Runner Workbook

A picture containing outdoor, plant, garden, vegetable

Description automatically generated

Name:

Objectives:

* To grow the biggest runner bean
* To calculate how much the plant has grown each week
* To make a meal with your runner beans

Runner bean competition

A picture containing fruit, edible seed

Description automatically generated

Chart, funnel chart

Description automatically generatedTask: You are going to plant your runner bean and complete tasks as it grows.

What you are going to need:

* A picture containing tool

  Description automatically generatedRunner bean seeds
* Plant pot
* Soil
* Shape, circle

  Description automatically generatedWater

Method

1. Take your plant pot and fill it ¾ full with soil
2. Then take using your finger create a little hole
3. Place your seeds in the hole
4. Cover with soil
5. Give them a water
6. Place in a sunny spot to watch them grow

Tracking my bean plant

|  |  |  |
| --- | --- | --- |
| Week | Height | How much has it grown from the previous week? |
| 1 |  |  |
| 2 |  |  |
| 3 |  |  |
| 4 |  |  |
| 5 |  |  |
| 6 |  |  |

To work out how much the plant has grown, minus the new reading with the old reading.

For example…

My plant was 2cm in week 2 and 5cm in week 3

To work out its growth do

5 – 2 = 3

So my plant has grown 3cm

The Bean Game

The child should begin by walking around a room in any direction, then on various commands of an adult carry out the appropriate action.

|  |  |
| --- | --- |
| Command | Action |
| Jumping bean | Jump around the room |
| Runner bean | Run on the spot |
| Broad bean | Stretch your arms and legs out as wide as you can |
| Baked bean | Lay on the floor in a star shape until the next command is given |
| Jelly bean | Wobble like a jelly |

Plant lifecycle

Diagram

Description automatically generated

There are four stages in the life of a bean plant:

1. The seed is in the capsule which the new bean is housed
2. Germination is the process in which the baby plant emerges from the seed hull.
3. Leaf growth begins when the seedling grows its true sets of adults.
4. When flowers appear the plant has fully matured and your beans will start to grow.

What date did you see your runner bean sprout?

Watch this video to find out more <https://www.youtube.com/watch?v=7a0u5jMYviM>

Runner recipes

Can you think of any recipes which involve any types beans?

Here is an idea of what you could make with your beans

Runner bean pasta

A bowl of food

Description automatically generated with medium confidenceWhat you will need

* 400g pasta
* 400g green or runner beans
* 1 onion
* 4tbsp olive oil
* 2 cloves of garlic
* Zest and juice of a lemon
* 2 handfuls of mixed herbs
* 100g parmesan or other cheese
* Salt and pepper

Method

Step 1

With the help of an adult slice the runner beans diagonally into long strips

Step 2

Heat the frying pan and add the onions until they begin to soften

Step 3

Add the beans, garlic and herbs to the pan

Step 4

Leave to cook for 7 minutes

Step 5

Into a saucepan put in the pasta and water, leave to cook for 15 minutes

Step 6 add all the ingredients into one bowl and add the cheese

Then serve

Exploring my senses

Look at your runner bean and complete the 5 senses (do this task when plant has grown.)

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