





## Introducing Britain's best-loved bean! Can you believe it!


We all love eating baked beans! They are known as part of Britain's staple diet but what exactly goes into the making them?

So now, during our lockdown learning we will have the time to:

 Look at a can of baked beans and look at some of the ingredients.  
( **Beans, tomatoes, water, sugar, cornflour, vinegar, salt, spices, herbs** )

There are hundreds of different types of beans and they're all a very important food crop in the UK.

 Look back at the Kids Country identification sheets to see the different varieties. You could also research online to see all the other varieties we have not covered

 Haricot beans are the variety mostly used in baked beans

### Canned peas and beans

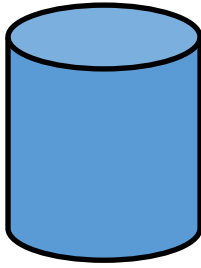
Baked beans and mushy peas are two of the most popular canned foods available.

### Why do you think canned foods are popular?

The following reasons are some suggestions:

- Food can be kept for long periods.
- No need for preservatives.
- Good for the environment because the tins can be recycled and because you save energy by not refrigerating or freezing.
- Huge array of products and choice.
- Some healthy choices – can be low sugar or low salt, tinned fruit and vegetables may count towards '5 a day'.
- Affordable – often less expensive than fresh options.





## History of canning

One of the important advantages of canning is that food is kept fresh for much longer. Finding ways to preserve food has been very important to us as fresh food is usually edible for only a short period. Microorganisms and bacteria in food can cause food to rot and decay over a period of time.

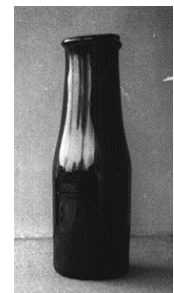
(If possible, show an example, such as a piece of mouldy bread or an old piece of fruit or vegetable.)



- Preserving and canning of our food has been around since before the 18<sup>th</sup> Century. Foods were salted, smoked, kept in ice, pickled and sun dried. These were some of the earliest ways that people used to preserve their food. Of course, all of these methods are still in use today.

### 18th century

In the 18th century the French emperor Napoleon Bonaparte offered a cash prize to anyone who could find a new way to preserve foods to help his armies in far-away places. The winner was a man called Nicolas Appert (who is known as 'the Father of Canning'). He discovered that after putting foods into sealed glass jars and heating them to very high temperatures, the food kept for much longer. ( Image of Nicolas Appert and the 1st canning jar)



### 19th century

An English man called Peter Durand soon discovered that the process worked just as well with tinned iron canisters, which were lighter than jars and not as easily damaged while being transported on long journeys. The first canning factory was opened in England in 1813. Later in that century, a scientist called Louis Pasteur demonstrated that micro-organisms were the cause of food decay, and that the reason Appert's idea worked was that the heat killed them. At this time tins were mainly used by the army and the navy, and to provide food for long journeys and exploration of the world.





## History of canning continued

### 20th century

By the 20th century, a new way of producing tins was needed. Up to this time they had been made by hand, which was very expensive. A machine was invented to stamp out metal for the tins and to solder (join together) the ends. This was much quicker and cheaper and so production became mechanised.

### Canned Food Nutrition

Because canned food is packed at the peak of harvest, it also is packed at its nutrient peak. As foods age, they begin to shed some of their essential nutrients. Fruits and vegetables especially have the highest nutrient content when they are ripest. Since canneries are located close to the point of harvest, few if any nutrients are lost in transit

Guess how many tins can be made per minute. (**More than 1,500**)

Virtually any food that is harvested or processed can be found in a can. In fact, for decades, many foods were only available in cans. Today, the consumer has more options and can often find fresh and frozen alternatives to canned food, but canned food remains an essential part of the kitchen cupboard.

Today the best food preservation methods for peas and beans is:

- Canning
- Freezing
- Dried
- Salting (brining)
- Bottling – chutneys
- Pickled

