

# Beans, Peas, & Lentils ID Challenge

## Notes for Trainers / Teaching Moment

Effective July 1, 2024, schools may count **dry, mature beans, peas, lentils, and fresh, immature soybeans** that are credited as a **Meat/Meat Alternate (M/MA)** toward the **weekly ½-cup requirement** for the **beans, peas, and lentils vegetable subgroup**, at the menu planner's discretion.

This flexibility applies to:

- **Beans** (such as kidney, pinto, white, black, lima, fava, and soybeans)
- **Peas** (whole and split)
- **Lentils**

This update facilitates menu planning by enabling schools to meet both protein and vegetable variety goals simultaneously.

**Example:** A ½-cup serving of refried beans offered as a M/MA may count toward both the **daily M/MA requirement** and the **weekly beans, peas, and lentils vegetable subgroup requirement**.

However, when these foods are credited as a **M/MA**, they **cannot also count toward the daily vegetable component**. This prevents double-counting that would otherwise reduce the total amount of food and calories offered in the meal.

## Common Beans, Peas, & Lentils in a 16-Bean Mix

1. Pinto beans
2. Navy beans
3. Chickpea (Garbanzo beans)
4. Great Northern beans
5. Black beans
6. Red kidney beans
7. Small lima beans
8. Small red beans
9. Pink beans
10. Lima beans (butter beans)
11. Whole Green Pea
12. Cranberry (borlotti/roman) beans
13. Black-eyed peas
14. Split green peas
15. Split yellow peas
16. Lentils (usually green or brown)

**NOTE:** Some 16 Bean Soup brands substitute **mung beans, small white beans, light red kidney beans, or yellow eye beans** for some of the listed varieties. Feel free to adjust the Bean, Peas, & Lentils ID Card as needed.

## Learning Objective (trainer-facing)

Participants will correctly **identify common beans, peas, and lentils** found in a 16-bean soup mix.

## Materials (per station)

- 1 portion of **dry 16-bean soup mix** (or separated samples)
- **16-Bean ID Cards**
- Small cups or ramekins (1 per bean, pea, or lentil) or place all beans, peas, and lentils together in a small cup or ramekin
- Answer Key – use course book and PowerPoint presentation

## Game Setup

- Teams of **2–4 participants**
- Each team receives:
  - 1 bingo-style **16-Bean ID Card**
  - A mixed tray of beans, peas, and lentils
- Beans must be **placed physically** into the correct labeled box

## How to Play

- Teams place all beans, peas, and lentils on the board
- Trainer checks against the **Answer Key (review the table in the course guide and PowerPoint slides)**
- **Win condition:** All beans correctly placed

## Optional Scoring Rubric

- Correct placement: **1 point per bean, pea, or lentil**
- Speed bonus: **First correct board +3 points** (optional)