

AMERICAN PULSE ASSOCIATION
PRESENTS



GRADE 9 - 12 GETTING STARTED ACTIVITY

WHAT DO YOU KNOW ABOUT PULSE CROPS?

As a team, see if you can answer the questions below. Check out the resources at www.greatschool lunchcontest.com and learn about Pulse crops, and then start working on your contest recipes!

1. You can use Pulses to create delicious dishes including cookies and pasta. **True** or **False**
2. Corn on the cob is a Pulse crop. **True** or **False**
3. Pulses are:
A.) Vegetables **B.)** plant proteins **C.)** legumes **D.)** All of the above
4. All legumes are pulses. **True** or **False**
5. 2016 is an important year for Pulse Crops. Why? _____
6. Hummus is made from a pulse crop. **True** or **False**
7. Our team will create the winning School Lunch recipes "powered by pulses"! **True** or **False**

As a team brainstorm together and list some of the different ingredients you might include with your pulses to create a new and tasty dish for school lunch:

INGREDIENTS:



www.greatschool lunchcontest.com