



Lentils | Lentil Hummus & Lentil Song

Activities

Developed by: Gallatin Valley Farm to School (www.gvfarmtoschool.org)

Lentil Song Developed by: Nicki Jimenez, FoodCorps service member in Ronan, MT

Grades

Afterschool | K-5

Objective

Through this activity, students will gain an appreciation for the “small but mighty” lentil. Through song and consumption students will explore the health benefits lentils provide to humans and the environment.

Students will be able to:

- Identify the health benefits of lentils
- Describe the environmental benefits of legumes
- Appreciate lentils as a viable crop within Montana agriculture
- Follow instructions, utilize cooking tools safely, and understand standard measurements

Materials

- Lyrics for the Lentil Song written on a white board, poster board, or butcher paper (available on YouTube at: <https://www.youtube.com/watch?v=DUCFtd0Zu4k>)
- Large mixing bowl with dried lentils
- Blender – high powered
- Cooler and ice packs
- Cutting board
- 2 knives
- Measuring spoons
- Serving bowl(s)
- Carrots or dipping vegetables
- 2 cups water
- 1 cup dried red lentils
- 2 medium garlic cloves, finely chopped
- 3 Tbsp tahini
- 5 Tbsp olive oil
- 1/4 cup freshly squeezed lemon juice
- 2 tsp kosher salt
- 1/4 tsp freshly ground black pepper

Dig Deeper

Get more information, register, or download resources:

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mtharvestofthemonth.org

Directions

- Prior to the lesson, prepare lentils by placing in boiling water, then simmering on low for 15-20 min.
- Have students discuss what previous Harvest of the Month foods they have tried.
- Begin by passing around a large mixing bowl of lentils inviting students to place their hands in and feel the new item. If you are worried about spilling, consider passing out one or two lentils to each student. Ask:
 - What do they think is in the bowl?
 - Have they ever seen them before?
 - What do the seeds look like?
 - Do we grow these in Montana? *Montana is the #1 producer of lentils in the U.S.!*
- Explain that these little gems are amazing! For such a small thing, they do a lot of good.
 - They provide lots of nutrients that our bodies need, like potassium (more than a banana!), protein, and iron. The protein they provide is huge compared to other plants (18 g per cup).
 - Not only do they provide excellent food for us, they give back to their environment by putting nitrogen in the soil. This nitrogen improves the soil and provides food for other plants.
 - Lentils and dry peas and beans are called legumes or pulses.
 - They work with bacteria in the soil to add nitrogen to the soil.
 - How can we as smaller people help give back to each other and our environment? How can we work together to do it?
- Ask the students if they would like to try eating such an amazing food.
- Pull out the blender and ingredients.
- Choose a volunteer to add the lentils into the blender.
- Choose a volunteer to add the garlic (you may choose to have precut –or invite the students to slice for you).
 - Repeat with water, olive oil, lemon juice, salt, and black pepper.
- Choose a volunteer to add tahini. Consider explaining what tahini is and have the group repeat “tahini” in a variety of silly voices.
- Blend in spurts having the students count to ten with their fingers. Repeat until mixture is a smooth consistency.
- Place hummus in mixing bowl and have either serve attached to a dipping vegetable or in individual mixing bowls with hummus and dipping vegetables.
- Reiterate “Don’t Yuck My Yum” rules.
- Cheers to lentils!
- If time allows have the students participate in the Lentil Song as composed by Nicki Jimenez. Words and actions may be found in the Harvest of the Month Classroom Bites handout: Lentils.



The Montana Harvest of the Month program showcases Montana grown foods in Montana communities. This program is a collaboration between Montana Farm to School, Office of Public Instruction, Montana Team Nutrition Program, National Center for Appropriate Technology, Montana State University Extension, Gallatin Valley Farm to School, FoodCorps Montana, Montana Organic Association, and Montana Department of Agriculture. More information and resources are available at: mtharvestofthemonth.org.

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