



Chana Masala ~ May 2018 Math & Science Worksheet

1. Plant Power!

Protein is one of the three macronutrients, the building blocks of our diets. Getting enough protein is important for growing bodies and keeping our muscles, bones, and other tissues strong and healthy. What are some of your favorite proteins to eat? Did you know that many garden plants can help you get the protein you need? In the word bank there are some animal and plant sources of protein.

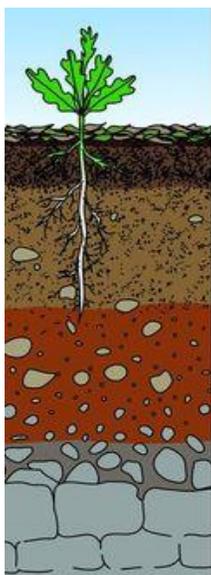
a) Chicken b) Kidney beans c) Turkey d) Peas e) Salmon f) Lentils

Which of these foods are a good source of **plant** protein? _____

Which of these foods are a good source of animal protein? _____

2. What Makes up Soil?

Majority of our food comes from plants that grow in the ground. What we call often call dirt is, in fact, *soil*. Soil is made up of many different materials and layers. Each layer of soil is important to grow crops! Try to match the layer of soil with its name...



Subsoil

Weathered rock fragments

Bedrock

Hummus

Topsoil



TRUE FOOD TASTE TEST!

3. Legumes

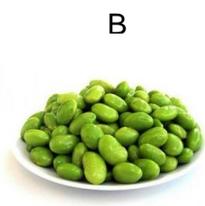
Chickpeas belong to the family *Fabaceae* (or Leguminosae). Plants in this family are related and often share similar qualities. *Fabaceae* crops have been some of the earliest cultivated vegetables in the world, and often grown as a forage plant for domesticated animals. This family of plants is also one of the largest plant families. If you have ever eaten black beans, peas, soybeans or peanuts, then you have eaten a *Fabaceae* crop!

Which legume is which?

Match the *Fabaceae* to the picture!



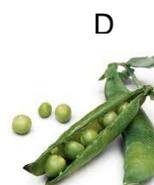
Chickpea



Pinto Beans



Peas



Lentils



Edamame

4. Taste Buds

Spices are an important part of Chana Masala. Spices are seeds, fruit, root, bark, or other plant parts that are used for flavoring, coloring or preserving food! Some foods might be spicy to some people, and not spicy to others. Why do you think this happens?

The **Scoville scale** is a measurement of the pungency (spicy heat) of chili peppers, or other spicy foods, as reported in **Scoville heat units** (SHU), a function of capsaicin concentration. **Capsaicin** is one of many related pungent compounds found in chili peppers, collectively called capsaicinoids.

Have students think of some flavors that their taste buds enjoy!

1. plant proteins = b, d, f; animal proteins = a, c, e
2. a) humus, b) topsoil, c) subsoil, d) weathered, e) rock fragments, bedrock

Answers