

WOW

Dear teachers,

Thanks for taking the first 5 minutes of class to discuss our “WOW” topic—black eyed peas!! Here are some interesting facts about black eyed peas to help guide your discussion...

- Black eyed peas are really beans.
- Beans are a type of legume.
- Black eyed peas are an excellent source of Calcium, folate, Vitamin A, and protein.
- Some people believe that eating black eyed peas on New Years Day will bring good luck.
- Black eyed peas are also known as “cowpeas”.
- Black eyed peas are part of a very popular dessert in Vietnam.
- What does a black eyed pea look like? It is small and beige with a black spot, or “eye”, at its inner curve.

**Source: wholefoodsmarket.com
Hubpages.com*