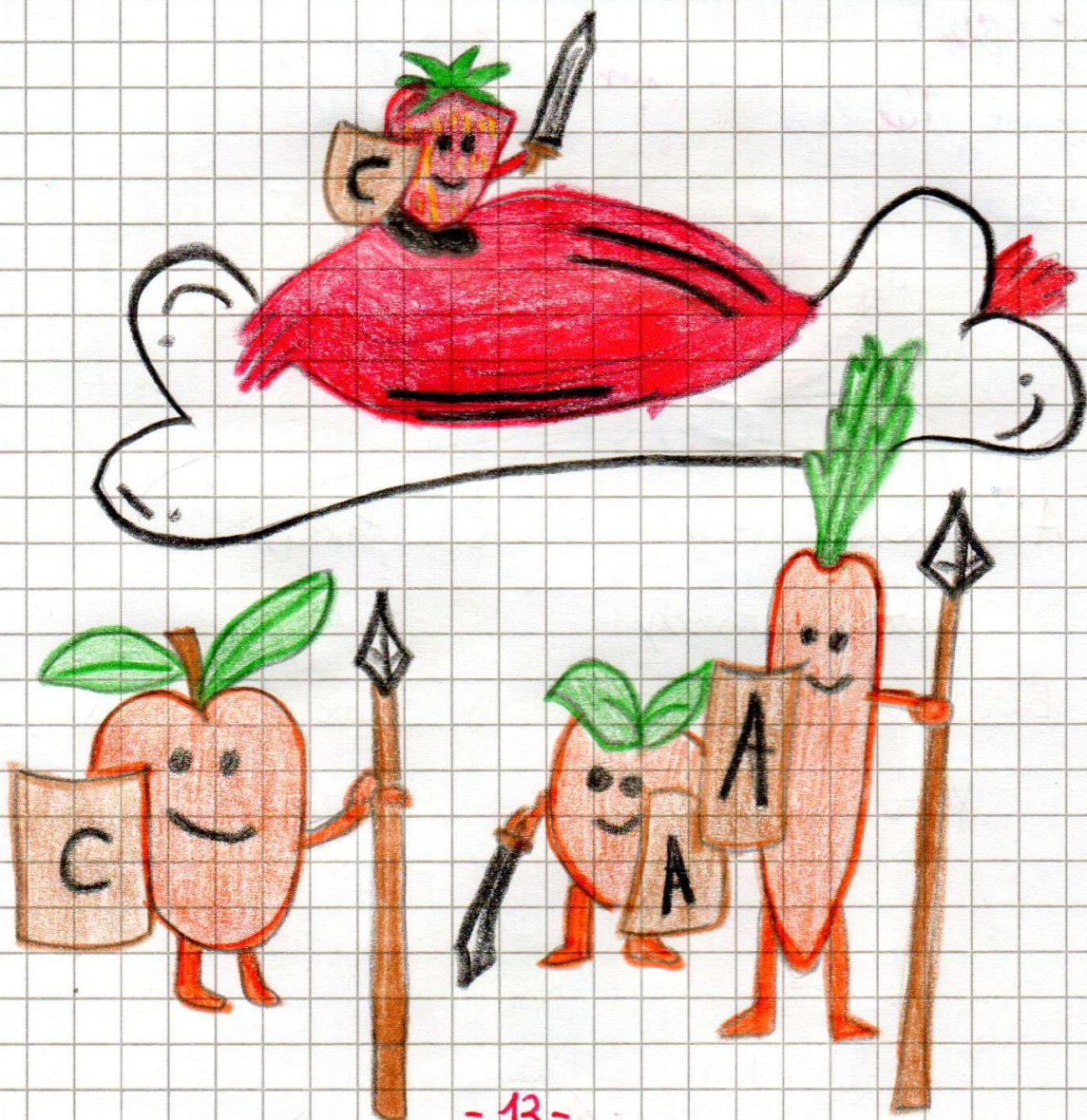
A Build all
human tissues

B Keep our
bones strong

C are bad for
your health

D help digestion

VITAMINS and FRIBRES ooo



... They are many
and you can find them

in:

• fruit

• vegetables

• eggs

• legumes

• milk

• fish

FUNCTION

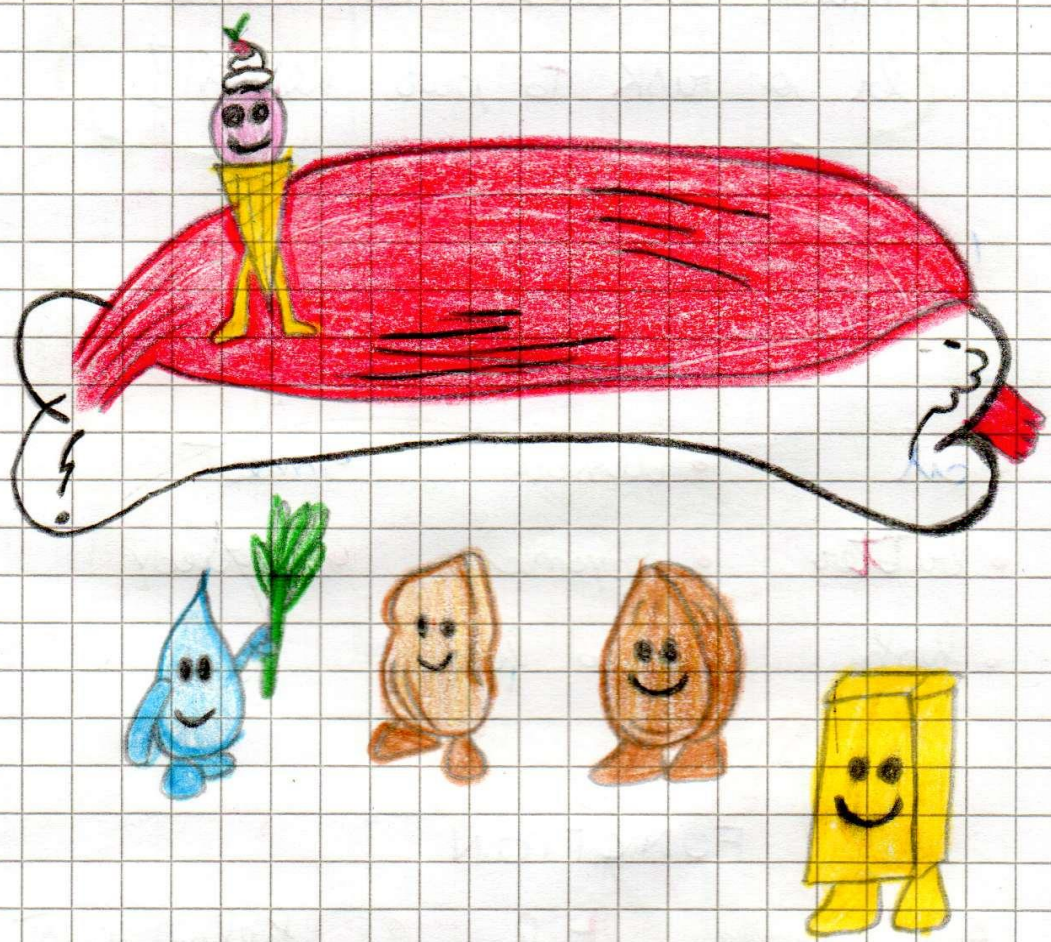
A make every
works properly

B are fundamental
for every body

C help
digestion

D give us
energy

FATS OR LIPIDS ...



... CAREFUL !

Not to take advantage of them because they could be a risk to our health!

You can find them in:

- oil
- dessert
- meat
- butter
- mayonnaise
- curried
- fish
- dried fruit

FUNCTION

A provide a lot of calories

C help digestion

B are bad for our teeth

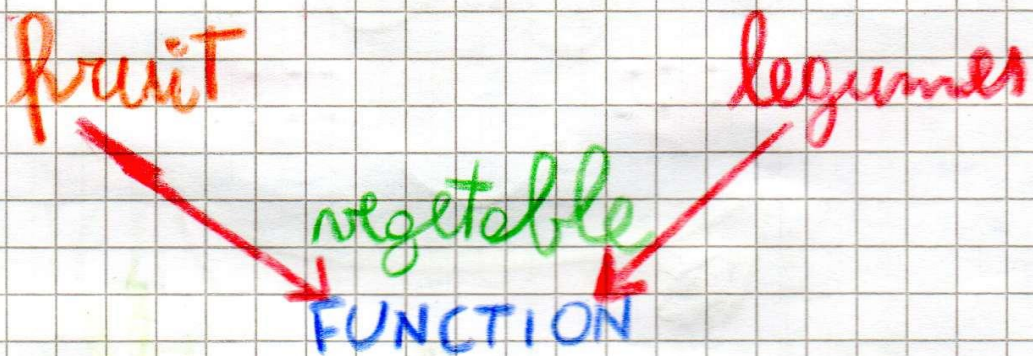
D provide a lot of calcium.

WHATER... 000



... You can live
without it
me!

You can find it
in !!



A blood circulation C give us energy

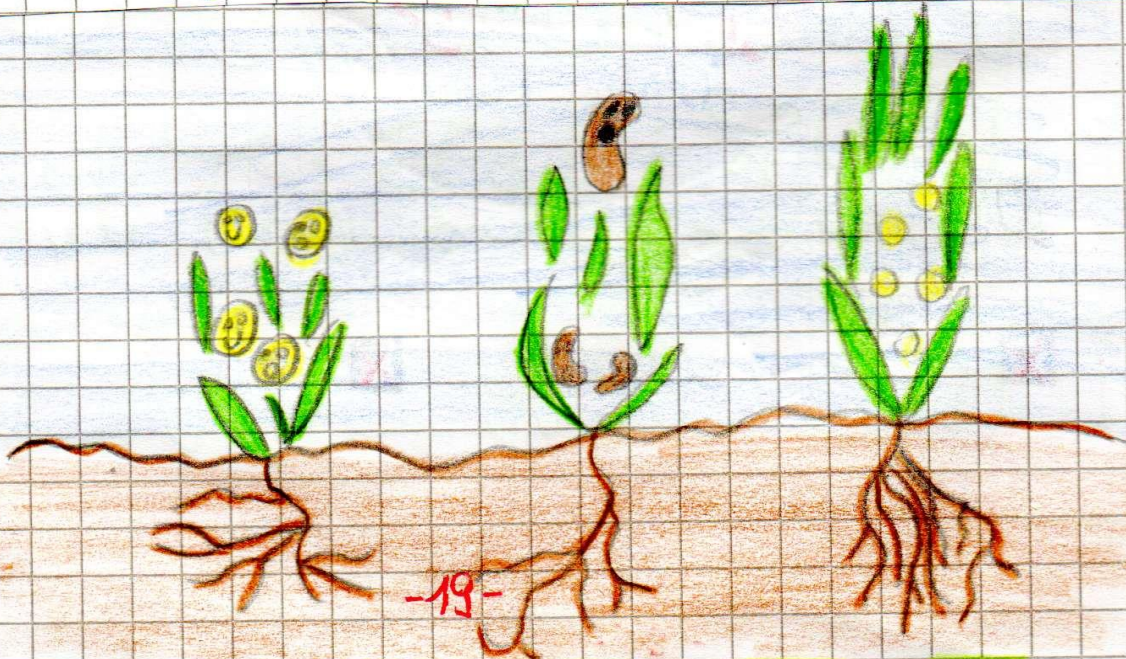
B can get rid of
toxic substance

D help
digestion

THE LEGUMES ARE NUTRITIOUS AND SOUSTANIBLE

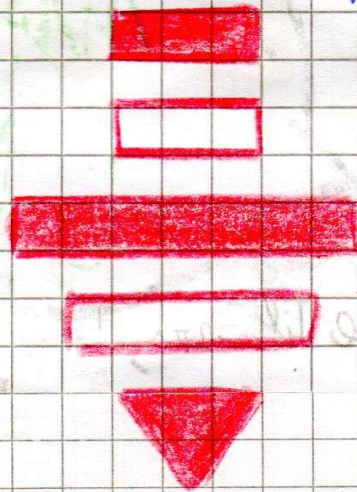


The farmer to grow legumes don't use chemist fertilizers, they are harmful for environment.



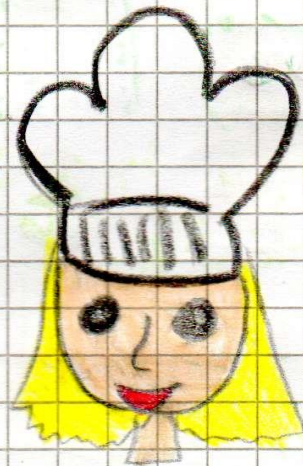
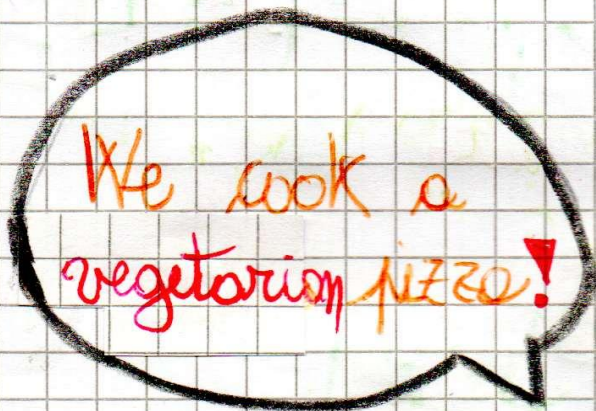
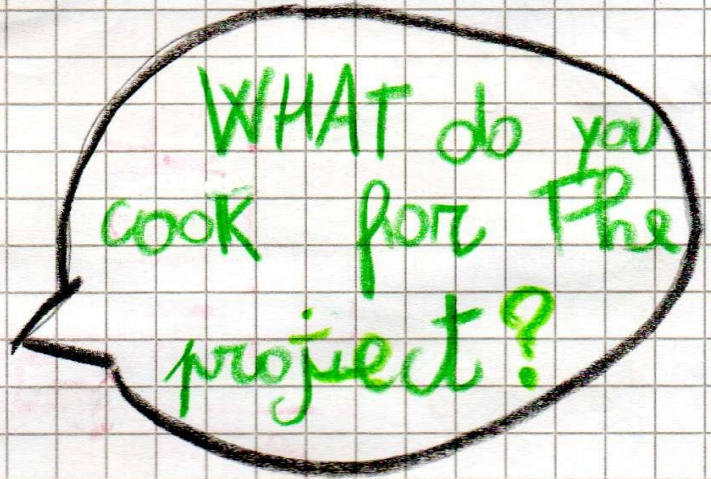
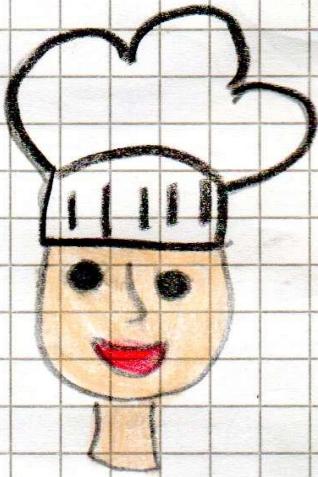
In fact, there are good bacteria
in the roots.

They make the plant grow
and make the fertile ground.



THE LEGUMES
ARE HEALTHY
FOR OUR HEALTH
AND FOR
THE NATURE!

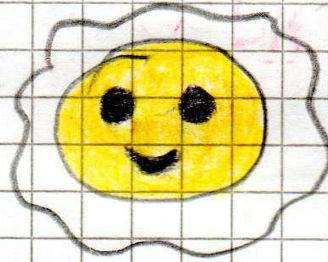
OUR PROJECT ABOUT PLANNING AN HEALTHY DINNER



INGREDIENTS

AND TOPPING

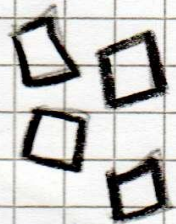
- Pizza base
- 1/2 of anchovies
- 1 sweet pepper
- 1 aubergine
- 1 zucchini



• onion



and salt



• oil



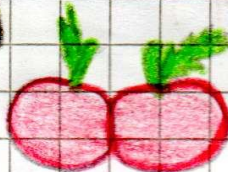
and water



• bread crumbs



• Cherry tomatoes





How To season The PIZZA

(A) First cut The sweet pepper, suburgine, zucchini into thin strips

(B) Put The cream on the pizza

(C) Next put the strips and oil and salt

(D) Put the bread crumbs, bake it and brown

(E) Finally eat The ^{PIZZA} with the topping



TRUST ME
I am
lovely

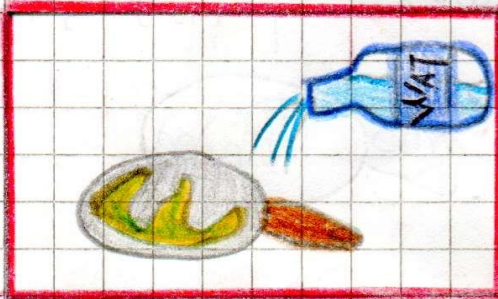
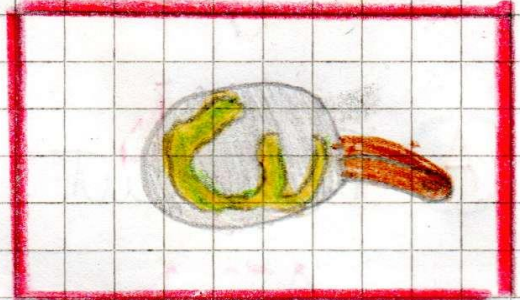




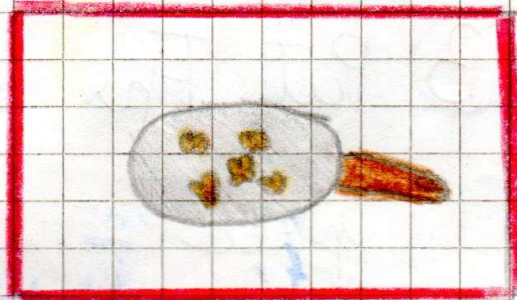


How To make acerchie cream.

- 1 First fry onion
with oil



- 2 Next add some
water



- 3 Put acerchie
and cook them



- 4 Finally grind the
acerchie until you
have a cream.

- 5 Put the hot
cream in
a jar







question
TIME ...

Do you think
This meal is healthy



Yes, This is a healthy
dinner

BECAUSE ...

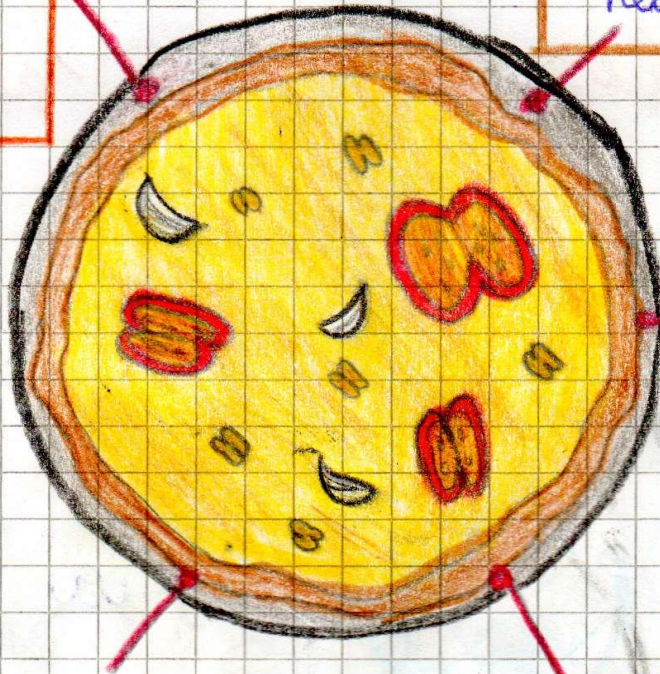
... There are a lot of
NUTRIENTS !!!

PROTEINS

They help us
to grow
strong

VITAMINS

They keep us
healthy



WATER

It bloods
circulation

CARBOHYDRATES

They give us
energy

FIBRES

They help
digestion

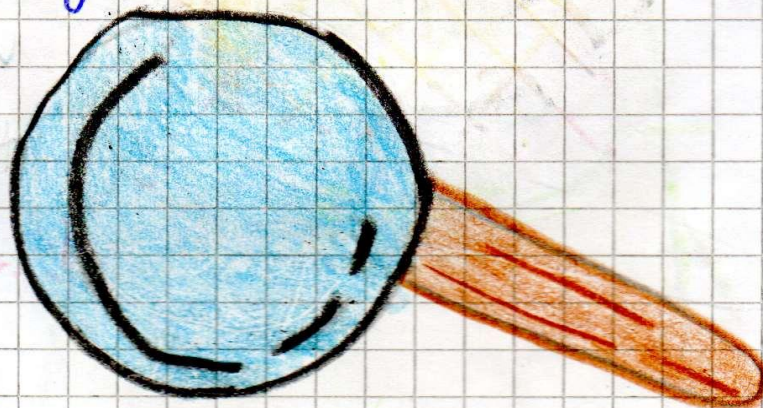


HOMEGROW PRODUCT

Here is CIGERCHIE CREAM!

These legumes grow in the
our ground of GRAVINA IN
PUGLIA ITALY

- The cream is manufactured
in a jar and sterilized



Watch out for The LABEL!

READ THE LABEL

PRODUCT NAME:

licorice cream

PLACE OF ORIGIN

Growing in Puglia

Deadline:

1 year

WEIGHT

gr. 200

NUTRITIONAL

VALUE:

Healthy

INGREDIENTS

- licorice
- water
- Onion
- oil

PRODUCER:

Students class

SES 4A-4B



Thanks,

To all my students and their parents, with their works and support. They had the possibility to realize this booklet "The legumes: healthy food".

Thanks, to the collaboration of Andriani Educational group and Rete Dialogues which are the promoters of this great Project "La Magia dei Legumi".

This wonderful experience let us to find out the legumes are nutritious, sustainable and they can be transformed in to healthy meal such as "Vegetarian chickpea cream pizza".

Quarantine, 27th May 2021

Student: (A-A-4B)

Teacher: Francesco Jone

enjoy
YOUR
meal