

Webquest – Legumes

1. Choose 4 legumes listed and write a short description about each of them.

<http://www.cilr.uq.edu.au/resources/legumes/>

2. Create a definition for 'legume' using the information sheets on the website. Describe the uses for legumes.

<http://www.cilr.uq.edu.au/resources/info-sheets.php>

3. What are the differences between legumes and pulses?

<http://www.clima.uwa.edu.au/schools/legumes>

<http://gograins.grdc.com.au/grainsnutrition/>

4. Describe what Quickpulse is and why it was created.

<http://gograins.grdc.com.au/grainsnutrition/>

5. In full sentences, describe the nutritional differences between canned chickpeas and the Quickpulse variety of chickpeas. Also describe the differences between boiled lentils and Quickpulse lentils.

<http://gograins.grdc.com.au/grainsnutrition/>

6. In what ways do legumes help the Australian economy?

<http://www.clima.uwa.edu.au/schools/legumes>

7. According to the website

<http://www.grainmaster.com.au/> eating legumes can help certain health problems. Create a list of which health problems may be benefited by eating legumes.