

# Peas

## 1. What are B-complex vitamins?

Primary-level response:

Thiamin is part of a family of vitamins, called B-complex vitamins that have related roles in promoting health. These vitamins include: thiamin, niacin, vitamin B6, folate, vitamin B12, biotin, and pantothenic acid.

Secondary-level response:

Thiamin is part of a family of vitamins, called B-complex vitamins that have related roles in promoting health. These vitamins include: thiamin, niacin, vitamin B6, folate, vitamin B12, biotin, and pantothenic acid. They are responsible for many bodily functions, development, and growth.

## 2. Where are the largest stores of thiamin found in your body? Why does our body need thiamin?

Primary-level response:

Thiamin is found in our muscles, heart, brain, and kidneys. Thiamin is also called vitamin B1. Thiamin helps keep the body's nervous system healthy. It also helps the body use the energy found in food. When we don't get enough thiamin in our bodies, we feel weak and tired.

Secondary-level response:

Thiamin is stored in the largest quantities in our muscles, heart, brain, and kidneys. Thiamin is also called vitamin B1. Thiamin helps keep the body's nerves healthy. It also helps the body use the energy found in food. Thiamin is a water-soluble vitamin that plays a role in many chemical reactions in the body. It helps the body's cells convert carbohydrates into energy. It is also essential for the functioning of the heart, muscles, and nervous system. A thiamin deficiency can cause weakness, fatigue, and nerve damage.

3. **What causes thiamin to be destroyed when cooking foods by microwave or boiling in water? Which cooking method retains the most thiamin?**

Primary/Secondary-level response:

High-cooking temperatures and long cooking times result in loss of heat-sensitive and water-soluble vitamins such as vitamin C and thiamin. Microwave cooking can help minimize vitamin loss because the foods tend to cook more quickly.

4. **List vegetables included in the legume family. Research the nutrient data of at least five legumes, including the three different forms of peas (use Nutrition Facts labels from the Taste Testing activity on page 1).**

Primary-level response:

Legumes include: green bean, split pea, yellow pea, green pea, snow pea, black-eyed pea (chickpea), broad bean, lima bean, fava bean, navy bean, red kidney bean, great northern bean, pinto bean, adzuki bean, mung bean, soybean, brown lentil, green lentil, red lentil, black lentil.

[The nutrient data will vary among students depending on which legume they select. Instruct students to use the Harvest of the Month Nutrition Facts labels on the website, or to find information from [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/). Students should use ½ cup portion sizes.]

Sources:

<http://aggie-horticulture.tamu.edu>

[www.whfoods.com/genpage.php?tname=nutrient&dbid=100](http://www.whfoods.com/genpage.php?tname=nutrient&dbid=100)

[www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/)

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