

## INTRODUCTION:

Exercise is important for our health and can help our hearts, muscles and bones to stay strong and healthy. Don't forget we need to do 60 minutes of exercise a day! Beans are an amazing food which often go overlooked. The fun facts about beans should help to show how brilliant they really are!

## RECIPE TIPS- Barry Bean Muffins:

- Use cold mash potato as it will be easier to handle and hold its shape better when filling.
- Remember to drain most of the tomato sauce from the baked beans. Place a tin of beans in a sieve over a bowl, leave to sit for a minute until most of the sauce is in the bowl. The muffins will be too soggy with the sauce left in. But don't throw it away! Save it to dunk your muffins in later!

## Bean Dance KS1 & KS2 tips:

- This activity is suitable for any age group. Its a fun way to get children moving!
- Play your favourite music in the background. Read out the 'bean moves' one by one for the children to copy! Adults can join in too!



## NUTRITION NUGGET:

- Potatoes contain carbohydrates which give our bodies energy. Therefore they are a perfect snack to eat before exercise.
- Beans are a great source of protein, vital for the growth and repair of muscles. Beans also contain lots of fibre which is important in keeping our digestive systems working properly.

## CURRICULUM LINKS:

- PE- Perform dances using simple movement patterns
- PE- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
- PHSE- Learn about foods that support good health.
- PHSE- Learn about how physical activity helps us to stay healthy and benefits our lives.

## TOOLS REQUIRED:

- A room with enough space to exercise

