



2016 International Year of Pulses

What are pulses?

Pulses are a sub-group of legumes: they include chickpeas, lentils, dried beans and dried peas.

Why should I teach my students about pulses?

- **CTS/Foods Teachers:**
 - Pulses are a great tool for “food security” because they are inexpensive, packed with nutrition and easy to prepare.
- **Science/Agriculture/Environmental Studies Teachers:**
 - Pulse-crops are a great tool to teach about the flow of energy and materials within an ecosystem.
 - Pulses are a low carbon footprint food, and are water-efficient.
 - Pulses enrich the soil where they are grown and are a low-risk, profitable way to diversify crop production.
- **Elementary Teachers:**
 - Pulses offer great cross-curricular opportunities to teach about agriculture, health, science and nutrition, and multiculturalism.

What is International Year of Pulses?

- Each year, the United Nations FAO (Food and Agriculture Organization) highlights an aspect of agriculture through an international year designation. 2016 has been designated the International Year of Pulses (IYP), which is timely considering the environmental, health and food security benefits of pulses. Canada is the largest exporter of pulses in the world, which makes IYP particularly important for Canada.

What resources are available to me?

[Lesson plans](#) for Grades 4 to 7 are currently available at the Agriculture in the Classroom website. High school lesson plans and infographics should be available by mid-February.

[Pulse Gift Certificate](#) and supports from Alberta Pulse Growers. You can enroll to receive a \$25 gift certificate to buy pulses, a copy of the recipe booklet “Pulses: Cooking with beans, peas, lentils and chickpeas” and a pulse variety poster illustrating different types of pulses.



[Pulse PowerPoint presentation](#) that includes a pulse map of Canada, visuals for different kinds of pulses, information on environmental and health benefits of pulses

Short video series on the benefits of pulses:

- [Better Nutrition](#)
- [Healthy Outcomes](#)
- [Environmental Sustainability](#)

Classroom Agriculture Program

The Classroom Agriculture Program (CAP) is a free one-hour hands-on presentation about agriculture. Delivered by volunteers across the province, CAP teaches grade 4 students the importance of agriculture in their daily lives. CAP is a multi-commodity initiative and a leave-behind resource will include some information about pulses. For more information about CAP, please visit www.classroomagriculture.com

Website Resources

International Year of Pulses international website: iyp2016.org

International Year of Pulses Canadian website: iypcanada.ca

International Year of Pulses Alberta website: IYP2016

Pulse Pledge website: [Pulse Pledge!](#)

Canada Agriculture and Food Museum: cafmuseum

Professional Development Opportunities

Interested in organizing a professional development opportunity for teachers in your school district?

We may be able to help with supplies, nutrition information and pulse grower guest-speakers. Contact

Karen Carle, ag education consultant, at karen.carle@gov.ab.ca