

# Tasty tasty little beans



## Soya Milk (豆漿)

SOYA milk is a healthy drink. It is often used to **replace** (代替) cow's milk. It is also safe for people who are **allergic** (過敏的) to milk.



## Soya beans (黃豆)

SOYA beans are the most useful beans. They can be used to make soy milk, tofu, **vegetarian foods** (素食), **soy sauce** (豉油) and a lot more.

**B**EANS (豆) are perfect food because they have a lot of **protein** (蛋白質) and **fibre** (纖維) and **vitamins** (維他命). They also have **carbohydrates** (碳水化合物) and other **nutrients** (營養物). There have been **reports** (報道) in America that beans are a **necessary** (必需的) part of healthy eating. People are **encouraged** (鼓勵) to eat **at least** (最少) three cups of beans a week.



## Beans in pattern

BEANS are not just important as food. They can also be used in art. Here in London, people made the largest ever Indian art **pattern** (圖案). This colourful pattern made with beans **measures** (尺寸) 900 square metres.



## Tofu (豆腐)

TOFU is a very popular food in China. We enjoy a large **variety** (種類) of tofu and tofu dishes.



## Mexican red beans (墨西哥紅豆)

BEANS come in all sizes and **shapes** (形狀). These small red beans

look like **kidneys** (腎臟).



See how important Mr Bean, ... er ... beans are?



Y O O X J K W V K S N N Q O N  
V X B F E V D P I P G I S G A  
X W P L P W W P Y V C I M K E  
Y U S N A E B Y O S K C A L B  
J W O P T C K J R T I E L K A  
Z C Y N I C K I W K P C L B M  
V P A G S N A E B D A O R B I  
R Y B Z Q N T W Y S G A E S L  
T E E N Y O A O H E R W D M X  
P V A V Z C U E B S B B B Z K  
X S N M W K W S B E L E E P O  
Z T S Y O N Z O M G A O A K G  
G T K Q U G H Q N K N N N N B  
F S I T X B Z E M S N U S S Y  
Y F N J W M T G A Q G P M Q N

N O M P G D V G T W M J N F A  
Y S S U N S M S E Z B X I S F  
B N N N N K N G H O U K T G  
G K A O A G M G N O A S T Z  
O E T E S O W Z N O A S X  
K Z B B S B S E C U E Z A V P  
X M D W E R H O A O A N Y Z E T  
L S L S E G A S Y S T M T N Z Q  
I B I R A O R B A E B D A O R B I  
M B M L C P K I M K I N I C Y Z  
A K A L E T I E R T I C P O M J  
B L B A L C A S K O S K O S S U  
E K E M I C V A P M P L P M X  
A G A S I S P I P D P I B X V  
N O N S N K S N K V K W L X O

Answers



## Mixed beans

HERE is an **attractive** (吸引的) dish of mixed beans. Can you name the different types of bean? Find the answers in the puzzle above.

Can you find the following beans in the puzzle above?

- small red beans 紅豆
- mung beans 綠豆
- soya bean 黃豆
- black eye bean 眉豆
- black soy beans 黑豆
- pea 豌豆
- broad beans 蠶豆
- cashew nut 腰豆
- pinto beans 斑豆
- lima bean 青豆