# **Pulse project**

**Pulse ideas**

Chickpeas



Yellow split peas



Red lentils



Black eyed beans

A picture containing fruit, vegetable

Description automatically generated

Haricot beans

A picture containing white

Description automatically generated

Pinto beans

A pile of potatoes

Description automatically generated with low confidence

## Choose a pulse and find out all about it.

My pulse is: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Where does it grow?

What does it look like when it is growing?

What happens to it before it is ready to buy in the shops?   
(‘Farm to fork’ stages.)

What does it look like when it is on sale in the shops?   
(Is it canned, dried, frozen?)

What dishes can you make with it?

Use the information you find out to create an interesting poster or flyer.

Other interesting facts